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📍 United Kingdom

◆ SKILLS

CPR/First Aid certification

Mobility support

Dementia care

Hoisting equipment

Client meal planning

Laundry assistance

Meal preparation

Elderly care

Dressing and undressing

Denture cleaning

Social support

End-of-life care

Commode cleaning

Documentation and record keeping

Rehabilitative exercises

Surface wound care

Medication prompting and administration

◆ LANGUAGES

English
Full Professional Proficiency

◆ SOFT SKILLS

Attention to detail

Professional attitude

Excellent communication

Organizational skills

Technical aptitude

Time management

Similo Dube

Health Care Assistant

Healthcare Assistant proficient in working under guidance of healthcare professionals in hospitals and community settings to aid with clinical duties, observe and monitor patients and promote physical and nutritional health and well-being. Compassionate team player recognized for positive, upbeat attitude and proactive demeanor in solving problems. Flexible learner adapts easily to new challenges. Known for treating all patients with dignity, respect and discretion while maintaining utmost confidentiality.

◆ WORK EXPERIENCE

Domiciliary Care Assistant MK Hospital@home

07/2023 - Present

Achievements/Tasks

- ◇ Assisting with bed making and changing of soiled linen. Emptying and changing urine bags.
- ◇ Ensuring the safety of clients while performing all tasks and assignments, and reporting any adverse events or near-misses to Supervisor immediately.
- ◇ Documenting all activities and observations and maintaining accurate documents to ensure continuity of care.
- ◇ Providing basic patient care, such as bathing, dressing, grooming, and feeding.
- ◇ Monitoring vital signs, collecting specimens for lab testing, and recording medical histories.
- ◇ Providing support with routine procedures such as dressing changes, catheterization, and wound care.
- ◇ Assisting with toileting patients, emptying and cleaning commodes thoroughly after use.
- ◇ Maintaining patient dignity throughout personal care, creating positive, trusted service-user relationships.

Health Care Assistant Victoria Falls Hospital

01/2020 - 06/2023

Achievements/Tasks

- ◇ Provided support to medical team in different wards including outpatients, medical ward, surgical ward and paediatric wards.
- ◇ Assisted nursing staff with completing daily rounds, documenting vital signs and answering calls.
- ◇ Administered medications in accordance with doctor's instructions.
- ◇ Transported clients between wards and departments for analytical tests and physiotherapy sessions.
- ◇ Provided direct personal care including attending to hygiene and toileting needs and administrative services to clients.
- ◇ Assisted with patient hygiene, physical comfort, eating, and drinking, and mobility while observing and reporting specific changes.
- ◇ Upheld infection control and prevention policies across different patient-facing areas.

CERTIFICATES

Mandatory Care Standards (15 Standards), Caredemy

High School Certificate

REFERENCES

Available on request

WORK EXPERIENCE

Elderly Caregiver Home Care

01/2016 - 12/2019

Achievements/Tasks

- ◇ Provided patient with assistance in completing daily tasks, reducing daily burden on family members.
- ◇ Assisted patient with handling daily chores and errands by transporting to appointments, cleaning personal spaces, and purchasing supplies.
- ◇ Helped patient safely transition between sleeping surfaces and mobility assistance such as wheelchairs by providing consistent support.
- ◇ Administered medications to patient and remained vigilant for negative side effects.
- ◇ Provided mobility assistance such as walking and regular exercising.
- ◇ Completed entries pertaining to care in log books, journals, and care plans to accurately document and report patient progress.
- ◇ Monitored client health by performing routine pulse, temperature and blood pressure checks.

SUMMARY OF OTHER ROLES

Family Nanny, Private Home (01/2011 - 12/2015)