

ARINZE NWACHUKWU

HEALTHCARE SUPPORT WORKER

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OBJECTIVE

A dedicated Healthcare Support Worker with over three years of experience across various care settings, including residential care homes, hospitals, and mental homes. I am skilled in providing personalized, compassionate care to individuals with diverse medical, physical, and emotional needs. My expertise includes assisting with daily personal care such as hygiene, feeding, and mobility, monitoring vital signs, and administering medications under supervision. I work closely with healthcare professionals to update care plans and offer emotional support to patients and their families. With strong communication skills, the ability to remain calm under pressure, and a flexible approach to each patient's unique needs, I am committed to delivering high-quality care. I continually seek opportunities for professional development in patient care, infection control, and health and safety procedures, and I am eager to contribute my skills to a supportive healthcare team, focused on improving the well-being of patients in a compassionate and respectful manner.

SKILLS & ABILITY

- Understanding and maintaining patient confidentiality and privacy.
- Excellent listening and communication skills
- Ability to understand and follow policies and procedures
- Medication administration
- Proficient writing skills for filling in care and support plans
- Interpersonal skills to effectively relate with co-workers and patients
- Ability to problem solve and de-escalate crisis situations
- Ability to provide compassionate care and emotional support to patients.
- Ensuring accuracy in patient care, record-keeping, and following care plans.

EXPERIENCE

November 2021- March 2023 **Greenline Healthcare Group, (Agency)**

Job Description

- Assisting service users with daily personal care routines, such as bathing and dressing
- Assisting with eating and drinking
- Making resident feel comfortable
- To help service users with mobility problems and other physical disabilities, including continence management and help in the use and care of aids and personal equipment, for example: hoist, bath aids, wheelchairs
- To help care for/support resident who are at the end of their life.

October 2022- July 2023

Rhodsac Community Living LTD, Manswicks Care Home, (Bank)

Job Description

- Helping them to access community facilities and be included in community groups.
- Supporting and helping with health care needs, including routine checks or administering medication
- Being a source of emotional support for resident, by listening to and discussing their worries, problems and concerns and learning disabilities
- Providing assistance on living issues such as budgeting, shopping, letter writing

February 2023 – July 2023

Nothing But Recruitment Ltd, (Agency)

Job Description

- Supervising patients to ensure their safety and performing risk assessments monitor
- Providing emotional support and reassurance to patients and their families.
- monitoring patients' physical and mental health and keeping accurate records
- Assist individuals with daily living activities, such as personal care and meal preparation.
- Monitoring the patient's mental state.

July 2022- December 2023

SDA Recruitment Ltd, (Agency)

Job Description

- Support individuals in developing and achieving their goals for recovery and independence.
- Assist individuals with daily living activities, such as personal care and meal preparation.
- Adapted communication to meet individual needs (e.g., sounds, tones, body language)
- Assisted residents with morning routines, personal hygiene, and meal preparation

May 2023 – Till date

Involve Care And Support, (Fulltime)

Job Description

- Maintaining the patient's personal hygiene and wellbeing.
- Promoting an environment that encourages the patient to feel safe and comfortable.
- Encouraging and supporting the development of personal skills through hobbies and interests.
- Helping people to get organized, plan their day, clean, meal-plan and shop.

EDUCATION

September 2021 - September 2022

Nottingham Trent University

Master of Research (MRes) Physics: Commendation

Relevant Modules:

Professional Physics, Medical Imaging, Current Topic in Physics

Dissertation Topic: Measuring muscles with MRI

June 2009 - November 2014

Chukwuemeka Odumegwu Ojukwu University)

Bachelor of Science (BSc) Physics: Second Class Lower

Relevant Modules:

Theoretical Physics, Relativity, Electromagnetism, Optics,

Dissertation Topic: Construction and installation of

Uninterrupted power supply (UPS)

COMMUNICATION

- Strong written and verbal communication skills
- Ability to provide constructive feedback and collaborate effectively with colleagues

TRAINING

- NVQ Diploma 3 (Health and social care) 2023
- MAPA(Management of Actual or Potential Aggression) 2023
- Care Certificate 2023
- Moving and Handling - September 2023
- Health and Safety - September 20223
- Fluids and Nutrition - September 2023
- Fire Safety - September 2023
- Infection & Control - September 2023
- Safeguarding of Adults; Safeguarding of Children - September 2023
- Food Safety - September 2023
- Lone worker - September 2023
- Complaints Handling - September 2023
- First Aid/ Basic Life Support - September 2023
- Legislation/information governance- September 2023
- Coronavirus – Working in a Covid World - September 2023
- Person Centered Care - September 2023
- Autism Awareness - Dec 2022
- Medication Competency Assessment
- Medication Administration
- End of Life Awareness - Dec 2022
- CPR Awareness - March 2023
- General Data Protection Regulations (GDPR) - March 2023
- Mental Health Awareness – March 2023
- Communication- September 2022
- Code conduct-September 2022
- Equality and Diversity- September 2023

INTEREST

Reading

Travelling

REFERENCE

Available Upon Request.