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📍 United Kingdom



CORE SKILLS

Safe patient handling techniques

First Aid and Safety

Chronic disease management

Progress documentation

Administering Medication

Meal planning and preparation

Care Plan Management and assessment

Direct Patient Care

Person centered care

Safeguarding

Infection control and aseptic techniques

Resident service plans

Personal hygiene maintenance

Recording vital signs

Observing responses

Companionship and emotional support

Wound care



SOFT SKILLS

Interpersonal communication

Problem solving

Teamwork and collaboration

Professional demeanor

Attention to detail

Vimbiso Mudzingwa

Care Support Worker

Detail-oriented Health Care Assistant with successful geriatric healthcare experience. Personable and compassionate with superior communication and rapport-building skills. Strong commitment to comprehensive and individualized patient care and education. Liaises with medical professionals, patients, and family to provide continuous top-quality care and education. Observant and reliable with good bedside manner and excellent time-management skills to address patient requirements in high-volume care facilities. Proficient in mobility and personal hygiene support.



WORK EXPERIENCE

Care Assistant

ZCC Wellness Centre

02/2022 - Present

Achievements/Tasks

- Provide everyday personal care such as washing, dressing and general hygiene.
- Monitoring the patient's condition and informing the seniors.
- Helping with taking medication and providing pain relieving techniques.
- Assisting with feeding the patient when required.
- Changing catheter bags, day bag to a night bag.
- Assisting clients with bed-to-chair transfers and bed turn for 50% of patients.

Care Assistant

Old Age Home

2019 - 2021

Achievements/Tasks

- Assisting residents with meals by serving and collecting meal trays, and feeding and assisting residents as required, including opening containers, cutting food, etc. Serving and monitoring intake of nourishments to designated residents, and removing meal trays at end of the meal period.
- Ensuring the safety of residents while performing all tasks and assignments, and reported any adverse events or near-misses to Supervisor immediately.
- Ambulating residents as directed by the care plan. Performing other related duties as required.
- Recording observations and reporting any changes/problems in residents' condition, such as mobility, temperature, skin integrity, appetite, and behavior to the designated Registered Nurse.
- Providing personal care to residents such as bathing, toileting, dressing, grooming, feeding, oral hygiene, and care of skin and nails.
- Charting information such as weight, blood glucose levels, and blood pressure as directed.



CERTIFICATES

Caregiver Certificate: Alison
Online (2023)

High School Certificate (2009)



ADDITIONAL INFORMATION

Seeking visa sponsorship

English proficiency (IELTS
band 6.5)

Clear criminal record

TB test certificate

Fully vaccinated (Covid 19)

Valid Driving Licence



WORK EXPERIENCE

Caregiver of an elderly client

Private Residence

2011 - 2018

Achievements/Tasks

- Assisting the patient with handling daily chores and errands by transporting to appointments, cleaning personal spaces, and purchasing supplies.
- Monitoring progress and documenting patient health status changes to keep the care team updated.
- Administering medication as directed by a physician.
- Cooking tasty, nourishing meals for the patient to promote better nutrition. Effectively managed diabetes through a well-curated diet.
- Traveling to client's home to complete healthcare services and promote continuity of care.
- Interact kindly with patients and families and displayed a positive, outgoing attitude, establishing long-term, professional relationships.
- Helping the patient safely transition between sleeping surfaces and mobility assistance such as wheelchairs by providing consistent support.

Childcare

Private Residence

2010 - 2011

Achievements/Tasks

- Assisted the family with the special care of their daughter who has disabilities Assisted the daughter with special needs to perform daily tasks.
- Provided a clean, safe, and comfortable environment for the family during shift Use exemplary time management.
- Maintained a fresh, secure and constructive environment for the child. Administered medications.
- Arranged and initiated age-appropriate activities and games.
- Followed strict guidelines to ensure that the child's needs were met including that her special dietary needs were followed to specifications.



KEY ABILITIES

Ability to manage the extra workload and ability to multitask. Ability to perform basic home management and cooking skills

Ability to follow care plans. Ability to recognize anomalies in general conditions and report to management

Ability to pay close attention to detail. Sensitivity to the needs of others; trustworthiness, integrity, and flexibility.

Extended ability to provide quality outpatient care to clients in diverse settings

Ability to manage time effectively and handle the responsibility

Ability to organize work. Ability to react and delegate instruction in an emergency situation



REFERENCES

References available upon request