

Curriculum Vitae

Personal

Name **Audrey Oripha Chitsa**
Address **Flat 2 Lord Lyon Stockcross Newbury, RG20 8LG Newbury**
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Resume objective

Experienced Health Care Assistant bringing 10 years of dedicated patient care for in-home and resident facility environments. Focuses on serving adult, children and geriatric patient populations to assist in emotional and physical needs with empathy and a culturally sensitive mindset. A trustworthy professional with a caring attitude centered on treating all patients with dignity and respect. Proven capacity to effectively handle patients' daily needs, including cleaning, meal preparation, transportation, and therapy. Frequently commended by clients and their families for a friendly and cheerful attitude and excellent care provision. Excellent observational and communication skills to maintain good relations with clients.

Work experience

Jun 2024 - Jul 2018

Health Care Assistant

Bluebird Care, Newbury

- Assist in all aspects of personal care, retaining comfort and dignity.
- Delivering personal care focused on individual needs, preserving patient dignity and self-esteem.
- Successfully positioning, lifting and moving of patients from bed into wheelchairs, applying safe handling techniques.
- Help individuals with day-to-day activities while consistently encouraging independence and self belief.
- Prepare healthy meals and delivered feeding support.
- Aided service users in everyday activities such as washing and dressing , ensuring constant safety and effective care.
- Assisting with medicine and stock counting, ordering and replenishing

Jul 2023 - Jun 2024

Health Care Assistant

Care UK, Newbury

- Assisting patients with bathing, grooming and getting dressed.
- Serving meals at appropriate time
- Providing mental and emotional support
- Collaborating with other health care and social care professionals to provide

May 2023 - Jun 2024

Health Care Assistant

Eniro Care, Didcot

- Assisting with personal care, grooming, and dressing
- Handling household tasks like grocery, shopping and laundry
- Administering of medication under the supervision of medical personal
- Providing mental and emotional support
- Making recommendations to family members and healthcare personnel on the plan of care

Feb 2014 - May 2023

Teacher

Jabulani Private School, Ekangala, South Africa

Teaching Grade 7 English Home Language and Life Orientation

- Planning and preparing lessons.
- Researching and developing new teaching materials
- Research and implement new teaching methods.

- Marking students' work and recording
- Setting assessments and overseeing examination
- Planning and co-ordinating co-curricular activities

Jan 2010 - Feb 2014

• **Teacher**

Ben Cox English Medium School, King Williams Town, South Africa

Teaching Grade 7 English Home Language and Life Orientation

- Planning and preparing lessons.
- Researching and developing new teaching materials
- Research and implement new teaching methods.
- Marking students' work and recording
- Setting assessments and overseeing examination
- Planning and co-ordinating co-curricular activities

Education and Qualifications

Jan 2002 - Nov 2005

• **Diploma in Education**

Masvingo teachers, Masvingo

Trained as a primary school teacher

Nov 2022 - Nov 2022

• **Diploma in care giving**

Alison, online

Learning professional care giving

Interests

Cooking, walking, reading, gardening

Skills

empathy and ensitivity	● ● ● ● ●
Good team spirit	● ● ● ● ●
Through and attention to detail	● ● ● ● ●
Tact and discretion	● ● ● ● ●
Patient observation	● ● ● ● ●
Patient handling and positioning	● ● ● ● ●
infection prevention and control	● ● ● ● ●
Demential and mental health awareness	● ● ● ● ●
Record keeping	● ● ● ● ●
Calm under pressure	● ● ● ● ●

References

References available on request.