

SELAH MCKINLEY

Sponsorship switch

Peterborough PE2 7bg

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I am a dedicated and compassionate Care Assistant with over three years of experience providing care for both adults and children in various settings, ensuring their physical and emotional well-being. I have a proven track record of delivering high-quality personal care to the elderly including those living with dementia as well as children, assisting with daily activities, and fostering self-esteem, confidence, resilience, and essential life skills. Additionally, I possess strong clinical skills, including vital signs monitoring, tracheostomy and catheter management, and medication administration. I am committed to creating a safe and supportive environment that promotes the overall well-being of those I care for

Personal Details

Driver's License: B auto, BE, Cars

Eligible to work in the UK: Yes

Highest Level of Education: GCSE or equivalent

Industry: Childcare, Community & Social Service, Healthcare

Total years of experience: 3

Work Experience

Health Care Assistant

Newton Healthcare-Peterborough

July 2024 to Present

- Assist residents with bath/grooming and dressing up.
- Support residents to move around through mobility assistance
- Housekeeping and environment maintenance.
- Make residents feel comfortable/companionship
- Monitor residents health, well being and assist with activities
- Assisting with eating and hydrating
- Personal care

Health Care Assistant

Apollo Home Healthcare-Peterborough

June 2023 to September 2024

- Suctioning the airway to maintain a clear air passage.
- Assisting nurses in performing routine tracheostomy care, including cleaning and changing dressings.
- Monitoring the tracheostomy site for signs of infection or irritation.
- Collaborating with healthcare professionals for scheduled tracheostomy tube changes.
- Administering enteral nutrition through the PEG tube according to prescribed guidelines.
- Assist with safe mobility by use of a hoist, bed transfer, and other aides
- Monitoring the client's nutritional status and adjusting feeding plans as necessary.
- Ensuring proper hygiene and care around the PEG site.

- Catheter care, including regular cleaning and monitoring for signs of infection.
- Emptying and recording urinary drainage from the catheter.
- Addressing any issues related to catheter blockage or leakage.
- Assisting with repositioning to prevent pressure ulcers and maintain comfort.
- Implementing a range of motion exercises to preserve joint mobility.
- Collaborating with physiotherapists to support the client's mobility needs.
- Facilitating communication using alternative methods if speech is impaired.
- Administering medications as prescribed by healthcare professionals.
- Monitoring for side effects and reporting any concerns promptly.
- Providing emotional support to both the client and their family.
- Conducting regular skin assessments, particularly in areas prone to pressure sores.
- Implementing preventive measures, such as turning schedules, personal care, and skin moisturization.
- Communicating effectively with physicians, nurses, therapists, and other healthcare providers.
- Participating in care planning meetings and contributing insights into the client's condition.
- Collaborating with the client, their family, and the healthcare team to develop and implement end-of-life care plans.

Health Care Assistant

Bluelight Healthcare-Peterborough
May 2024 to June 2024

- Assist with daily activities like bathing, dressing, and feeding while ensuring the child's comfort and safety.
- Ensure the environment is safe and conducive to reducing stress and anxiety, which can be particularly heightened during alcohol withdrawal.
- Implement behavior management strategies to handle challenging behaviors. This might include using techniques like positive reinforcement, redirection, or calming strategies.
- Provide reassurance and comfort to the child, helping them to feel secure and understood.
- Monitor the child's physical and emotional condition, noting any changes in behavior, mood, or physical symptoms related to both autism and alcohol withdrawal.
- Keep detailed records of the child's daily activities, behavioral incidents, and responses to interventions.
- Communicate effectively with the child's family, providing updates on the child's progress and any concerns that arise.
- Help maintain structured routines, which can be crucial for children with autism, to provide a sense of predictability and stability.
- Assist in developing social skills through guided interactions and play, tailored to the child's developmental level and needs.
- Teach and reinforce coping strategies to manage both the symptoms of autism and the stress related to alcohol withdrawal.

Healthcare Care Assistant

Willow Care and support-Cambridge
February 2023 to May 2023

- Promoting a safe and inclusive environment for all young people, ensuring safeguarding procedures are followed at all times
- Assisting with activities of daily living for children.
- Identifying and informing policy providers about health-related challenges with the children and Collaborating with other professionals, such as social workers, therapists, and healthcare providers, to ensure holistic support for the young people.
- Establishing strong relationships with parents through regular communication and progress reports.
- Ensuring the safety and well-being of children during indoor and outdoor activities and ensuring all policies are kept.

