

PATIENCE NDEBELE

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Valid Driver License

PROFESSIONAL SUMMARY

A highly motivated health care assistant who is compassionate and trained, with special interest in assisting children living with disabilities and immaculate elderly care delivery on patients presenting health problems such as Alzheimer's and dementia. Acts with integrity in the best interest of patients while ensuring compliance with policies and guidelines. Excited to succeed in a stimulating and challenging environment that will provide advancement opportunities along with valuable industry experience.

SKILLS

- Meal preparation
 - Care needs assessment
 - Personal care
 - Motion exercises
 - Social care
 - Safeguarding knowledge
 - Disability care
 - Personal hygiene assistance
 - Medication administration
 - Care management
 - Care plan development
 - Elderly care
 - Community engagement
 - Documentation management
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WORK HISTORY

COMMUNITY CARE WORKER (18 April – Current)

CARE AT HOME SERVICES East Sussex

- Help with their activities of daily living, e.g. Getting up in the morning, going to bed at nights, dressing, undressing, washing, bathing and toilet arrangements
- Help clients overcome any mobility problems and other physical disabilities, including helping in the use and care of aids and personal equipment
- Help make a person physically comfortable by making and changing beds, tidying rooms, doing light cleaning, laundry and emptying commodes where used
- Help client with their eating and drinking by preparing meals, snacks and drinks and helping users to eat and drink if they cannot or have difficulty in doing this by themselves
- Contribute to specialised care plans
- Help users take their prescribed medication (as specified on their care plans)
- Contribute to the care of clients who are temporarily sick and needing assistance
- Promote users' mental and physical activity by talking to them, helping them do things for themselves, prompting, taking them shopping, sharing with them in activities

NURSE AID, (August 2022 – November 2022)

MATAGA RHC, Mberengwa, Zimbabwe

- Aided clients with bedtime routines, including washing and dressing, maintaining positive sleep habits.
- Maintained hygienic living environments through regular cleaning.
- Maintained client dignity and respect throughout personal care support, including dressing, showering and toileting.

- Safely lifted, transferred and repositioned patients' on wheelchairs.
- Ensured clients were correctly taking prescribed medications, maintaining optimal health.
- Making an occupied and unoccupied bed.
- Ensuring any documentation related to patient care is accurately completed.
- Maintained up-to-date knowledge on latest care practices by attending regular meetings and training opportunities.
- Delivered high-quality care to clients with disabilities, achieving care plan objectives.

NURSE AIDE, (March 2022 – July 2022)

MPILO CENTRAL HOSPITAL, Bulawayo, Zimbabwe

- Supporting hospital staff in patient care, non-clinical support and infection control.
- Organized social activities and events to build community connections.
- Assisted in all aspects of personal hygiene, prioritizing patient dignity, privacy and independence.
- Updated first aid training to protect client welfare.
- Prepared tasty and healthy meals to meet dietary requirements.
- Monitored physical and emotional wellbeing of individuals, reporting changes to care managers.
- Assisting patients with any occupational, physiotherapy and recreational activities.
- Reporting on a patient's condition and recording it on charts as appropriate.

VOLUNTEER, (March 2020- November 2021)

MPILO CENTRAL HOSPITAL, Bulawayo, Zimbabwe

- Helping patients using the bathroom.
- Maintaining cleanliness of the wards through damp dusting to curb infection.
- Preparing the ward with necessities like blankets, pillows, backrests and bed pans.
- Helping mobile or confined to bed patients with toileting.

EDUCATION

Zimbabwe Red Cross Society, Bulawayo, Zimbabwe (Nov 2021-Jan 2022)

- Community Based Health Care Certificate
- Advanced First Aid Certificate
- Nurse Aid Certificate

Wanezi High School, (1999-2004)

- Member of Aids Club.
- Fundraising for patients living with HIV in the community.
- Providing information and awareness on discrimination and stigmatization on HIV patients to the community.

REFERENCES

- Available on Request.