

Nyasha Chidzekete

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PROFESSIONAL SUMMARY

Compassionate Health Care Assistant experienced in assisting clients with mental impairments or physical limitations to manage everyday tasks. Skilled in assisting elderly and providing caring companionship to clients who have cognitive impairments with everyday tasks and self-care.

WORK EXPERIENCE

11/2023 - to current

Care Direct and Support Solutions ,UK

Healthcare assistant

- Assist clients in all aspects of personal care for instance performing digital bowel stimulation to clients with spinal cord injury.
- Establishing turning and repositioning routine for bedridden patients that led to 80% reduction in reported bedsores.
- Preparing healthy, appropriate meals, providing additional mealtime planning, feeding and support as required.
- Preventing infections and accidents by disinfecting equipment and ensuring cleanliness and tidiness of the clinic respectively
- Maintaining confidentiality and compliance standards throughout for optimised patient care.
- Documenting and reporting patient care data into electronic charts with 100% accuracy.
- Providing emotional support and company.
- Ensuring that residents needs and wishes are met.
- Administering medication to clients .

03/2022 - 10/2023

Rutsanana Polyclinic, Zimbabwe

Nurse Assistant

- Positioning, lifting and transporting patients with limited mobility.
- Assisting patients with personal care including washing and dressing, retaining comfort and dignity.
- Establishing turning and repositioning routine for bedridden patients that led to 80% reduction in reported bedsores.
- Complying with all safeguarding, risk management, risk assessment and lone working policies and procedures.
- Easing anxiety of patients by establishing and maintaining positive morning and evening routines.
- Avoiding negative drug interactions through timely, accurate medication reminders.
- Controlling and administering medication with nurses supervision, establishing reminders to ensure 100% on-time intake.
- Feeding patients with severe limitations and assisting more mobile patients with self-feeding.
- 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.

06/2021 - 02/2022

Mwanawedu Childcare (CBO) ,Zimbabwe

Health Officer

- Supported development and sustainability of local health and wellbeing programmes.
- Conducted risk assessments for all activities to maintain safety and quality of programmes.
- Managed crisis situations calmly and professionally.
- Delivered high-quality care to children with palliative care needs in their own homes.
- Worked with specific community groups with targeted health and wellness information.
- Helped vulnerable individuals navigate complex healthcare system procedures for positive outcomes.
- Provided healthy living and disease management information to specific population groups.
- Supported children's development with learning-through-play activities, aiding social, emotional and educational growth.
- Offered tailored assistance to children with special needs, determining inclusive learning opportunities.

02/2021 - 05/2021

TM PicknPay, Zimbabwe

Butchery counterhand

- Observed customer demands, and preferences to identify fast-selling items.

- Weigh and cut meat.

02/2019 - 01/2020

Mwanawedu Childcare (CBO) ,Zimbabwe

Interventions Officer

- Adhered to safeguarding principles to protect service users from risk.
- Advocated on behalf of service users to protect their best interests.
- Liaised with other professionals in health and social care to coordinate holistic support.
- Promoted independence and positive wellbeing when working with vulnerable children.
- Provided mental health support to children, as well as signposting community resources and local charities.
- Counselling children living with HIV/AIDS to improve self esteem.
- Sourced funds to pay fees for orphaned children

EDUCATION

- **Florence Academy**
2023
Certificate in Neurological Conditions :MND and MS
Pass
- **Alison Academy**
2023
Introduction to Caregiving
Pass
- **Great Zimbabwe University**
2020
Bachelor of Arts (hons) degree in Development Studies
2.1
- **St Luke Jemedza High School**
2016
A'level
2 A'levels
- **Ngezi Secondary School**
2014
GCSE
9 GCSEs including Mathematics and English

SKILLS

- Neurogenic bowel management
- Good interpersonal and communication skills
- Moving and handling
- Risk assessment
- Adhere to strict confidentiality
- Empathetic
- Warm companionship
- Problem solving
- Understanding verbal and written instructions
- Able to work under pressure and remain calm
- Eager to learn and continually develop
- Ability to work as a lone worker and as a team
- Time management

HOBBIES

- Gym
- Cooking
- Reading books
- Playing outdoor games

REFERENCE

- Can be provided upon request -