

Kudzai Mutizwa

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Summary

Committed Caregiver dedicated to providing first-class personalised patient support. Attends to varied needs whilst maintaining respect and dignity throughout personal care. Promotes independence through community activity planning.

Experience

Caregiver

National Aids Council Zimbabwe | Harare, Harare | December 2021 - November 2023

- Monitored patient health, behavioural and physical changes, promptly reporting concerns to ward supervisor.
- Documented care plans, hospital actions and patient activities in line with best practices.
- Provided 24-hour care by periodically monitoring and recording patient status, highlighting concerns to nursing staff.
- Provided quality personal care, such as dressing and bathing, while maintaining respect and sensitivity.
- Promoted and encouraged independence while assisting patients with daily routines.
- Built strong, trusting relationships with patients by providing continuous support and delivering best possible care.
- Formulated care plans with meticulous attention, helping to increase quality of documentation.
- Communicated between hospital departments to improve patient care continuity.
- Established friendly rapport with patients to promote positive health and wellbeing.
- Actively listened to patients' complaints and feedback, actioning improvements to continuously elevate quality of care.
- Reduced patient anxiety by clearly and calmly explaining clinical processes and procedures.
- Monitored patient progress, identifying and proactively addressing obstacles hindering recovery.
- Kept public areas clean and hygienic by performing routine sanitisation tasks.
- Discussed future care with patients and families, demonstrating emotional resilience, active listening and compassion.
- Maintained and updated digital patient records and medical information.
- Charted patient information related to vital signs, pain management and daily inputs and outputs.
- Obtained current medical information, weight, height and vital signs to aid care planning.

- Remained up-to-date on latest treatments, care improvements and regulations to facilitate continued patient satisfaction and wellbeing.
- Readied treatment rooms and patient beds to reduce backlogs and support timely interventions.
- Provided comprehensive personal care, offering ADL and mobility assistance to support comfort and dignity.
- Enhanced patient outcomes, educating on disease prevention and wellness measures to reduce symptoms.

Voluntary care assistant

RufaroNenyasha POV18 | Harare, Harare | June 2021 - November 2021

- Provided clean, hygienic environment for residents by performing routine cleaning and maintenance tasks.
- Monitored patient health, behavioural and physical changes, promptly reporting concerns to ward supervisor.
- Charted patient information related to vital signs, pain management and daily inputs and outputs.
- Contributed to case management processes on general ward, assisting with charting and patient intake.
- Readied treatment rooms and patient beds to reduce backlogs and support timely interventions.

Skills

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| • Patient behaviour management | • Personal care |
| • First aid and CPR | • Elderly care |
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Education

GCSEs: Arts

Parirewa High School | Harare | 2018

I completed my GCSE with mathematics, combined science, commerce, english language, shona language and textile technology and design.

I did my mandatory care certificates which are

Basic Life Support

Equality, Diversity & LGBTQ+

First Aide

Fire Safety

Health, Safety and WELFARE (inc COSHH & RIDDOR)

Infection Prevention and Control (Level 2)

Information Governance, Data Protection & GDPR

Mental Capacity

Moving and Handling

Safeguarding Adults L1&2 (Adult Support & Protection) inc Prevention Radicalisation