

ELIZABETH TSIKAI KAMBASHA

CONTACT



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4HY



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CORE QUALIFICATIONS

- Microsoft Word
- Expert
- Microsoft PowerPoint
- Advanced
- LANGUAGES
- English
- Fluent
- WEB & SOCIAL
- [Linkedin.com/in/elizabethtsikaikamba](https://www.linkedin.com/in/elizabethtsikaikamba)
- [Twitter.com/lizkambasha](https://twitter.com/lizkambasha)
- EXTRA INFO
- SKILLS
- Healthcare Operations
- Process Improvement
- Interdepartmental
- Collaboration
- Documentation
- Bedmaking
- Medicine Administering
- Patient bathing
- Catheter Care
- Mobility support
- General housekeeping
- Hoist operation

REFERENCES

REFERENCES Available on request.

Hard-working professional with strong drive to offer quality patient care and assistance. Committed to assisting with meals, nutrition and personal hygiene. Dedicated to enhancing mental and physical well-being of patients.

EXPERIENCE

January 2023 - October 2023

Community Carer *Mary Anne Care Home*

- Taking good care of service users with different sicknesses
- Charted service users information such as mood changes mobility activity and daily inputs and outputs
- Aided in bathing, dressing and general mobility
- Documented care plans, hospital actions and patient activities in line with best practices
- Positioned and transported service users in wheelchairs or on movable beds
- Built strong trusting relationships with service users by providing continuous support and delivering best possible care
- Pad checks and changes
- Independently changed or emptied catheter bags using clean, careful techniques while following hygiene guidelines.
- Used exceptional communication abilities to build and nurture positive, professional relationships with service users.
- Prepared meals for service users, offering additional feeding support to service users with limited physical ability.
- Helped service users with socialisation, escorting to community events and building confidence in communicating with others.

March 2019 - December 2022

Caregiver *Growth Paths Old Age Home*

- Aided in bathing , dressing and general mobility
- Assisted service users in toileting (commode)
- Assisted service users in positioning and transporting on wheelchairs or on movable beds
- (Rotunda and hoisting)
- Personal Hygiene (cleaning and tidying their homes)
- Preparing meals for service users
- Prompting and Administering medication
- Pad checking and changes
- Catheter Care.
- Provided medical attention during sickness and injuries by cleaning wounds and administering required medication.
- Swept, vacuumed and scrubbed floors and countertops to eliminate stains and debris.
- Emptied and changed catheter bags regularly, maintaining patient dignity and wellbeing.
- Cooked meals and washed dishes to provide proper nutrition, remove residue and maintain health standards.

- Closely monitored client behaviour, reporting changes or concerns to doctors or families for prompt resolutions.
- Lifted patients manually and using hoists, working carefully to provide safe, secure manoeuvring.
- Built and nurtured positive relationships with service users, reducing feelings of loneliness and isolation.
- Clearly and accurately recorded support received, enabling continuity of care with alternate caregivers.
- Laundered and ironed clothes to remove dirt and irritants, assisting with household chores.
- Attended training to stay refreshed in best care practices, emergency procedures and first aid.
- Worked with care, compassion and empathy, providing first-class support to patients with varying needs.
- Assisted with toileting patients, emptying and cleaning commodes thoroughly after use.
- Assisted clients with domestic tasks, grocery shopping and pet care.
- Aided clients with morning and evening routines to help establish independence and autonomy.
- Documented care activities, changes in condition and responses to treatment using [Software].

EDUCATION

2022

St John Ambulance, South Africa
and Home Based Care

1999

GCSEs O Level 5 Subjects
ZDECO COLLEGE, Cambridge