

***CURRICULUM VITAE***  
***FOR***  
**Rumbidzai Gwavava**

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Southampton  
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**PERSONAL PROFILE**

A caring and responsible person who is sensitive and sympathetic, with the ability to respect each client's dignity and sense of independence. Vast experience in delivering high quality care to various clients.

**Key competencies**

- Passionate carer
- A willing and flexible nature
- Good communication skills
- Ability to organise, plan and multitask.
- Very empathetic
- Reliable
- First aid training
- Challenging behaviour competence.

**ACADEMIC QUALIFICATIONS**

**Kuwadzana High School, Harare, Zimbabwe (2002-2005)**

*Ordinary level*; passed five subjects.

- Social Care TV - Care Certificate Induction Training Course (2023)
- UK CSTF - Health and safety (Practical) Training Course (2023)

**Other**

- Updated DBS
- UK licence
- Computer literacy

## **EMPLOYMENT HISTORY**

### **Healthcare Assistant, Eclectic Care Home Chatham, Kent, UK, September 2023 to Date**

#### **Duties:**

- Provide personal and practical care to clients with a wide range of vulnerabilities, illnesses, and needs.
- Assist clients with getting up in the morning, dressing, undressing, washing/bathing/showering, and going to the toilet where required.
- Prepare or assist in the preparation of meals and drinks throughout the day and evening.
- Assist clients with mobility problems and other disabilities including incontinence and help in the use of aids and personal equipment.
- Help in the promotion of the mental and physical activities of clients through engaging in conversation, trips out, sharing in activities such as reading, writing, hobbies, and recreation to help the service user remain as independent and engaged as possible.
- Assist the clients with laundry- washing and ironing.
- Assist clients with reminding and verbal prompting and encouragement to take medications.
- Report immediately to management any noticeable changes in health, behaviour or circumstances of the client whilst maintaining the client's right to privacy and confidentiality.

### **Healthcare Assistant, Parktown Hospital, Zimbabwe HCA – October 2018 to August 2023**

Assisting in meeting the daily needs of patients and in the provision of physical and emotional care and working as part of a team to achieve the required standards. Responsible for the provision of personal and basic health care to clients, assisting them to gain confidence in the performance of their day-to-day self-care chores.

#### **Duties:**

- Keeping up to date records on patients, including daily observations about activities and any medication administered.
- Bed making, damp dusting, sluicing, and sending linen to laundry room.
- Helping to organize and participate in recreational activities.
- Serving meals, drinks, and refreshments.
- Attending staff meetings with senior managers
- Assisting clients with feeding, bathing, and dressing.
- Helping trained nurses to dispense medication.
- Involved in developing care plans.
- Making the best use of aids provided to help clients who have limited mobility, or physical/learning difficulties.
- Helping to create a stimulating and homely environment.

- Segregating and disposing of waste materials.
- Helping patients with their toileting needs, including continence promotion.

**Home Carer, Private arrangement – Harare, Zimbabwe  
February 2017 – September 2018**

- Assisting family member with daily living skills, emotional support
- Serving meals, drinks, and refreshments.
- Segregating and disposing of waste materials.
- Helping patients with their toileting needs.
- Home caring individual till last office.

**REFERENCES-AVAILABLE UPON REQUEST**