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◆ CORE SKILLS

Meal planning and preparation

Administering Medication

Mental health Support

First Aid and Safety

Safe patient handling techniques

Progress documentation

Care Plan Management and assessment

Direct Patient Care

Person centered care

Infection control and aseptic techniques

Learning disability support

Resident service plans

Personal hygiene maintenance

Observing responses

Companionship and emotional support

Clinical waste disposal

◆ SOFT SKILLS

Emotional Intelligence

Professional Integrity

Problem solving

Teamwork and collaboration

Evelyn Mtandwa

Care Support Assistant/ Nurse Aid

Motivated caregiver with varied experience gathered within the UK and in Southern Africa. Exposed to hospital setups and home environments and can offer support to patients with diverse conditions. Offers superior skills in patient needs assessment and healthcare team collaboration. Passionate multi-tasker dedicated to supporting team objectives to facilitate top-quality care. Well-versed in monitoring and noting vital signs, cleaning and sanitizing patient areas and assisting with personal hygiene tasks such as toileting and grooming. Skilled at monitoring ongoing conditions with knowledge of documentation practices. Compassionate nature provides families with peace of mind while offering ambulation and personal assistance to meet diverse service users needs. Currently seeking a role to showcase current skills while further developing my professional journey

◆ WORK EXPERIENCE

Healthcare Assistant Austenwood Nursing Home

07/2023 - Present

Achievements/Tasks

- ◇ Supported service users with everyday tasks within the nursing home to ensure that they are provided with a higher quality of life, whilst reaching working under pressure to reach targets.
- ◇ Accompanying clients to appointments. Providing companionship and emotional support.
- ◇ Adhered to care plans and recorded completed tasks after every visit to ensure their needs were met at a high standard and to allow any incidents to be reported.
- ◇ Preparing healthy meals based on specific dietary needs and personal preferences.
- ◇ Encouraged service users to make their own decisions to promote their independence which can lead to them regaining their confidence and improving their well-being
- ◇ Assisting with cleaning and doing everyday household chores.
- ◇ Monitoring and administering medication. Monitoring physical and mental wellbeing of clients.

Care Support Worker Ambergreen Health and Social Care

05/2023 - 09/2023

Achievements/Tasks

- ◇ Ensure all information regarding service users is kept in strictest confidence and documented accurately on daily report sheets.
- ◇ Complete accurately all relevant documentation e.g. food and fluid charts, turning charts, property forms, life stories etc.
- ◇ Assist service users to toilet/commodore and in the use of incontinence pads.
- ◇ Report all accidents or untoward events immediately to the line manager. Safeguarding service users against abuse risks.
- ◇ Help service users with mobility problems and other physical disabilities. Attend to service users who are confined to bed and help lift and turn these service users using the equipment outlined in their care plan as necessary for their care and comfort.
- ◇ Assist service users who need help with dressing, undressing, personal hygiene, including hair care, nail care and facial care.

◆ SOFT SKILLS

Effective Communicator

Attention to detail

Positive Attitude and Energetic

Hard working and willing to learn

◆ CERTIFICATES & TRAININGS

Basic First Aid, Hertfordshire Care Professional Academy (2023)

Care Certificate from Hertfordshire Care Professional Academy. (2023)

Moving and assisting Induction from Hertfordshire Care Professional Academy. (2023)

Basic Life Support Induction from Hertfordshire Care Professional Academy. (2023)

Level 1 Award in Health and Care from Hertfordshire Care Professional Academy (2023)

Level 2 certificate in Awareness of Mental Health problems from Westminster Adult Education Service

Manual Handling, Hertfordshire Care Professional Academy (2023)

Care Certificate Plus, Hertfordshire Care Professional Academy (2023)

Learning Disabilities and Autism, Oliver McGowan Mandatory Training - United Kingdom (2023)

Mandatory Training, Beacon Care Services - United Kingdom (2023)

Introduction to Caregiving: CPR, AED and First Aid, Alison (2022)

The Basic Nurse Aide Course, Destiny for Women and Youth (2015)

High School Certificate

◆ WORK EXPERIENCE

Nurse Aide St Anne's Hospital

01/2019 - 04/2023

Achievements/Tasks

- ◇ Supporting service users with activities of daily living within the care setting, to ensure that they are provided with a higher quality of life. Assisting the service users with their day-to-day activities e.g., playing games, going for walks.
- ◇ Assisted service users with mobility impairments, verifying individual comfort and satisfaction and addressing issues detected.
- ◇ Actively listened to service users' complaints and feedback, actioning improvements to continuously elevate quality of care.
- ◇ Understood and followed health and safety regulations for caring for service users, accessing confidential information and storing medical records for compliance reasons
- ◇ Successfully repositioning, lifting and moving patients from bed into wheelchairs, applying safe handling techniques.
- ◇ Maintaining client dignity and respect throughout dressing, showering and toileting

◆ SUMMARY OF OTHER ROLES AND GAPS

Special Needs Caregiver for Kids and Adults, Agency (01/2008 - 07/2016)

Live-In Caregiver, Private Residence(Diabetic and Wheelchair Bound) (08/2016 - 12/2018)

Self Employed, Zimbabwe (01/1999 - 12/2007)

◆ KEY ABILITIES

Ability to operate care-related equipment for safe patient handling for instance using sliding sheets, hoist, and other handling equipment.

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 speak confidently with people of all ages.

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

◆ ADDITIONAL INFORMATION

Seeking Visa sponsorship within the UK

Right to work (BRP)

Fully vaccinated (Covid 19)

Proven English Proficiency

Flexible to relocate anywhere

CLEAN DBS

◆ REFERENCES

Available Upon Request