

CONTACT DETAILS



Windhoek, Namibia



+264 81 345 4168



tessytasha26@gmail.com

PERSONAL INFO

Gender - Female

Language -English

Nationality- Zimbabwean

KEY SKILLS

- Clinical Judgement
- Patient care and safety
- Good Hygiene Practices
- Basic wound care & Dressing
- Very observant with great attention to detail
- Mental health Support
- Ability to operate health care related equipment.

ADDITIONAL INFORMATION

- TB Test
- Valid passport
- Driver's License
- IELTS (Band 7.0)
- Covid-19 Certificate

Teseyi Hloko

PERSONAL PROFILE

An empathetic and kind Health Care Assistant seeking a challenging position where my compassion to help will be fully utilized. Highly energetic, enthusiastic, reliable and compassionate. Familiar with all principles of basic patient care. I take pride in maintaining patient confidentiality and treating every individual with dignity, offering emotional support and empathy in addition to practical care.

WORK EXPERIENCE

Healthcare Support Worker

KAMANJAB HEALTH CENTRE, NAMIBIA

2020- MAR 2023

- Treat and monitor patients with wounds and injuries
- Changing soiled linen and wet linen to prevent bed sores
- Offer emotional support to stroke patients and encourage the patients to continue working towards recovery and be as independent as possible
- Monitor patients health, behavioral and physical changes through keen observation and report concerns to management promptly
- Assist various patients with the activities of daily living such as bathing, dressing and incontinence
- Ensure that the work area is kept clean all the times to promote a safe, clean and comfortable environment

Health Care Assistant

THELMA MARWA OCCUPATIONAL THERAPY, NAMIBIA

JAN 2021-DEC 2021

- Looked after patients with various chronic diseases such as hypertension and heart disease
- Prepared and served meals at the appropriate time
- Administer oral and topical medication under the supervision of medical personnel
- Providing mental and emotional support
- Make recommendations to family members and healthcare personnel on the plan of care

REFERENCES

KAMANJAB HEALTH CENTRE, NAMIBIA

Mr G. T Mupedziswa
(Doctor).

Email:
mupedziswag@gmail.com

THELMA MARWA OCCUPATIONAL THERAPY

Mrs T. Marwa
(Occupational Therapist/Director).

Email: info@thelmamarwa.com

BAOBAB MEDICAL PRACTICE, NAMIBIA

Mr S. U. Shonhiwa
(Doctor).

Email: ushe@iway.com
Tel : +264 61-305381

Health Care Assistant

BAOBAB MEDICAL PRACTICE, NAMIBIA

AUG 2020-SEP 2021

- Provide care and support to patients in line with their Care/Support Plans
- Monitor patients conditions by taking temperature, pulse, respiration and weight
- Assist patients with daily living tasks such as continence management, showering, dental care, dressing up, meals, cleaning and tidying up, medication prompts and administration
- Administer oral and topical medication under the supervision of medical personnel
- Make recommendations to family members and healthcare personnel on the plan of care

EDUCATION BACKGROUND

RED CROSS SOCIETY

- Advanced First Aid
- Nurse Aide Certificate
- Community Based Healthcare