
NTOMBEZINHLE NYATHI

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Nationality: Zimbabwean

PROFESSIONAL SUMMARY

Compassionate Care Assistant experienced in assisting disabled and elderly patients in their homes or at care facilities. Expertly prepared meals, ran errands, administered medication and provided companionship. Excellent physical fitness and stamina.

SKILLS

- Microsoft Office: Ms Word, Ms Excel
- Medication administration
- Problem Solving
- Risk assessment
- Moving and handling
- Good interpersonal and communication skills
- Understanding verbal and written instructions
- Ability to work as lone worker and as team
- Adhere to strict confidentiality
- Able to work under pressure
- Eager to learn and continually develop
- Warm companionship
- Patient care
- Time management
- Critical thinking
- Slides and hoist operation

WORK HISTORY

Care Assistant, 10/2023 - Current

Jubilee Angels - United Kingdom

- Preparing healthy, appropriate meals, providing additional mealtime planning, feeding and support as required
- Positioning, lifting and transporting service users with limited mobility
- Ensuring optimal hydration, monitoring and recording service users' fluid intake and output in fluid balance charts
- Assisting in all aspects of personal care including washing and dressing, retaining comfort and dignity
- Maintaining confidentiality and compliance standards throughout for optimised service user care
- Establishing turning and repositioning routine for bedridden service users that led to 80% reduction in reported bedsores
- Documenting and reporting service user care data into electronic charts with 100% accuracy
- Complying with all safeguarding, risk management, risk assessment and lone working policies and procedures
- Easing anxiety of service users by establishing and maintaining positive morning and evening routines
- Avoiding negative drug interactions through timely, accurate medication reminders.
- Controlling and administering medication, establishing reminders to ensure 100% on-time intake
- Changing bed linens, washing clothes and cleaning living quarters to maintain healthy personal environments.
- Feeding clients with severe limitations and assisting more mobile clients with self-feeding.

Nurse Aide Attachment, 10/2022 - 01/2023

Bulawayo 1 Field Ambulance Clinic - Zimbabwe

- Provided incontinence care and bed baths, maintaining patient dignity at all times.
- Prepared treatment rooms prior to use.
- Collected and disposed of clinical waste in line with regulations.
- Carried out safe, secure manual handling, promoting independence whilst assisting patients with mobility.
- Recorded weight and height measurements, blood pressure and blood sugar levels.

Voluntary Carer(Part time), 03/2019 - 09/2023

Bulawayo 1 Field Ambulance Clinic - Zimbabwe

- Helped patients to consistently meet nutritional needs, providing eating encouragement and support to prevent malnutrition.
- Applied safe transportation techniques to transfer patients between wards ensuring 0% incidents.
- Established turning and repositioning routine for bedridden patients that led to 80% reduction in reported bedsores.

- Maintained 100% safe and clean working environment for patients and employees, adhering to infection-control, hazardous waste and other policies and protocols across all tasks.
- Built patient trust through consistently compassionate care with necessary physical and emotional support.
- Improved patient wellbeing by consistently engaging conversation and encouraging social interaction.
- Preserved patient dignity while performing tasks related to personal hygiene, including bathing, dressing, toileting, bedpan changes, oral care and showering.
- Recorded weight and height measurements, blood pressure and blood sugar levels

Teacher, 01/2014 - 09/2023

Jimila secondary school

- Adapted teaching methods and materials to meet students' varying needs and interests.
- Taught multiple subjects to students with physical or emotional disabilities.
- Administered assessments to determine each student's specific educational and social needs.

Temporary Teacher, 01/2011 - 12/2011

Matjudula Primary School

- Completed training courses to keep up-to-date with new teaching methods and developments in the field.
- Inspired pupils to engage in and explore new concepts related to course content.
- Established classroom rules and standards of behaviours.

EDUCATION

Diploma in Caregiving, 2022 - 2023

Alison

15 Care Certificate, 2022 - 2023

Florence Academy

Diploma in Education, 01/2012 - 12/2013

Hillside Teachers College - Zimbabwe

A-Levels, 2009 - 2010

Tsholotsho High School - Zimbabwe

GCSEs, 2005 - 2008

Tsholotsho High School - Zimbabwe

HOBBIES

- Singing
- Music
- Gym
- Shopping

ADDITIONAL INFORMATION

- Right to work
- Clean DBS
- Driver's licence
- References upon request

LANGUAGES

English

C1

Ndebele

Advanced

Native