

Nyasha Makwang udze

Health Care Assistant

Contact

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Skills

Patient Management

Patient-focused care

Recording vital signs

Patient Assessments

Supporting personal needs

Compassionate caregiver

Patient Education

This candidate possess patience and physical stamina, along with a thorough knowledge of patient care techniques and protocols. I engage confidently and gracefully in interactions, adept at adapting to various scenarios and aiding healthcare professionals in delivering top-notch patient care. In my role as a Healthcare Assistant, I conscientiously support clinical tasks, monitor patients, and prioritize their holistic well-being. Recognized for my compassionate demeanor and proactive problem-solving approach, I am a flexible learner who thrives on new challenges, making me an invaluable addition to any healthcare environment.

Work History

2024-01 - **Healthcare Assistant**

Current

Mount Joyce Care Ltd, Kettering, UK

- Aided patients with walking and limb exercises to improve strength and balance.
- Maintained clean environment with due consideration to health and safety issues and infection control policy.
- Assisted with patient hygiene, physical comfort, eating, and drinking, and mobility while observing and reporting specific changes.
- Supervised patients on commodes, in toilets, and bathrooms and assisted patients with hygiene needs.
- Participated in cleaning and maintenance of medical equipment to assist in department function and regulation compliance.
- Observed patient skin conditions and reported findings to registered nurse.
- Lifted patients using appropriate equipment in accordance with moving and handling policy.

- Arranged bedding and cushions to enhance patient comfort in bed and chairs.
- Delivered high standard of holistic care to patients to promote equality and dignity.

- Administered prescribed medications and monitored patient reactions to address contraindications.

- Supported healthcare teams with basic physical assessments and diagnostic

procedures.

- Assisted with taking vital signs and documenting

2023-01 -
2023-12

blood pressure and temperature for proper tracking.

- Adhered to patient special diets and provided supplementary drinks under nursing staff supervision.
- Communicated effectively with patients and families to provide information about care and treatment.
- Collected biological samples for testing and lab work, in alignment with health and safety protocols.
- Responded to patient requests for supplies and personal comfort items such as extra blankets.
- Transported patients between rooms and appointments or testing locations.
- Changed linens in rooms, keeping spaces fresh and clean for patient health and satisfaction.
- Maintained patient stability by checking vital signs and weight and recording intake and outtake information.

Health Care Assistant

Seke North Clinic , HARARE, ZW

- Supported nursing staff with the care of incontinent patients and the promotion of continence care.
- Lifted patients using appropriate equipment in accordance with the moving and handling policy.
- Observed patient skin conditions and reported findings to a registered nurse.
- Maintain a clean environment with due consideration to health and safety issues and infection control policies.
- Delivered a high standard of holistic care to patients to promote equality and dignity.
- Assisted with patient hygiene, physical comfort, eating and drinking, and mobility while observing and reporting specific changes.
- Arrange bedding and cushions to enhance patient comfort in beds and chairs.

- Supervised patients on commodes, in toilets, and bathrooms, and assisted patients with hygiene needs.
- Delivered high standard of holistic care to patients to promote equality and dignity
- Maintained clean environment with due consideration to health and safety issues and infection control policy
- Assisted with patient hygiene, physical comfort, eating, and drinking, and mobility while observing and reporting specific changes
- Lifted patients using appropriate equipment in accordance with moving and handling policy
- Observed patient skin conditions and reported findings to registered nurse
- Contributed to efficient patient care by accurately documenting medical information and maintaining up-to-date records
- Participated in ongoing training sessions, staying current with best practices in health care assistance
- Responded swiftly to emergency situations, providing prompt assistance while following established protocols until professional help arrived onsite
- Promoted healthy lifestyle choices among patients through education on nutrition, exercise, and medication management
- Played an active role in delivering holistic care that addressed not only physical but also emotional well-being of patients under my supervision
- Reduced risk of infections by adhering to strict hygiene protocols during all aspects of care delivery

Education

Certificate : CSTF (All in One Day) Mandatory Training

The Health And Safety Group,UK - Birmingham

2023-09

Diploma in Caregiving : Health Care

Alison - Online

2018-03 -

BA (Hons) Business Management

2021-11

*Great Zimbabwe University - Masvingo
Zimbabwe*

2022-01 -

Masters In Strategic Management :

2023-12

Strategic Intelligence

Great Zimbabwe University - Masvingo Zimbabwe