

CURRICULUM VITAE FOR PRAISE

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PERSONAL STATEMENT

I am a passionate, dedicated, and experienced Health Care Assistant (HCA) who has experience in working with children and adults with Learning disability and Mental health problems and the elderly with Dementia. I developed empathy and a caring attitude throughout my experience. I work with my own initiative and am able to react quickly and efficiently when dealing with challenging situations. I always ensure that I keep my skills up to date. I have completed a Care Certificate online which has equipped me with more knowledge and skills and showed my improved knowledge of technology.

I developed my communication skills when I communicated with patients and families. This has taught me the importance of good listening skills, which is a critical element in the Healthcare sector. My written skills are shown through good record-keeping and writing daily reports. My flexibility, reliability, and commitment to work set me apart in my suitability for the role of Health care Assistant. I am happy to do any shift patterns as designed by the service, 24/7. I have also strived to work as an autonomous HCA who works with minimal supervision and always seeks advice where required. I developed time management skills and learned to prioritize duties.

I have learned to treat and respect patients in a non-judgmental manner as well as show compassion and kindness which helps in building trust and therapeutic relationships with patients. I am also a good team player who respects and values my colleague's contributions, and this goes a long way in team building.

I work under pressure which includes balancing family life and work life. Stress is likely in any working atmosphere and my experience of working in a very demanding environment helps me to manage. However, I unwind by socializing with friends and taking walks.

SKILLS & COMPETENCIES

- Communication,
- being observant
- Confidentiality,
- Time management,
- Prioritizing duties and working with my own initiative.



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Attributes:

Dedication Empathy, Flexibility, Friendliness, Patience, Showing Respect, and ability to remain calm under pressure.

VOLUNTEER ACTIVITIES

Visiting children's and old people's homes

- Visits to hospitals
- Cleaning campaigns
- Visits to prisons

WORK EXPERIENCE

1. Contact Caregiver (Mars):

Harare Zimbabwe

January 2022 to September 2023

Responsibilities

- Following a prescribed healthcare plan, which may include assisting with exercise and managing medication
- Working with care compassion and empathy, providing first-class support to patients with varying needs.
- Collecting and buying groceries for patients, purchasing based on requests, needs, preferences, and budgets.
- Assisting in measuring, calculating, providing, and administering medication to patients when needed.
- Maintaining excellent client relationships by going the extra mile to assist care needs while improving client's well-being.
- Closely monitoring client behavior, reporting changes or concerns to doctors or families for prompt resolutions.
- Carrying out light housework duties during visits, including laundry and ironing.
- Assisting clients with care such as grooming, washing, and maintaining personal hygiene standards.
- Preparing and serving healthy, nutritious meals, taking into account any dietary needs and personal preferences.

2. Healthcare Assistant:

Gweru Zimbabwe 2017 -2021

I worked at Moyo Residence supporting a 60-year-old woman who had learning disabilities and physical health problems. She needed a lot of assistance with most activities of daily living (ADLs). The focus was to provide her with high-quality physical and emotional care and assistance.

Responsibilities

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- Meal preparation
- Cleaned and laundry
- Encouraging regular exercises and movement.
- Supporting her to maintain social or leisure activities
- Developed and provided a safe and secure environment
- maintained a safe and clean environment and coordinated various activities.
- Provided everyday personal care such as washing, dressing, and general hygiene • Taking her to a hospital whenever necessary
- Administering medication.
- Providing emotional support- help her work through any challenges, help them solve problems and look for support groups that may help her
- Monitor healthcare -Schedule medical appointments and help her attend.
- Running errands and shopping.
- Help to become more self-sufficient and encourage her to live as independently as possible.

EDUCATION

- **The Care Certificate** – Caredemy September 2022
- **English Proficiency** – 2022
- **3 Advanced Level passes** – Mkoba 3 High School 2010
- **11 Ordinary Level passes** - Matinunura High School 2008

REFERENCES

References are available on request



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