

# AKINSUNMI, OLUWABUNMI BUSOLA

28, Silver Street, Woodston, Peterborough.

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## PROFESSIONAL SUMMARY

Highly motivated and compassionate health support worker with over 2 years of experience, providing exceptional care to individuals with care needs, holistically in a person-centred way. Proven ability to assist with activities of daily living (ADLs), ensure client safety and well-being, and provide companionship and emotional support. Skilled in meal preparation, medication reminders and light housekeeping. Committed to promoting client independence and dignity, in a respectful and professional manner.

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## SKILLS

- Personal care tasks - cleaning, Shopping, appointments, meetings, social events, etc.
- Medication management.
- Housekeeping.
- Observation skills.
- Compassion and empathy.
- Ability to support independence levels of clients.
- Manual-handling-trained to use a variety of lifting equipment and mobility aids.
- Demonstrates ability to learn on the job at a fast pace.
- Mental health support.
- Time Management.
- Meal prep and Timetable.
- Grit and resilience to carry out and complete tasks.
- Flexible with work and available to travel.
- Team playing, hardworking and diligent.
- Interpersonal, Innovative and analytical skills.
- Adhering to Care plan/Medication plans.
- Care/hygiene management and adhering to safety guidelines.

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## WORK HISTORY

06/2024 till date

### Cambridgeshire Care Agency - Health Care Assistant

- Offering the assigned service users the appropriate support to enable them to meet their personal care needs as specified in their individual care plan.

- Lowering patients' anxiety through calm, concise explanations of clinical procedures and processes.
- Talk with patients and their families about future care.
- Exhibiting compassion, empathy, active listening skills and emotional fortitude.
- Establish enduring trust and a solid support system with patients by giving them the finest treatment possible.
- Observe and record the patient's vital signs in compliance with resident procedures.
- Assist in encouraging service users' mental and physical activity by conversing with them, going on walks with them, encouraging reading and writing, and engaging in leisure activities.
- Support the RN in providing both direct and indirect patient care.
- Act in a way that promotes patient and staff safety and well-being by abiding by corporate regulations pertaining to health and safety and being cognizant of the environmental aspects of care.
- Establish positive working relationships with patients and coworkers while keeping a professional demeanor.

08/2023 till date

**Sabanu Care Ltd. Peterborough - Health Care Assistant**

- Help the patient move and position themselves using the proper equipment in order to maximize their level of comfort.
- Help the patient by measuring their level of pain and making medication requests on their behalf.
- Before performing necessary operations, get the patient's consent and involve them in the decision-making process.

- Assist and motivate the patient to take care of their own health and wellness requirements.
- Explain information to the interdisciplinary team, patients, their families, visitors, and caregivers in a clear, efficient, and appropriate manner.
- Take part in conversations on patient care and assist them in making decisions regarding their treatment.
- Keep patient information confidential.
- Maintain professional boundaries while working with patients and co-workers.
- Offering personal care and support to the elderly ones.
- Helping the residents with dressing, feeding, toileting and personal hygiene.
- Lowering patients' anxiety through calm, concise explanations of clinical procedures and processes.
- Exhibiting compassion, empathy, active listening skills, and emotional fortitude.
- Act in such a way as to promote the safety and well-being of patients and staff by being aware of the environmental elements of care and complying with company policies which relate to Health and Safety.
- Build a relationship with the patient and their family and make sure the registered nurses are aware of each patient's unique needs.

01/2017 – 04/2023

**Ibadan South East LGA, Oyo State, Nigeria.**  
**– Support care worker.**

- Offered care to fulfill health and wellness requirements by collaborating with other members of the multidisciplinary team, supporting nurses and other clinical professionals with daily tasks related to patient care.

- Within the boundaries of the HCSW's expertise and proficiency, I assisted licensed nurses with implementing care plans.
- If patients felt nervous or upset, I offered them support, consolation, and assurance by practising therapeutic engagement techniques, such as deep breathing and mindfulness.
- Maintained patients' personal and oral hygiene e.g. aiding with pressure care area.
- Help with basic patient care tasks, such as distributing menu cards, sorting clean linens and cleaning beds.
- Assisted patients in achieving maximum independence by providing the proper amount of support as assigned and under supervision.
- Keep track of intake and outflow and recognize the value of precision.
- Help patients access and utilize the proper restroom facilities while maintaining their dignity and privacy.
- Log regular observations (blood glucose readings, vital signs, urinalysis, etc. as directed by the supervising nurse).

05/2010 – 06/2023

**Anjyara Ventures – Business manager.**

- Management of Client Portfolio.
- Management of Marketing Staff.
- Training of staff in respect of marketing objectives.
- Sourcing for new business and clients for the organization.
- Development of products to meet specific Clients' needs.

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**EDUCATIONAL BACKGROUND**

2021 - 2022

***University of Ibadan, Oyo State, Nigeria.***

Diploma, Computer Studies.

- 2003 - 2005      ***The Polytechnic, Ibadan, Oyo State, Nigeria.***  
Higher National Diploma, Business Administration.
- 2000 - 2002      ***The Polytechnic, Ibadan, Oyo State, Nigeria.***  
National Diploma, Business Administration.
- 1991 - 1997      ***Queens' School, Ibadan, Oyo State, Nigeria.***  
West African Senior Secondary School Certificate Examination.

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## **HEALTH AND SOCIAL CARE TRAINING**

- ***The Oliver McGowan mandatory training on learning disability; part 1 & 2***
- ***Mental health awareness for health care professionals – E-LFH training***
- ***Introducing mouth care – E-LFH training***
- ***Dysphagia and medicine – E-LFH training***
- ***Dysphagia essentials for cooks – E-LFH training***
- ***Dysphagia essential for health and care staff – E-LFH training***
- ***Learning disabilities by minded e-learning***
- ***The Oliver McGowan mandatory training on learning disability and autism; part 1 & 2***

### **-FLEXBEE**

- ***Catheterisation Awareness***
- ***Communication and Record Keeping***
- ***Diabetes Awareness***
- ***Diet and Nutrition***
- ***Dementia Care***
- ***Dignity Privacy and Respect***
- ***Corona Virus Awareness and Infection control***
- ***Equality, Diversity and Human rights***
- ***Falls Prevention***
- ***Fire Safety***
- ***Epilepsy Awareness***
- ***GDPR Awareness***
- ***Lone Working***
- ***Health and Safety Awareness***
- ***Managing Challenging Behaviour***
- ***Mental Capacity Act and Deprivation of Liberties Awareness***

- *Palliative and End of Life Care*
- *Person Centred Care*
- *Pressure Sore Awareness*
- *Safeguarding of Adults Awareness*

#### **-WHITE'S TRAINING RAPID INDUCTION ASSESSMENT**

- *Dignity Privacy and Respect*
- *Corona Virus Awareness and Infection control*
- *Equality, Diversity and Human rights*
- *Falls Prevention*
- *Safeguarding & Protection of Adults*
- *Duty of Care*
- *Mental Capacity Act*

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**REFERENCES ARE AVAILABLE ON REQUEST**