

Chinwendu Nwachukwu

Care Assistant

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BRIEF PROFILE

Compassionate health and social care Assistant with comprehensive background with elderly patients in hospital and home settings. Provides exceptional care demonstrating dedication to safe nursing practices for continued patient trust. Maintains excellent levels of patient care through kindness and commitment to safe working practices.

WORK HISTORY

August 2024- Present

Castle Clinic, Port Harcourt, Nigeria.

Care Assistant

- Assist patients with daily activities such as bathing, dressing, grooming, and toileting.
- Observe and report any changes in patients' condition to nursing staff or doctors.
- Assist with administering medications under the supervision of nursing staff.
- Measure and record patients' vital signs such as blood pressure, temperature, pulse, and respiration rates.
- Ensure a tidy room and clean bed linens.
- Learning to safely position a patient into a hoist with the help of a staff member to ensure a safe transfer.
- Keep accurate records of care provided and any significant observations about patients' health and behavior.

January 2024- June 2024

Live-in Caregiver

Mr & Mrs Buchi, Port Harcourt, Nigeria.

- Provided emotional, clinical, social and academic support to kids aiding in the development of practical skills to navigate day to day life.
- Ensured the physical and emotional well-being of children, including personal care, meals, and hygiene.
- Assisted with homework, educational activities, and liaise with schools and educators.
- Planned and supervised recreational activities, outings, and social events.
- Administered medicines as prescribed by a doctor
- Kept accurate records of children's progress, incidents, and any other relevant information.

September 2022 - July 2023

Boarding School Support Worker

Greater Scholars Int'l School Lagos, Nigeria

- Provided quality care and pastoral support to teenagers in the boarding house. Supervised the overall wellbeing of teenagers, paid attention to details and was a positive role model.
- Competence in enforcing rules and regulations.
- Effective organizational skills
- Had a good rapport with young adults.
- Communicated clearly and tactfully

September 2020 - June 2022

Carer

My Grandmother

- Monitored and assisted my grandmother who had dementia and high blood pressure in daily health routines.
- Administered medications as prescribed, ensuring adherence to treatment plans.
- Provided essential support in daily activities, including cooking, cleaning and personal care.
- Conducted regular blood pressure to track and manage health indicators.
- Took the initiative to organize and participate in evening strolls and health-improving social activities.
- Fostered a positive environment for my grandmother
- Assisted my grandmother to hospital appointments.

March 2019 to March 2020

Volunteer

Sustainable Development Goals, Ogore-ifo, Benue state

- Contributed towards the achievement of the 17 Sustainable development goals of the United Nations. (Goal 3).
- Conducted crucial health examinations for older community members, including blood pressure, blood sugar and general physical evaluations, helping to identify health issues and enhance wellbeing.

- Organized seminars on sexual health and reproductive rights in the community.
- Established training session for school girls to increase awareness of their body and reduce stigma.
- Helped raise community understanding of health issues.

January 2012 to July 2014

Live-in Nanny/Carer

Mr & Mrs Oliver, Oyigbo, Port Harcourt

- Encouraged children to express themselves confidently by cultivating safe, stimulating environments.
- Prepared healthy and nutritious meals to specific dietary requirements.
- Assisted children aged 2 to 8 with homework after school.
- Changed and bathed toddlers and supervised baths for older children.
- Safely transported children to and from school, events and activities, maintaining adherence to schedules to establish reliability and trust.
- Forged strong relationships with children lasting up to two years.
- Maintained secure, child-friendly environments with engaging activities and outdoor play.
- Administered medicines as prescribed by the doctor.

SKILLS

- First Aid
- Medication Administration
- Patient care and observations
- Elderly/Child care
- Patience
- Kindness
- Use of Hoist equipment
- Compassionate care giver
- CPR
- Dementia care
- Organization and Time management

EDUCATIONAL QUALIFICATIONS

2014 – 2018: Religion and Cultural Studies(BSc) *University of Nigeria Nsukka, Enugu Nigeria.*

2005 – 2012: High School Certificate

CERTIFICATIONS

2024 Health and Social Care(First Aid,CPR, Dementia Care etc) **Global Institute of Workplace Skills Training**

2024 Child Care: Health and Safety **Alison**

LANGUAGES

English	Native
French	Basic
Finnish	Basic

REFERENCES

Available on request