- Preparing meals and snacks according to dietary restrictions, promoting healthy eating habits.
- Administering basic first aid and CPR in emergencies.
- Implementing behavior management strategies to create a positive and inclusive environment.
- Providing when need be sensitive personal care routines and medication management.
- Offering companionship and emotional support, promoting self-esteem, confidence, resilience, and life skills development.
- Assisting with the development and implementation of individual support plans for each young person, in collaboration with the local authorities and other professionals.
- Advocating for the rights and needs of the young people, ensuring their voices are heard and their choices respected.
- Providing crisis intervention and support during difficult situations or times of distress.
- Assisting with physical therapy exercises and mobility aids for patients with cerebral palsy.
- Educating the patient and their family on managing seizures and implementing seizure precautions.
- Monitoring and documenting seizure activity, including duration, frequency, and any changes in symptoms.
- Assisting with the use of assistive devices such as communication boards or adaptive equipment.
- Providing education and support to the patient's family on managing their loved one's condition.
- Keeping accurate and detailed records of the patient's care and progress.
- Continuously updating knowledge and skills through professional development and training.

Volunteer Worker/Healthcare Support Assistance

Divine Medical Clinic-Nairobi

January 2021 to June 2022

- Volunteered in rural areas for children's medical camps, and women's cervical and breast cancer screening monitoring their conditions.
- Assisting and attending special events and activities for children and their families.
- Sourced books and toys, delivering them to children in rural areas.
- Helped children with playgroup activities, tutoring, reading, and art.
- Instructing children in health and good personal habits.
- Organized monthly food donation collections for medical camps.
- Maintained records on individual children and provided counseling to vulnerable children.
- Assisting in the dispensing of medications to patients, ensuring accuracy and adherence to protocols. This includes labeling, organizing, and maintaining medication stock.
- Assisting with patient registration and maintaining accurate records, including personal information, medical history, and medication profiles.
- Monitoring and maintaining inventory levels of medications, medical supplies, and equipment, ensuring adequate stock and proper storage conditions.
- Collaborating with healthcare professionals to process and fulfill prescription requests, including verifying patient information, checking for interactions, and preparing medications for dispensing.
- Following established protocols and guidelines to ensure patient safety, privacy, and confidentiality, maintaining cleanliness and hygiene standards within the dispensary area.
- Communicating and collaborating with other healthcare professionals, such as doctors, nurses, and pharmacists, to ensure coordinated care and optimal patient outcomes.
- Providing excellent customer service to patients, answering inquiries, addressing concerns, and maintaining a friendly and professional demeanor.
- Ensuring the proper functioning and maintenance of dispensary equipment, such as pill counters, scales, and labeling machines.

Education

Diploma in Cosmetology

Jan 2001 to August 2001 Pivot Point International School of Cosmetology - Nairobi

January 2001 to August 2001

GCSE in Kenya Certificate of Secondary Education

Solai Secondary School - Nakuru

February 1996 to November 1999

Primary Education in Certificate of Primary Education

Kabazi Primary School - Nakuru

January 1987 to November 1995

Skills

- Caregiving
- Customer Service
- personal care
- Home Health
- Guest relations
- Health Care
- Patient observation
- Communication skills
- Infection prevention & control
- Manual handling
- Medication administration
- Emotional support
- Records management

Certifications and Licenses

Level 3 Diploma in health and social care, Care Certificate # Autism Awareness Certificate # Epilepsy Awareness Certificate # Infection Control Certificate # Certificate in Food Safety Level 2 VTQ # Certificate in First Aid Plus Level 3 (VTQ) # Manual Handling Certificate # Fire Safety Awareness Certificate # COSHH Awareness Certificate # RIDDOR Certificate # Deprivation of Liberty Safeguards-DOLs Level 2 (VTQ) in Workplace Certificate # PMVA Certificate (Prevention, Management of violence and Aggression) # General Data Protection Regulations Certificate (GDPR) # Conflict Management Level 2 # Safeguarding of Vulnerable Adults Level 2 (SOVA) # Safeguarding of Children Level 2 (SOCA) # Moving and Assisting of People Level 2 (VTQ) # Health and Safety Awareness Certificate # Tracheostomy and ventilation # Medication and enteral feed # Basic life support

September 2023 to Present