Choongo Esther Hatwiko

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Personal Profile Statement

I am a committed, caring and friendly Physiotherapist with a great passion for helping people of all ages. I have previous experience in supporting a variety of patients ranging from children suffering from development problems to adults and the elderly affected by and recovering from injuries and movement disorders. I have excellent communication skills, both written and oral, and I enjoy working with a variety of different people.

Achievements

* Volunteer Physiotherapist at **Beit Cure Hospital**, 2013

Education

**Jul – Dec 2021 Advanced health care assistant**  Zambia institute for

**Certificate** medical and

psychological studies

**2016 – 2018 Bachelor of Scie**n**ce i**n Physiotherapy Lusaka Apex Medical

University

**2010 – 2012** Diploma **i**n Physiotherapy Evelyn Hone College of

Applied Science

**2002 – 2004** GCSE Certificate Kafue Day High School

**Employment and Work Experience**

**Registered with HCPC**

**Registration Number: PH141632**

**July 2022 to date Healthcare Assistant Hutton View Care Home**

**Aug 2020 – July 2022 Physiotherapist Mount Makulu Clinic,**

**Ministry of Health**

Main duties performed:

* Carrying out physiotherapy services in order to ensure quality rehabilitation services
* Preparing referral notes to other material staff in order to provide appropriate management of clients
* Carrying out timely developmental and implementation of appropriate interventions in order to impact skills and knowledge
* Providing physiotherapy assessment and treatment to both inpatient and outpatients by improving physical strength, cognition, mobility and quality of life in patients of all ages
* Evaluating, planning and delivering bespoke physiotherapy plans to meet the needs of individual patients
* Being involved in a patient’s pre-admission and follow-up care
* Working with special needs infants and toddlers who are suffering from a variety of medical conditions such as cognitive development delay, low muscle tone, mobility impairment and developmental co-ordination disorder.
* Supporting patients recovering from surgery
* Assisting patients recovering from a wide range of accidents (sports, fall or car accidents resulting in back, neck, limb or joint conditions)
* Ensuring safe and conducive environment
* Ensuring safety of logistics
* Maintaining a high standard of work and professionalism at all times
* Types of conditions managed include; cerebral palsy, spina bifida, hydrocephalus, erbs palsy, fractures, muscular dystrophy, down syndrome in children.
* Stroke, parkinsons disease, peripheral neuropathy, low back pain, osteoarthritis, spondylosis, amputation, fractures, spinal cord injuries, sprains , strains, frozen shoulder in adults as well as rehabilitation of respiratory conditions such as bronchiectasis, bronchitis

**Jan 2014 – Aug 2020 Physiotherapy Technologist Gwembe District**

**Hospital, Ministry of Health**

Main duties performed:

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* Carrying out timely developmental and implementation of appropriate interventions in order to impact skills and knowledge
* Providing physiotherapy assessment and treatment to both inpatient and outpatients by improving physical strength, cognition, mobility and quality of life in patients of all ages
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* Supporting patients recovering from surgery
* Assisting patients recovering from a wide range of accidents (sports, fall or car accidents resulting in back, neck, limb or joint conditions)
* Ensuring safe and conducive environment
* Ensuring safety of logistics
* Maintaining a high standard of work and professionalism at all time

**Skills**

**Technical:**

* Experienced in using different rehabilitation techniques and equipment
* Ability to work with patients with a variety of diagnoses and needs
* Experienced with written and verbal discharge/onward referral procedures
* Excellent ability to demonstrate different methods, actions and positions

**Interpersonal:**

* Having a caring attitude when supporting patients during therapy sessions
* Showing tolerance and patience when dealing with patients, relatives and carers

References

**Dr. Oswell Khondowe**

Dean of Students

Department of Health Sciences

Lusaka Apex Medical University

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Kennedy Kalonga Kageya

Senior Physiotherapist

Ministry of Health

Gwembe District Hospital

**Tel: +26**0 977 415 176

**Email:** [kageyakalonga@yahoo.com](mailto:kageyakalonga@yahoo.com)

Philip Mubanga

Senior Physiotherapist

Ministry of Health

Chilanga District

**Tel: +260 97 3373816**

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Dr. James Mulenga

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