

MPHO LAWRENCE CHABAESELE
HEALTH CARE ASSISTANT

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PROFESSIONAL PROFILE

A compassionate and dedicated Health Care Assistant with 5 years of experience in providing excellent care for patients in our home and hospital care settings. Possesses strong communication skills, a positive attitude and genuine interest in helping others. Comfortable working in a fast paced environment and able to adapt to changing situations, passionate about providing high quality care with a range of needs. I conscientious with good knowledge of elderly care, health patients, keen to support clients with their daily living within a care home setting. I also have a good knowledge of the national care standards and have experience in completing food preparation, housekeeping and personal care duties.

PROFESSIONAL WORK EXPERIENCE

Letsholathebe II Memorial Hospital
Healthcare Assistant

MAUN, BOTSWANA
JANUARY –MARCH 2024

- Providing personal care and assistance to patients.
- Maintain patient confidentiality and dignity.
- Worked well as part of a team and under pressure.
- Strong attention to detail and ability to follow instructions.
- Maintained patient records and reported any changes in the patient's condition to the healthcare team.
- Communicated with patients and their families to provide emotional support an information on care plans
- Assisted patients with daily living activities, including dressing, bathing.
- Helping patients with mobility including transferring, positioning and walking.
- Monitoring patient's vital signs such as blood pressure, temperature and report any changes to healthcare professionals.

DUDES AND DIVA COUTURE PTY LTD
OCCUPATIONAL HEALTH AND SAFETY [SHE OFFICER]

MAUN, BOTSWANA
NOVEMBER 2021-PRESENT

- Ensuring that workers are in a safe workplace.
- Ensuring that all equipments are kept safe.
- Updating first aid kit.
- Ensuring that the fire extinguisher is up to date and easily accessible.
- Ensuring that workers are wearing protective clothing at work

HOME [MY FAMILY] HEALTH CARE ASSISTANT
MY AUNT WHO IS LEAVING WITH MULTIPLE DISABILITIES

MOGODITSHANE, BOTSWANA
2019-2023

- Providing personal care and assistance to my aunt.
- Assisting her with daily activities, including feeding and medication prescribed by healthcare professionals.
- Taking my aunt for checkups at the hospital.

- Engaging meaningful conversations and companionship for a positive atmosphere
- Ensuring a safe home environment by identifying and addressing potential hazards.
- Maintaining a clean and organized bathroom environment for the well-being of care recipients.
- Taking for activities like exercises, walking and playing games.

CORE SKILLS

- | | | |
|---------------------------------|---------------------|-------------------------|
| ●Client effective communication | ●Client comfort | ●Adaptability |
| ●Client safety | ●First aid trained | ●Patience |
| ●Personal care assistance | ●Basic life support | ●Mobility assistance |
| ●Housekeeping | ●Food preparation | ●Empathy and compassion |

EDUCATION AND TRAINING

ALLISON **2024**

DIPLOMA IN CARE GIVING

GENIOUS COLLEGE OF HEALTH AND SCIENCES BUSINESS AND TECXHNOLOGY **2023**

CERTIFICATE IN HEALTH CARE GIVER NURSING CARE ASSISTANCE

TK' OCCUPATIONAL HEALTH AND SAFETY PARK **2022**

CERTIFICATE IN OCCUPATIONAL HEALTH AND SAFETY IN WORKPLACE

PROFESSIONAL TRAINING

Caregiving skills
 Elderly care and caring for the disabled
 Pressure area care
 Communication
 Basic life support
 Infection prevention and control for clinical staff
 Food and safety
 Communicable diseases
 Emergency preparedness
 Accident/incident investigations
 Fire and first aid
 Occupational health and safety
 Hazard identification and risk assessment

ADDED ADVANTAGE:

In possession of **class B** Driver's license.

REFERENCES: AVAILABLE UPON REQUEST