

CHRISTELLE YORK MATSINGAN

NORWICH, Norfolk NR15 1PF
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PROFESSIONAL SUMMARY

Committed Health Care Assistant focused on enhancing daily life of patients through compassionate care. Provides physical assistance and mental stimulation for holistic wellbeing. Diligent in monitoring symptoms and progress to boost health outcomes.

WORK HISTORY

09/2022 - 10/2023

Bank Health care assistant

NHS EPUT - Chelmsford, Essex

- Assisted in all aspects of personal care, retaining comfort and dignity.
- Delivered personal care focused on individual needs, preserving patient dignity and self-esteem.
- Successfully positioned, lifted and moved patients from bed into wheelchairs, applying safe handling techniques.
- Kept patient environments clean and neat following optimum hygiene standards.
- Helped individuals with day-to-day activities while consistently encouraging independence and self-belief.
- Observed patient condition and behaviour closely, reporting changes or concerns promptly.
- Maintained hygiene standards, cleaning and clearing patient rooms according to ward protocol.
- Provided attentive first-hand care, comfort and safety to patients.

01/2022 - 09/2022

Senior support worker (Key Worker)

St Christopher homes - Northampton, Northamptonshire

- Attended regular training and supervision workshops for improved service user support.
- Adopted person-centred approach in all aspects of care-giving.
- Supported service users in daily routines and activities, encouraging progress in self care and rehabilitation.
- Built positive, productive client relationships for enhanced social support.
- Kept detailed, accurate records for well-maintained care continuity between support staff.
- Administered medication to safeguard health and wellbeing.
- Supervised patients during outings and physical activities, promoting dignity and independence.
- Provided compassionate patient care and communication, upholding high standards of health, hygiene and dignity at all times.
- Liaised with family members to organise activities and deliver updates on client progress.
- Handled new employee inductions, offering ongoing training and support for optimum care of staff and service users.
- Collaborated with officials to prepare required legal documentation for court proceedings.
- Oversaw multiple social work cases simultaneously, directing assessments, conducting interviews and recommending best courses of action.
- Facilitated smooth store operations, performing daily opening and closing functions.

07/2019 - 10/2021

English Tutor Online

Verbling.com

- Advised, criticised and encouraged students to develop abilities.
- Delivered quizzes and activities to track student comprehension.
- Taught study skills and learning accommodations to help struggling students resolve core issues impeding academic progress.
- Taught students important points to prepare for examinations and assessments.

SKILLS

- Microsoft word
- Excel
- PowerPoint
- Outlook
- Spread Sheet
- Patient observations
- Person-centred care plans
- First Aid
- Patient engagement
- Equipment sterilisation
- Documentation development
- Patient safeguarding
- Pressure area care
- Patient risk assessment
- Housekeeping
- Safeguarding knowledge
- Mobility support
- Personal care
- Infection prevention and control
- Palliative Care
- Exceptional communicator
- Dementia awareness
- Activities of Daily Living
- Patient relationship building
- Meal preparation
- Care management
- Medicine administration
- Care planning
- Health assessment and monitoring

EDUCATION

04/2022 **MSc in Accounting and Business Finance**

04/2020 **MBA in Accounting & Finance**

04/2017 **BSC Accounting**

LANGUAGES

English:

French: