

CURRICULUM VITAE

SULIAT ABDULYEKIN

33 WALSINGHAM CLOSE HATFIELD ,HERTFORDSHIRE

AL10 0RP

Email: Abdulyekin.b.suliat@gmail.com

07407059230

I am a compassionate and dedicated carer with a strong background in providing support and assistance to individuals in need. It is a job which I feel most comfortable doing and I really enjoy making a difference to people's lives, and I also gain a tremendous amount of job satisfaction when I can visibly see the difference my support is making to the individual. I have a good work ethic in helping people with learning disabilities.

I have the communication skills to encourage the health and wellness of the client and I also possess interpersonal skills to work with a new client independently.

I am passionate about improving people's lives and I have a strong interest in health care as a career and have engaged in people's daily activities according to their care plan.

I am seeking a caregiving role that offers professional growth and is open to switching my current visa under the Tier 2 category.

PERSONAL DETAILS

Date of birth : 22/11/1996

Nationality – Nigerian

Visa status : Health and care visa (Tier 2)

Eligible to work in the UK: Yes

Highest level of Education: Bachelor's Degree

EDUCATION

September 1999 until July 2008

Muslim Children Academy (Nursery and Primary) – Nigeria Army Ojo Cantonment, Lagos, Nigeria

First Leaving School Certificate : CREDIT

July 2008 until September 2008

Preparation for Secondary College

September 2008 until June 2013

Lagos State Model College – Agric Ojo, Lagos,
Nigeria West African Senior School Certificate: CREDIT
English Language
Mathematics
Biology
Commerce
Financial Accounting
Government
Yoruba

June 2013 until January 2014

- Caring for mother

January 2014 until April 2014

- Preparing for joint Admission and Matriculation Board examinations

April 2014

- Unified Tertiary matriculation examination in university

April 2014 until October 2014

- At home awaiting admission result

October 2014 until April 2019

Lagos State University – Ojo, Lagos, Nigeria
- Bachelor's Degree: Art and Humanities : SECOND CLASS

April 2019 until May 2020

National Youth Service Corp
- Mandatory service

EMPLOYMENT HISTORY**May 2019 until April 2022**

Health Care assistant
Nigeria Army 81 Division Medical Service and Hospital –Ikoyi, lagos , Nigeria

I assisted in maintaining a safe, clean and positive environment for hospital patients and staff.

- I assisted in organizing daily activities to encourage the health and mental wellness of patients.
- I assisted patients during mealtimes, ensuring that they received meals that were suitable.
- I actively engaged patients in conversation and meaningful conversations related to their lifestyle choices at a level and pace that valued the individual and respected their dignity and communication differences.

- monitoring the vital signs of patients such as blood pressure ,weight ,respiration and temperature.

APRIL 2022 until April 2023

Health Care Assistant

Onechildonecare Healthcare -Magodo Phase 1, Lagos Nigeria

- Monitoring patient condition by taking temperatures,,pulse ,respiration and weight .
- Assisting of delivering of patient care as directed by the Registered Nurse .
- Ensuring that the patient is the prime focus when making decisions about their care and wellbeing .
- Assisting patient with compassion when undertaking normal activities of daily living whilst ensuring that privacy ,dignity and human rights are respected.

APRIL 2023- RELOCATED TO THE UNITED KINGDOM

MAY 2023- JUNE 2023- SEEKING EMPLOYMENT

JULY 2023- NOV 2023

Health care Support worker

Royal Mencap society-Hemel Hempstead

- Provided essential care and support to elderly and disabled individuals, assisting with activities of daily living (ADLs), such as bathing, dressing, and meal preparation.
- Administered medications according to the care plan and monitored patients for any changes in health or behavior.
- Established rapport and maintained open communication with patients and their families, ensuring their comfort and well-being.
- Assisted patients with mobility and exercises as per the care plan and medical recommendations.
- Maintained accurate care records and documented patient progress for healthcare providers.

NOV 2023 – CURRENT

Health care worker

Ethica care – Hemel Hempstead

- Provide support to service users in leading an independent life in their home.
- provide personal care and support to service users as detailed in their care and support plan.
- prepare meals, ensure a balanced diet, undertake household and cleaning tasks, social interaction and any other tasks outlined in the care and support plan.

- develop good communication and develop effective working relationships with service users and other people directly involved with the service user's life..
- Provide companionship and ensure service users' independence, while ensuring dignity, choice, and respect at all times.

SKILLS

- Personal care assistance and ADL support
- Medication administration and management
- Compassion and empathy in patient care
- Communication and interpersonal skills
- Patient safety and fall prevention
- Food preparation and hygiene
- Basic IT
- Good Record keeping
- Proficient in English, both written and spoken.
- Driving

RELEVANT TRAINING COURSES ATTENDED

- Care Certificate
- CPR and First Aid certified
- Mental Capacity Act
- Adult basic life support
- Health and safety
- Basic first aid
- Medication order cycle
- Food hygiene
- Fire safety
- Learning Disabilities and Autism
- Behavior of Concern
- Epilepsy and Seizure Management
- Good Hygiene in Care
- Moving and Handling
- Enteral Feeding (PEG)
- Dementia Awareness
- Equality, Diversity and Human Rights
- Medication Administration in a health care Setting
- Liberty Safeguarding
- Infection Control Level 2
- Airway Management

REFERENCE

Available on request

