

# Promise Chidetswa

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## Professional Summary

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A hardworking, professional care assistant with a genuine interest and enthusiasm for helping and looking after people. Having a wealth of experience in maintaining a healthy and safe environment and making sure that resources are utilised effectively and according to practice guidelines. Possessing an impressive track record in helping to promote the physical and personal independence of clients. Highly motivated and currently seeking a suitable care assistant position

## Key Qualifications & Skills

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- Complex Care
- Residential Care
- Medication administration
- Mental Health
- Dementia Communication Strategies
- Excellent communication skills
- Meal preparations
- Personal hygiene assistance
- Time management
- Vital observation
- Wound care
- Patient hygiene
- Warm companionship
- End Of Life Care

## Work Experience

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**Health Care Assistant**  
Gabs Healthcare

20 September 2023 - to date

- Administering bedside and personal care, such as ambulation and personal hygiene assistance.
- Observing patients' conditions, measuring and recording food and liquid intake and output and vital signs, and reporting changes to professional staff.
- Providing patients with help on walking, exercising, and moving in and out of bed.
- Performing housekeeping duties, such as cooking, cleaning, washing clothes, dishes, and running.
- Assisting client with bathing, dressing and other personal hygiene items.
- Administering medication, and kept a daily journal of medicine intake.
- Maintaining a daily journal of activities and reported any physical or cognitive changes to the family.
- Responding to all physical and emotional needs of the patient. Wheelchair transfer.
- Toileting, assist service users on and off the bedpan commode or toilet
- Offering emotional support, companionship.

## **Health Care Assistant**

Sosona Village

May 2021- August 2023

- Assisted with bathing, dressing and grooming for clients with physical disabilities; this included using adaptive equipment to assist in these tasks
- Helped client with mobility issues get around the house safely by pushing wheelchair or assisting them while walking.
- Prepared meals that were low in salt and sugar for client who had diabetes
- Provided assistance with activities of daily living including grooming.
- Provided Home Care for an individual with special needs Assist with grooming and feeding
- Management of daily schedule and accompanying to various appointments

## **Education**

My Learning Cloud E-learning- Gabs Healthcare- July 2023

Atlas Citation- Gain Healthcare- September 2023

Certificate in Healthcare- Redcross Rusape Zimbabwe- March 2022- August 2022

ECD Level 4 in Early Childhood

Feb 2016 -April 2017

**Teachers Learning Centre - Gauteng, Johannesburg**

Diploma in Executive Secretarial and Introduction to Computers Jan 2009 - February 2010

**Central College - Johannesburg**

## **References**

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Available upon request.