



PERSONAL STATEMENT

I have comprehensive knowledge of pragmatic principles and practices of working with vulnerable communities. I have gained experience working with school children as an English Teacher and as a Caregiver at an Old People's Home. I can perform quite well in the Care setting, utilizing advanced theories, principles, and techniques such as good Manual Handling. I possess the ability to read and conceptualize medical terminologies, communicate effectively both verbally and in writing. I also have the ability to relate to individuals of various social, cultural and religious backgrounds as well as the ability to perform effectively in a team

PHONE:
+447741725560

EMAIL:
Phdubes1991@gmail.com

Curriculum Vitae

PRUDENCE HAPPY DUBE

Healthcare Assistant

QUALIFICATIONS

- 1.Basic Nursing Assistant
(Center For Occupational Health) (2022)**
- 2.Caredemy UK 15 Care Standards(2022)**
- 3.Florence Care Certificate(2022)**
- 4.Diploma in Education
Hillside Teachers College(2011 to 2013)**

CARE WORK EXPERIENCE

Entembeni Old People's Home(Bulawayo, Zimbabwe)
Caregiver
December 2021 to Feb 2022

Duties

- Ensuring that all elderly residents are cared for in a dignified and respectful manner
- Bathing and grooming of patients who cannot meet their ADLs.
- Building relationship with patients to encourage trust, while listening to and interpreting their needs and concerns.
- Document provided care for review by Senior Staff
- Ensuring infection control measures are maintained all the time using standard and universal precautions as required.
- Feeding of patients and ensuring that they stay hydrated by assisting them with oral intake
- Coordinating with physicians, specialists and other medical staff to develop treatment plans for chronic conditions, including diabetes and heart disease.

HOBBIES

Cooking
Dancing
Singing

Skills and Competencies

Eye care

- Good Manual Handling techniques
- Cheerful & Friendly
- Bathing and dressing support
- Basic housekeeping
- Good report Writing skills
- Ability to use MS word, Excel and Power Point
- Able to follow instructions and procedures.
- Medication administration
- Time management
- Running errands
- First Aid & CPR
- Mobility support
 - Monitoring Vital Observations
 - Blood Glucose Monitoring
 - Wound Care
 - Excellent Report Writing
 - Health assessments

References

Available Upon Request

Jubilee Angels (United Kingdom)

Community Care Assistant

November 2022 to date

Duties

- Providing Care to residents in their own homes and some of the activities involved
- Catheter care and cleaning
- Assisting with feeds according to their IDDSI schedule
- Monitoring Intake and Output in all renal patients
- Checking blood Glucose in all Diabetic patients
- Application of pain patches
- Providing personal care including hair and nail care
- Assisting residents with physical mobility and transferring
- Support clients with bathing, washing and toileting.
- Ensure client safety by performing regular health checks, reporting concerns to doctors promptly.
- Administer medication as required in care plans and instructed by doctors.
- Clean patient rooms, completing tasks such as changing beds, dusting, hoovering and disinfecting the sanitation areas.
- Dispose of hazardous and chemical waste into correct disposal systems, following company regulations.
- Obtain current medical information, weight, height and vital signs to aid care planning.
- Conduct patient assessments to determine and evaluate patient health and escalating when necessary
- Help patients with tasks when required, such as walking, toileting and washing.
- Built strong, trusting relationships with patients by providing continuous support and delivering best possible care.
- Support care teams by making referrals and follow up
- Collaborating the patients care with their family and other members of the Multidisciplinary team