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# ANGELINE CHIPO MHLANGA

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**Nationality:** Zimbabwean

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## PROFESSIONAL SUMMARY

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Compassionate Health Care Assistant experienced in assisting disabled and elderly patients in their homes or at care facilities. Expertly prepared meals, ran errands, administered medication and provided companionship. Excellent physical fitness and stamina. Dedicated to promoting the health and welfare of clients.

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## SKILLS

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- Electronic health records (EHR)
- Electronic Patient Monitoring System (EPMS)
- Ethical decision-making
- Patient-centred care
- Complex medical care
- Infection Prevention and Control
- Data confidentiality
- Medication administration
- Vital signs
- Catheter and wound care
- Safeguarding vulnerable adults
- Dementia awareness
- Moving and handling
- Dependable and Responsible
- Excellent Communication
- Multitasking Abilities
- Organization and Time Management
- Problem-Solving

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## WORK HISTORY

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**Health Care Assistant, 10/2023 - Current**

**Gable Healthcare Services - United Kingdom**

- Providing complex care to clients that requires peg feeding and suctioning
- Preparing healthy, appropriate meals, providing additional mealtime planning, feeding and support as required
- Preventing 80% accidents and falls by ensuring cleanliness and tidiness of service user homes.
- Positioning, lifting and transporting service users with limited mobility
- Assisting in all aspects of personal care including washing and dressing, retaining comfort and dignity
- Maintaining confidentiality and compliance standards throughout for optimized service user care
- Maintaining high levels of client satisfaction by providing tailored, personalised care that consistently met individual needs
- Using outstanding communication and interpersonal skills to build positive relationships with service users for exceptional satisfaction ratings and encouraging independence and self belief
- Establishing turning and repositioning routine for bedridden service users that led to 80% reduction in reported bedsores
- Documenting and reporting service user care data into electronic charts with 100% accuracy
- Complying with all safeguarding, risk management, risk assessment and lone working policies and procedures
- Easing anxiety of service users by establishing and maintaining positive morning and evening routines
- Controlling and administering medication, establishing reminders to ensure 100% on-time intake

**Clinical Service Mentor, 01/2021 - 09/2023**

**Zimbabwe Association of Church Related Hospitals, Karanda Mission Hospital - Zimbabwe**

- Provided personalised care and support to vulnerable individuals, helping them retain maximum independence.
- Provided compassionate personal care for elderly patients, offering support with washing, dressing and toileting.
- Carried out safe, secure manual handling, promoting independence whilst assisting patients with mobility.
- Record weight and height measurements, blood pressure and blood sugar levels.
- Provided incontinence care and bed baths, maintaining 100% patient dignity at all times.

- Supported bed-ridden patients through regular repositioning and chair-based exercise, helping to prevent sores, joint degeneration and blood clotting.
- Diligently followed Infection Prevention and Control (IPC) policies to minimise ward infection rates.
- Administered oral medication to incapacitated patients as outlined in care plans.
- Applied safe transportation techniques to transfer patients between wards ensuring 0% incidents.
- Established turning and repositioning routine for bedridden patients that led to 80% reduction in reported bedsores.

**Primary Care Nurse, 02/2006 - 12/2020**

**Ministry of Health & Child Care(Mt Hampden R.H.C) - Zimbabwe**

- Assisted with routine medical tests and evaluations, documenting findings to aid care planning.
- Built caring, compassionate relationships with patients, providing emotional support and encouragement during complex surgeries.
- Administered medication in line with stringent drug regulations.
- Worked closely with fellow nurses, doctors and clinicians for consistent communication and continued best care practices.

**Nurse Aide, 01/2003 - 01/2006**

**Ministry Of Health and Child Care(Zvimba Rural) - Zimbabwe**

- Built patient trust through consistently compassionate care with necessary physical and emotional support.
- Helped patients to consistently meet nutritional needs, providing eating encouragement and support to prevent malnutrition.
- Maintained a safe and clean working environment for patients and employees, adhering to infection-control, hazardous waste and other policies and protocols across all tasks.
- Improved patient wellbeing by consistently engaging conversation and encouraging social interaction.

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## EDUCATION

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**Primary Care Nurse**

**Sanyati Baptist Mission Hospital School of Nursing - Zimbabwe**

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## CERTIFICATIONS

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- Mandatory Care Training
- Continence Care
- Complex Behaviour
- Infection Control
- Catheter
- Diabetes
- MCA & Dolls
- Standard Care Certificate (15Modules)

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## ADDITIONAL INFORMATION

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- Right to work
- Clean DBS
- Driver's licence
- References upon request

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## LANGUAGES

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**English**

Advanced

**Shona**

Native