

# John Idowu Esan

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## Objectives

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Looking for a Personal Support Worker/Care Assistant position with a reputable organization where my expertise in providing daily life support and companionship will be used to assist clients and patients with daily living tasks.

## Experience

### • Divine 247 Recruitment, Sheffield.

July 2023-Till Date

#### **Support / Care Worker**

Providing emotional support to individuals and their families.

Providing practical support for individuals and their families. such as helping with household tasks, personal care and paperwork.

Supporting and monitoring their healthcare needs, including administering medication and temperature checks.

Supporting them to pursue hobbies and interests.

Supporting the learning of new skills or gaining employment.

Teaching life skills, such as budgeting and paying bills.

Helping with everyday tasks such as meal preparation, writing a shopping list, going shopping or maintaining their housing tenancy.

Helping them to access community facilities and be included in community groups.

Understanding their communication needs and adapting your communication to each individual, e.g. sounds. tones, body language.

Working with other professionals. such as doctors and therapists, to ensure consistency of support.

Analysing an individual's needs and drawing up a focused support plan.

Becoming both a role model and companion to the individual and uncovering shared interests, such as hobbies and outings.

### • Fobam Specialists Hospital Akure Nigeria.

January. 2016 – may 2023

#### **Healthcare Assistant**

Assisting with daily living activities such as eating, showering and using the toilet Utilising

equipment to move patients when necessary Helping tidy the patient's home or room

Taking the patient's vital signs such as blood pressure and temperature

Talking to patients and reassuring them

Attending meetings with other healthcare professionals

Assisting nurses and other staff when needed

Adhering to professional standards

Delivering reports to Case Managers and reviewing any important changes in the patient's condition

**Nigeria Immigration Service (NIS) Ondo state command Nig.** March 2008-Dec.2015

#### **Passport Officer.**

Screening of international passport applicants.

Enrolment of international passport applicants data on NIS Data base.

Production of passport.

Checking Qualities of produced passport .

Archiving of produced passport.

Issuance of produced passport .

## Education

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- The Oliver Gowan Mandatory Training on Learning disabilities and Autism part 1 and 2(NHS) Uk England November 2023
- Crisis Prevention Institute(CPI) Birmingham. Septemb. 2023
- Safety intervention working with adult(MAPA) (certificate of attendance)
- School of Excellence, Birmingham. August 2023
- Health and Social Care Level I Certificate. Distinction
- Fobam Specialist Hospital. Akure, Nigeria. January 2018
- Certificate of Proficiency in Nursing and Midwifery Distinction
- Alison Learning Certificate. October 2022
- Diploma in Health Distinction
- October 2006
- Federal University of Technology, Akure
- Bachelor of Technology in Industrial Chemistry
- Second Class (Lower Division)

## Skills

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1. Patient care
2. Vital signs monitoring
3. Medical procedures
4. Infection control
- 5.Documentation
6. Communication
7. Organizational skills
8. Empathy and compassion

## Reference

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Available on Request-