

CURRICULUM VITAE

CHIPO MAYEZA

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Add; Old Manor Lodge

Squires Bridge Road

Shepperton

TW170QG

Birth: 15/06/1978

Uk Drivers Licence

Professional Summary

A highly competent enthusiastic Health care assistant with an outgoing personality and great communication skills and passion for caring for others, multi skilled and self-motivated with a dedication to providing personal and physical care. Having expertise in complex care needs and mental health both gained whilst working in hospital and on placement. Having the ability to meet the personal needs of service users on a one to one basis in a way that respects their dignity and their independence. Using initiative ways to develop effective solutions to problems and dynamic approach to work and getting things done efficiently unsupervised

Area of expertise

- Meal Preparation
- Wound care
- Infection control
- Chart recording
- Temperature
- Peg feeding
- Hygiene, Health and Safety
- Toileting needs and catheter care
- Respiration, pulse and blood pressure monitoring

Professional Experience 1

ZIMBABWE CITIMED Hosp.(2020 – 2021)

Nurse Aide/ Caregiver

- Administering oral and topical medication under the supervision of medical personnel
- Organising suitable recreational activities
- Assisting with bathing and dressing the client
- Assisting the client with grooming
- Checking vital signs such as blood pressure and heart rate
- Providing mental and emotional support
- Assisting with preparation, serving and consumption of food and drink
- Making recommendations of family members and healthcare personnel on the plan of care.
- Running errands doing small tasks such as grocery shopping and laundry drop offs and pickups
- Managing suppliers for equipment, supplies and services, ensuring correct stock levels
- Collaborating with other health care and social care professionals to provide the best possible care
- Leasing with GPs, doctors in training, management and administration teams
- Performing all tasks with established protocols and practice guidelines
- Maintaining records of all treatment being administered

- Keeping the living area clean, where applicable

Experience 2

Amber Homecarers ltd (JULY TO DATE 2022)

Senior Caregiver / senior Support Worker

Duties included the following:

- Bed making
- Bed bath
- Baby care
- Oral / Eye care / catheter care
- Wound care – knowledge of aseptic technique
- Feeding – knowledge of different diets and nutrients
- Setting cleaning instruments
- Lifting – moving and handling technique
- Toileting and cleaning of bedpan
- Damp dusting sluicing and cleaning sluice room
- Infection control and personal hygiene
- Charting – checking and recording temperature, pulse, respiration and blood pressure
- Can use a hoist
- Catheter changing

Educational Qualifications

- BSc Honors degree in Media and Society Studies, 2.1 Class, Midlands State University November 2016
- PITMAN DIPLOMA in Secretarial Studies, Executive Skills College, 2000
- O' Level, Queen Elizabeth High School, 1996
- Nurse Aid Certificate (RED CROSS)
- An Introduction to Incident Management: Bitesize Learning: Florence Academy Training Certificate
- Building Mental Health Resilience: Bitesize Learning: Florence Learning Academy Training Certificate
- Diabetes Awareness And Management: Florence Learning Academy Training Certificate
- Core Communication Skills: Florence Learning Academy Training Certificate
- Dementia Level 1: Florence Learning Academy Training Certificate
- Food Hygiene: Florence Learning Academy Training Certificate
- End of Life Care: Florence Learning Academy Training Certificate
- Record Keeping: Florence Learning Academy Training Certificate
- COVID-19: Florence Learning Academy Training Certificate
- Allergens: Bitesize Learning: Florence Learning Academy Training Certificate
- Conflict Resolution and Complaints Handling: Florence Learning Academy Training Certificate
- Acquired Brain Injury: Florence Learning Academy Training Certificate
- Fluids and Nutrition Training; Florence Learning Academy Training Certificate

References

- 1 Ms Nomalanga Tembo
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2 Roselyn Mugwagwa
BMC group of Hospital
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PERSONAL REFERENCES

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