

## **CURRICULUM VITAE**

### **CHUCKLING NCUBE**

#### **Contact Details**

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**Driver's License UK No**

**Address:** 109 Linkside Bretton Peterborough

**Postcode :** PE3 8PB

**Date of Birth:** 19 January 1988

**Nationality:** Zimbabwean

**Language:** English

Diligent caregiver focused on providing optimal support to clients through personalized assistance and care required to manage diverse medical conditions. Proficient in organizing medication, doctors appointment and personal activities. Caring organized and friendly with excellent interpersonal skills.

#### **Skills**

- Administering medication to clients at right time, same routine all the times.
- Medical records, accurate recordings and keeping records safe.
- Wound care, cleaning of wound and Position changing to avoid beds sores.
- Personal care, assisting clients with bathing, oral care and incontinence changing.
- First aide and CPR, when needed
- Dementia Alzheimer's, engaging with clients to gain memory.
- Meal planning and preparations.
- End of life changing positions

#### **Work History**

**Helping Hands  
MidshireCare Ltd  
10 Tything Road Alcester  
Warwickshire  
B49 6AQ  
Position: Live in Carer**

### **Duties**

- Address client needs with respect and attention to safety.
- Assist clients with daily activities, including bathing, grooming, dressing, eating and using bathroom.
- Actively engage clients through conversation and companionship.
- Engage with clients in a manner that promotes, their independence and maintains their dignity.
- Perform light housekeeping duties.
- Help client with physical therapy exercises.
- Report any unusual incidents or behavior.
- Administer medications as outlined
- Maintain a safe environment for clients.
- Oversee patient's hygiene and incontinence management
- Performing clerical notes.

Planning, preparations and serving meals according to prescribed diets.

### **Lukosi Rural Hospital (2006-2023)**

**Box 70**

**Hwange**

**Position: Health Care Assistant**

### **Duties**

- Ensure accurate recording of all patients information and documentation.
- Lifted patients using appropriate equipment in accordance with morning and handling policy.
- Participated in cleaning and maintenance of medical equipment to assist in department function and regulations compliance.
- Administration of medication
- Helping patients move in and out of bed and wheelchairs.
- Assisting with treatment such as wound care and understanding basic observation.
- Responding appropriately to physical and emotional needs of the patients.

### **Looked after elderly at home(2005-2006)**

Assisted with personal hygiene care for example, bathing and changing of incontinence.

Providing emotional support and companionship

Supporting them with medication.

Assisting with mobility, taking them out for shopping.

Supporting with food ,when necessary

Helping them with light domestic duties.

### **Hobbies**

- Watching movies
- Swimming
- Trampoline
- Driving

### **Qualifications**

**NVQ Level 3 Diploma in Health and Social Care**

**Nurse Assistant Certificate**

**Zimbabwe Redcross**

**Year:2019**

**Valid**

**BRP**

**DBS**

### **Professional Qualifications**

**Certificate (Florence Academy)**

- Medication Administration
- Safeguarding Adults level 1and 2
- Mental Capacity
- Duty care
- Understanding learning disability and autistic spectrum
- Mental Health Awareness
- Dementia Level 1

**Bachelor of Science Honours : Monitoring and Evaluation (2021-2022)**

**Bachelor of Science Honours : Development Studies 2015-2019**

