

PRUDENCE MACHAWIRA

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PROFESSIONAL SUMMARY

Compassionate Health Care Assistant experienced in assisting clients with mental impairments or physical limitations to manage everyday tasks. Skilled in assisting elderly and providing caring companionship to clients who have cognitive impairments with everyday tasks and self-care.

SKILLS

- Medication administration
 - Problem Solving
 - Empathetic
 - Risk assessment
 - Moving and handling
 - Good interpersonal and communication skills
 - Understanding verbal and written instructions
 - Ability to work as lone worker and as team
 - Adhere to strict confidentiality
 - Able to work under pressure and remain calm
 - Eager to learn and continually develop
 - Warm companionship
 - Patient care
 - Time management
 - Critical thinking
 - Slides and hoist operation
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WORK HISTORY

- 10/2023 - Current
- Health Care Assistant**
Gabs Healthcare
- Documenting and reporting service user care data into electronic charts with 100% accuracy
 - Controlling and administering medication, establishing regular reminders to ensure 100% on-time intake
 - Delivering highest standards of support to people with learning disabilities, in line with individual support plans, cultural needs and wishes
 - Complying with all safeguarding, risk management, risk assessment and lone working policies and procedures
 - Carrying out safe, secure manual handling, promoting independence whilst assisting service users with mobility
 - Provided incontinence care and bed baths, maintaining 100% service users dignity at all times
 - Delivering toileting support for clients with mobility issues
 - Preventing 80% accidents and falls by ensuring cleanliness and tidiness of service user homes
 - Operating hoists to move clients in and out of bed
 - Involving clients in decision-making to promote independence
 - Changing bed linens, washing clothes and cleaning living quarters to maintain healthy personal environments
 - Using manual handling techniques and lifting aids to position clients in safe, comfortable postures
 - Feeding clients with severe limitations and assisting more mobile clients with self-feeding.
- 01/2021 - 09/2023
- Health Care Assistant**
Sunnyside
- Aided service users in everyday activities, such as washing and dressing, ensuring constant safety and effective care.
 - Assisted in all aspects of personal care, retaining comfort and dignity.
 - Empowered vulnerable individuals to retain maximum independence through targeted care.
 - Ensured safe, secure living conditions for service users, reducing risk and enhancing quality of life.
 - Helped individuals with day-to-day activities while consistently encouraging independence and self-belief.
 - Delivered high-quality, dedicated care to clients with disability, consistently achieving individual care plan objectives.
 - Improved service users' daily lives through compassionate conversation, empathetic care and community socialisation.

Adult Caregiver

10/2019 -
12/2020

Asalia Gardens Retirement Home

- Carried out safe, secure manual handling, promoting independence whilst assisting residents with mobility
- Preserved residents' dignity while performing tasks related to personal hygiene, including bathing, dressing, toileting, bedpan changes, oral care and showering
- Established turning and repositioning routine for bedridden residents that led to 80% reduction in reported bedsores
- Showed sensitivity, confidentiality and respect towards residents' needs, providing safe environment for residents accessing services
- Assisted residents with disabilities and special needs to maintain access for all participants
- Promoted positivity and modeled strong social and life skills to support residents' goals
- Prevented 80% accidents and falls by ensuring cleanliness and tidiness of care home.

02/2017 -
09/2019

Housekeeper and Childminder

PADCA Centre

- Maintained exceptional levels of cleanliness and hygiene to best protect children's health and safety.
- Offered learning-through-play activities, stimulating physical, mental and social development.
- Supervised children's play at home and in external settings, ensuring their physical safety at all times.
- Coordinated and led various sporting activities for children, promoting physical activity and positive wellbeing.
- Performed newborn nursery duties effectively, such as changing nappies, feeding bottles and introducing nap routines.
- Supervised children's homework assignments, assisting with difficult tasks to support educational goals.
- Conducted nutritional research to prepare nourishing meals and snacks, consistently promoting healthy child development.

01/2011 -
01/2017

Family Caregiver

Home Based Care

- Providing care to grandmother who suffered a stroke
- Monitored and recorded vital signs, raising causes of concern to appropriate personnel.
- Administered medications and treatments in line with medical instructions and best clinical practice.
- Provided ongoing companionship and supportive listening to build positive rapport and help combat loneliness.
- Completed housekeeping from hoovering to changing bed linen.
- Delivered personal care and grooming routines to boost wellbeing.

EDUCATION

2010

GCSEs

Glenview 2 High School - Zimbabwe

ADDITIONAL INFORMATION

- Right to work
- Clean DBS
- References upon request

LANGUAGES

English

Advanced

Shona

Native