

Precious Chavinda Healthcare Assistant

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A: 11 Burghley Mansions, Broadway Road , PE14DE

Dedicated Healthcare Assistant with experience in providing successful care, very passionate about excelling in the healthcare industry and improving the quality of life of residents. Possessing strong skills and adaptability to any task within the healthcare discipline, seeking a challenging role in a dynamic environment where I can further develop my skills.

Skills

- Disability care
- Medication administration
- Adult safeguarding
- Mental health support
- Care planning
- Companionship
- Person centered
- Compassionate
- Empathetic
- Meal preparation
- Flexible
- First aid
- Moving and handling
- Dementia care
- Flexible
- Service focused
- Adaptable
- Dependable
- Interpersonal skills
- Emergency care
- Personal care
- Catheter care
- End of life care

Experience

Live in Care Assistant | Helping Hands Home Care

12/ 2022 – Present

- Assisting service users with mobility and positioning using various hoisting equipment.
- Managing and administering medication safely and accurately.
- Supporting clients with personal care needs, including hygiene, dental care, and toileting.
- Monitoring and reporting any changes in the client's health or behaviour.
- Assisting with physical therapy exercises as prescribed by healthcare professionals.
- Providing emotional support and reassurance to clients and their families.
- Assisting with correspondence and communication, such as reading mail or making phone calls.
- Facilitating social interactions and activities to promote mental and emotional well-being.
- Handling emergency situations calmly and efficiently, following appropriate protocols.
- Maintaining up-to-date records of patients' care plans and activities.
- Helping with household tasks while encouraging clients' independence.,
- Offering companionship and engaging with clients based on their interest,
- Emptying catheter bags and recording urine outputs and abnormalities,
- Providing end of life care while ensuring comfort and minimising pain,
- Assisting with feeding and medication administration via percutaneous endoscopic gastrostomy as per care plan.

Home Care Assistant | Private Residence

01/2011 – 11/2022

- Assisted in reminding the service user to take the right medication and on schedule.
- Emptied and changed catheter bags regularly, maintaining patient dignity.
- Turned and repositioned bedbound patient to prevent bedsores and maintain comfort levels.
- Assisted service oral care and personal care such as brushing of teeth, washing hair and bathing users to use the bathroom including to get to and use the toilet.
- Monitored service users' conditions by taking blood pressure and weight.

Education

- Learn Direct | Access to Nursing Certificate 03/2023 - Ongoing
- Chilton Training College | Certificate in adult care and children 01/2022 - 02/2022
- Alison Online | Diploma in Care giving 03/2024 – 04/2024
- Rukweza High School | GCSE Ordinary level 01/1996 – 12/1999

Gaps in Employment

- Till Operator
- Self-employed | Personal clothing and Vegetable stall business
- Maternity leave and stay at home mum
- Kindergarten nursery Assistant

06/2010 – 12/2010
01/2006 – 05/2010
08/2002 – 12/2005
01/2000 – 07/2002

References

- Available on Request