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# Cynthia Ekeh

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## OBJECTIVE

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An enthusiastic and competent support worker, with a strong urge towards the welfare of people. I aim to contribute to a positive and supportive environment, promoting independence, wellbeing and quality of life for individuals I support. Through my experience and commitment, I strive to make a meaningful difference in the lives of individuals requiring support. I'm highly motivated and currently looking to secure a position as a support worker where I can utilise my strong interpersonal skills, compassion and dedication to provide exceptional care and assistance to individuals I support. I'm willing to relocate anywhere.

## EXPERIENCE

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July 2023 - Present

- **Support care worker**

Team Personnel Healthcare

- Assisting in meeting the daily needs of clients and in the provision of physical and emotional care and working as part of a team to achieve the required standards.
- Maintain records of clients and their needs.
- Talking to clients and listening sympathetically to their problems.
- Participating in appropriate training activities and courses.
- Dispense medication
- Attending staff meetings and advising managers of any issues concerning the welfare of clients.

Making the best use of aids provided to help clients who have limited mobility or physical/learning difficulties.

- Preparing food and also serving meals and drinks.
- Keeping up to date records on clients including daily observations about activities and any medication administered.

Responsible for the provision of personal and basic health care to residents, assisting them to gain confidence in the performance of their day to day self chores.

- Assisting clients with feeding, bathing and dressing when required.
- Helping to create a stimulating and homely environment.
- Making and changing beds and ensuring that rooms are clean and tidy.
- Use appropriate infection control procedures to maintain a clean and safe working area.

April 2021 - April 2023

- **Nurse Aide**

Metrimed Clinic Limited

- Help administer medication to patients.
- Assisting in bed baths and oral care.
- Supporting patients and feeding them.
- Taking vital observations and Documenting information.
- Bed making and room cleaning of patients.
- Assisting to prepare food .

April 2020 - February 2021

- **Voluntary Worker**

Alliance Hospital and Services

- Help administer medication to patients.
- Assisting in bed baths and oral care.
- Supporting patients and feeding them.
- Taking vital observations and Documenting information.
- Bed making and room cleaning of patients.
- Assisting to prepare food .

## EDUCATION

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2015 to 2019

- **Gregory University Uтуру**  
Bachelor's degree in Human Physiology

2011 to 2014

- **Pacesetter Missionary College**  
GSCE

2008 to 2011

- **Logos International Secondary School**  
GSCE

2000 to 2010

- **Start right nursery and primary school**

## SKILLS

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- Obtained care mandatory training • Customer Service • Food preparation • Good communication skills • Reliability • Punctual • Good listener • Record keeping • Domiciliary care • Record keeping

## PERSONAL DETAILS

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- Date of Birth : 22/01/1997
- Marital Status : Single
- Nationality : Nigerian
- Gender : Female

## REFERENCE

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- **Beth Jaure - Team Personnel Healthcare**  
Administrator  
admin@teampersonnelsolutions.co.uk  
+44 7472192081
- **Frank Ikebudu - Alliance Hospital and Services**  
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## LANGUAGE

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- Igbo
- English