A

**Kholisa Munsaka**

 | +44 777 808 8433| munsakak@gmail.com | Walstead Haywards Heath, RH16 2QQ

**CARE ASSISTANT**

A seasoned, **patient-focused,** and **considerate healthcare professional** with more than **13 years of experience** functioning within various healthcare settings. I possess an extensive understanding of working with **general** **medical patients** as well as **diverse elderly populations**, effectively delivering **comprehensive** and **thoughtful patient car**e. Attentive and empathetic, I consistently aim to offer a **gentle approach** to clients while also handling the **physical tasks** that go with the job, and am highly effective in monitoring and maintaining the **overall health** of patients and following instructions from senior medical professionals when required. My competencies include **daily living assistance,** **vital signs monitoring, medical condition diagnosis, general** and **special needs patient care, patient observation**, and **treatment plan development**. I am also familiar with handling various physical and mental conditions that include **Alzheimer’s, Stroke, Asthma, Arthritis, Diabetes, Dementia, HIV/AIDS,** and **High Blood Pressure**. Additionally, I am fully acquainted with **infection control protocols**, **nursing etiquette**, and working in rapport with other staff to create a favorable atmosphere for patients.

**Core Strengths and Skills**

* Empathy
* Supportive Care
* Interpersonal Skills
* Time Management
* Problem-Solving
* End Of Life Care
* HIV Prevention Care and Treatment
* Mother and Child Care
* Community Support
* Effective Written and Verbal Communication
* Report Writing
* Patient and Elderly Care
* Patient Confidentiality
* Minor Medical Condition Diagnosis
* Administration of Medication
* Attention To Detail
* Medical Terminology Comprehension
* Counselling

**Professional Experience**

**Aria Healthcare Group LTD** |West Sussex, United KingdomJuly 2022 – Current

**Care Assistant**

I demonstrate my nursing care skills, competencies, and understanding of the **code of conduct and policies** and **philosophy of care** that governs healthcare professionals by competently executing the following:

* Preserve **client equality, diversity, and rights** and assist patients to maintain their independence while understanding and implementing **duty of candour**.
* Assist patients with everyday **personal care** that entails executing bed, chair, or bathtub washing, toileting, oral hygiene, and dressing.
* Promote **continuity of care** by accurately sharing patient information with physicians and registered nurses on a patient’s condition, behavior, activities, and responses.
* Execute **light domestic duties** that include cleaning, changing bed linen, doing laundry as well as ensuring a clean, well-organized, and **secure patient care environment**.
* Offer **companionship** to clients, identifying and engaging in **stimulating brain training** indoor and outdoor activities to help preserve their cerebral health.
* **Maintain accurate records of daily patient care, monitoring condition, progress, or problems and reporting observations with the supervisor or case manager.**

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**Organization for Rural Association of Progress (ORAP)**| Bulawayo, Zimbabwe January 2022 – June 2022

**Technical Field Officer Health and Nutrition**

* Created nutrition and health education, promotion materials for pregnant and lactating women resulting in increased awareness and better understanding of nutrition under USAID funded program.
* Conducted research to develop evidence-based nutrition and health initiatives that improved public health outcomes**.**
* **Provided health education and counselling to target audience on nutrition, exercises and medication compliance resulting in improved quality of life.**
* Created a comprehensive nutrition assessment program to identify and address nutritional deficiencies in at risk populations.
* Recipe development for children with malnutrition.
* Worked in collaboration with local communities, a multidisciplinary team, NGOs and other stakeholders to ensure effective program delivery that improves the health and wellbeing of pregnant, lactating women and children under 5 years.
* Diet counselling for diabetic, lactose intolerance and hypertensive clients.
* Safeguarded the project beneficiaries.
* Monitored program progress, identifying challenges and proposed solutions for timely resolution.
* Provided training, mentorship and technical support to community health workers and program staff regarding nutrition and water sanitation and hygiene best practices.

**Victoria Falls Wellness Clinic- North Star Alliance** | Victoria Falls, Zimbabwe

**Site Nurse** September 2017 – January 2022

**Lay Counsellor** April 2012 – June 2015

* Performed **vital observations** including **physical examinations** and accurate **patient history documentation**.
* Prescribed and supervised the delivery of excellent standards of care which promoted privacy and dignity whilst enhancing independence, rehabilitation, and personal choice.
* Assessed the client’s immediate needs such as **mental health, medical,** and other supportive services.
* Provided **primary care** to patients including grooming and maintaining high **personal hygiene** standards.
* Ordered and administered **diagnostic tests** for HIV, Malaria, and STIs.
* Undertook various tasks that included **wound assessment and management**, recording of **patient medical records** in addition to maintaining and monitoring **intravenous fluids**.
* Assessed and referred complicated cases to other team members, effectively collaborating with multidisciplinary team members through referrals.
* Undertook **counselling** of clients and patients as well as drawing blood for HIV tests.
* Facilitated the formation of support groups for vulnerable clients.

**Beat AIDS Project Zimbabwe** | Victoria Falls, Zimbabwe July 2015 – August 2017

**Nurse Counsellor**

* Conducted **HIV testing and counselling** to patients, helping them make informed choices about their future practices and behaviors.
* **Aseptically collected viral loads, packaged them, and dispatched them to the relevant lab for testing.**
* Offered **enhanced counselling** to patients with varied health conditions.
* Escorted cancer patients to the cancer clinic and ensured comfort before, during, and after examination and treatment procedures.

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**Min of Health & Child Care - Dandanda Clinic** | Dandanda, Zimbabwe August 2009 – March 2012

 **Nurse in Charge**

* Handled the **initial medical assessment** such as **weighing in, capturing vitals**, and **interviewing clients** to establish the nature of the illness.
* Ensured the delivery of excellent **standards of care** which helped promote **privacy and dignity** whilst enhancing **independence, rehabilitation,** and **personal choice** for clients.
* **Maintained accurate records of patient care, condition, progress, and concerns in addition to observing and documenting patient status.**
* Administered prescribed **oral medications and injections**, under the written direction of the physician.
* Executed **general clinical procedures** such as **wound assessment and management, cannulation, taking blood, urine, and stool samples, and correctly labelling them, before sending them to the lab for testing.**
* Assisted admitted patients with **bathing, oral hygiene, grooming, feeding, toileting** and **aseptically disposing of medical waste**.
* Performed **end-of-life care** to relevant patients, offering **emotional support** to the patients as well as their families.
* Conducted expanded programs on immunization to infants, conducting deliveries, and offering family planning services.
* Supervised the cleaning staff in maintaining a hygienic and safe environment around the patient waiting area. This included dusting, sanitizing workspaces and equipment, and aseptically disposing of medical waste.

**Education**

**Master of Public Health** | University of Lusaka | 2020

**BSc Hons In Counselling** | Zimbabwe Open University | 2014

**Certificate in Primary Care Nursing** | Nkayi School of Nursing | 2009

 **Professional Training**

Care Certificate Awarded by Caring Homes Group

Certificate In Advanced HIV / AIDS Management

Certificate In Monitoring and Evaluation

**Languages**

English | IsiNdebele | Shona

**REFERENCES**

References are available upon request.