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Skills

Excellent ability to carefully carry out personal care with respect and maintaining patient/service user's dignity.

Palliative Care

Hospice Care

Stoma care

Catheter care

Phlebotomy

Care Plan Management

Excellent Communication and Emotional support skills

Medication assist/ Reminder

Clinical observational skills and patients assessment

Strong therapeutic skills

I.T Skills

Team work and ability to use own initiative skills

Moving and handling

Able to carry out tasks timely and effectively.

TECHNICAL SKILLS

- Electronic Health Records (EHR) Systems
- Mobile Apps for Healthcare Professionals
- Patient Monitoring Devices
- Communication Tools



PROFESSIONAL TRAINING & CERTIFICATION

Two weeks NHS-HCA Induction Training Program (PMVA, DEMENTIA CARE, SAFEGUARDING, MOVING & HANDLING AND OTHER MANDATORY TRAINING) by Norfolk And Norwich University Hospital NHS Foundation Trust)

Ongoing Hands On The Job NVQ in Healthcare training (NORFOLK AND NORWICH UNIVERSITY HOSPITAL NHS FOUNDATION TRUST, Dec. 2023 till present).

Live-In Carer Training Certificate CERTIFICATE - PROMEDICA24 LANCASHIRE 2023.

Other Basic Healthcare Assistant/Support Worker Mandatory Training (KASE CARE, HBC, CAREDEMY 2023)



EDUCATION HISTORY

BACHELOR OF EDUCATION (B.Ed), ENGLISH LANGUAGE AND LITERATURE
11/2018 — 11/2022

(Second Class Upper Division, 2:1 Obtained)

University of Nigeria Nsukka (Alvan Campus), Owerri.



VACCINATION

Covid 19 | MMR | TB | HEP B
DBS - On Update Service.



Languages

English
Fluent

BLESSING CHIZARAM ANUGO

Health Care Assistant

Dedicated and skilled healthcare assistant with extensive experience. Proficient in a wide range of clinical competencies, including patient rehabilitation, manual handling, and documentation. Known for delivering person-centered care with empathy, respect, and professionalism. Committed to ongoing learning and professional development, with a strong focus on optimizing ways of promoting patients independence and overall wellbeing. A compassionate team player with a passion for excellence in patient care.

Experience

DOMICILIARY CARE ASSISTANT

REST ASSURED HOME CARE ((UK) Ltd

Wisbech UK

June 2024 – Till date

Achievements

- Assisting with daily activities such as personal care
- Medication administration and reminder
- Household tasks: Cleaning and tidying of home, light meal preparation
- Provision of emotional support and mobility

HEALTH CARE ASSISTANT

NORFOLK AND NORWICH UNIVERSITY HOSPITAL, NORWICH ENGLAND

4th Dec 2023 - Present

- Independently performed a variety of clinical tasks, including patient triage and monitoring vital signs, as well as collecting and testing samples.
- Followed strict procedures for infection control and clinical risk management.
- Recorded clinical observations accurately and in an electronic format for easy access.
- Implemented individualized care plans for patients on the unit.
- Provided compassionate and dignified direct care to patients in alignment with the ward's philosophy.
- Established meaningful relationships with patients, families, and friends to effectively address their needs.
- Communicated important information regarding patient care to registered nurses.
- Stayed current on necessary training and consistently documented patient care in records.
- Maintained the ward environment to promote the well-being of patients, care givers, and visitors.
- Accompanied patients on leisure activities as needed for therapeutic purposes
- Collaborated with therapy teams to provide holistic care to patients
- Ensured the safety of all individuals in the ward and promptly reported incidents or hazards to the ward manager
- Respected patient confidentiality according to legal regulations
- Attended and actively participated in ward meetings
- Welcomed and directed visitors and staff members appropriately
- Communicated effectively with patients based on their specific needs and the guidance of the speech therapist
- Worked harmoniously within a multi disciplinary team to support patient care and rehabilitation
- Contributed to the goal planning process by sharing insights on patient needs and abilities
- Assisted with patient mobility and manual handling following proper protocols
- Maintained a positive attitude, greeted patients warmly, and collaborated with colleagues to deliver exceptional care

HEALTH CARE ASSISTANT/SUPPORT WORKER (Full time Agency Staff)

NORFOLK COMMUNITY HEALTH & CARE NHS FOUNDATION TRUSTS, NORWICH ENGLAND

7th August 2023 - Present

- Provided physical and emotional comfort to patients who may be experiencing pain, discomfort, or distress
- Participated in quality improvement initiatives to enhance patient satisfaction and outcomes
- Adhered to infection control protocols to prevent the spread of illnesses and maintain a clean and healthy environment for patients
- Collaborated with multi disciplinary healthcare teams to ensure integrated and comprehensive care for patients
- Advocated for patients' needs and preferences, ensuring they are treated with dignity and respect at all times
- Empowering and assisting patients to live independently as possible, ensuring their safety all the time
- Participated in training and educational opportunities to stay current on best practices and advancements in healthcare
- Updating and maintaining accurate patient records and documentation in accordance with policies and procedures, electronically
- Providing emotional support to patients and their families, offering empathy and understanding during difficult times
- Assisting with medical procedures under the supervision of healthcare professionals, such as wound care or dressing changes.
- Collection of Urine, Swab and blood samples and properly labelling the blood samples
- Assisted with Stoma and bowel, catheter care
- Participated in clinical activities under the supervision of registered nurses such as venepuncture and phlebotomy
- Keeping the patient's living area clean and organized, including changing bed linens and maintaining a safe environment
- Helped patients with meals and ensuring they receive proper nutrition and hydration
- Ensured that patients are comfortable and well-cared for by providing assistance with repositioning, ambulating, and turning in bed
- Ensured that the patients are the prime focus when making decisions about their care and wellbeing
- Taking and recording observations of patients' temperature, pulse, respiration, and blood pressure and monitoring patients' conditions

DOMESTIC ASSISTANT

BLACKWOOD HOMES AND CARE, ABERDEEN, UNITED KINGDOM

16th May 2023 - August 2023

Achievements

- Consistently met domestic schedule objectives, achieving an excellent adherence rate to cleaning duties, including vacuuming and dusting.
- Assisted with meal preparation and services
- Maintained high levels of resident satisfaction, resulting improvement in overall resident feedback and a 10% reduction in complaints reported to management
- Interacted positively and professionally with residents, contributing to an enhancement in service standards and positive resident experiences
- Improved establishment sustainability by carefully sorting waste and recycling during bin emptying, leading to a 25% reduction in overall waste
- Strictly followed infection control policies, ensuring clean and safe environments for guests and staff, and contributing to a significant reduction in infection-related incidents.
- Practiced safe systems of work and adhered to COSHH regulations, providing secure environments for residents and staff.