

# Grace Chikowero

✉ chikowero80@gmail.com

☎ +447788691561

📍 Biggleswade, United Kingdom

## Profile

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I am a multi-skilled support worker with experience as a carer in hospitals, care facilities and private residences. I have worked as a support worker for the elderly, patients suffering from diabetes, dementia, stroke, physical disability, and children with learning disabilities and autism-related conditions. I am a very patient carer with excellent communication skills which allows me to understand patient needs and to tailor support plans accordingly.

## Professional Experience

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2023/11 – present  
Bristol,  
United Kingdom

### Health Care Worker

*Primary Health Team Ltd*

Assisting service users with their day to day needs including the following:

- Meal preparation
- Administering medication
- Accompanying and assisting service users to access community facilities
- Offering emotional support to service users
- Promoting independence e.g. teaching life skills like shopping and paying bills.

2023/01 – 2023/10  
Gweru, Zimbabwe

### Nurse Aide

*Mkoba Polyclinic*

- Feeding patients
- Bathing and dressing patients
- Caring for patients with conditions ranging from stroke, dementia, patients recovering from surgeries and accident victims.
- Taking vital observations including temperature, blood pressure and weights.
- Maintaining ward hygiene and general housekeeping.

2022/06 – 2022/12  
Gweru, Zimbabwe

### Nurse Aide

*Dr. Ndebele Surgery*

- Feeding patients
- Bathing and dressing patients with conditions ranging from stroke, dementia, patients recovering from surgeries and accidents victims.
- Taking vital observations including temperature, blood pressure and weight.
- Maintaining ward hygiene and general housekeeping.

2020/01 – 2022/06  
Gokwe, Zimbabwe

### Clinical Support Worker

*Gokwe General Hospital*

- Takings patients physiological observations
- Serving meals and assisting with feedings patients
- Helping patients effectively manage routine bathing, grooming and other hygiene needs
- Housekeeping tasks including replacing linen, cleaning and sanitising patients rooms
- Identified and escalated health and safety concerns in patients wards
- Utilising equipment to move patients when necessary
- Delivering reports to Case Managers and reviewing any important changes in the patient's condition

2011/06 – 2019/12  
Kwekwe, Zimbabwe

### Assistant Teacher

*Sikabela Primary School*

- Assisted the teacher by giving instructions to the children
- Assisted children with special needs and individual needs

- Had a responsibility to assist slow learners
- Conducting games and plays with children
- I was a music teacher for the learners
- Kept the learning area tidy and clean
- Distributed books, crayons, pens and learning aides to learners
- Provided first aid assistance to children who were unwell before taking them to the clinic.
- Marking exercise books for learners
- Maintained records of students learning progress and needs

## Education

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### Care Certificate (Covers all 15 Care Certificate Standards)

*Victory Training Academy*

### Role of a Care Worker Certificate (Covers 9 Standards)

*Victory Training Academy*

### IELTS Overall Score 6.0

*British Council*

### 6 GCSE O Level Subjects

Mathematics (C), English Language (C), Human and Social Biology (B), Geography (C), Integrated Science (C), Commerce (C).

## Core Skills

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- Personal Care
- Taking vital signs
- Hygiene Health and safety
- Patient communication
- Community care
- Hospital care
- Dressing wounds
- Bed Making
- Taking care of children and catering for their needs

## Professional Skills

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- Well versed in providing companionship and good conversation
- Adept at light housekeeping tasks and meal preparation
- Able to give assistance with grooming and bathing
- Highly skilled in running errands
- Friendly attitude and excellent attention to detail.
- Compassionate nature
- Caring for children including assisting with homework, bathing, dressing and playing games

## References

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**Martha Chivere**, *Registered Manager*, Primary Health Team Ltd  
info@primaryhealthteam.co.uk, +447944854732

**Maxwell Mjanga**, *Gokwe District Health Coordinator*, Gokwe General Hospital  
mjangamax@gmail.com, +263 772 626 573

**Dr. T.T. Ndebele, MD**, *Medical Practitioner*, Dr. Ndebele Surgery  
ndebelesurgery@yahoo.com, +263 71 4469 394

**Joseph Zishiri**, *Nurse In Charge*, Mkoba Polyclinic  
zishiri7@gmail.com, +263 77 2620 367