

# Previous Mawire

Leicester | 0770127228 | prevymawire22@gmail.com

## Professional Summary

---

A compassionate healthcare assistant with over 8 years of experience, providing exceptional care and support to those in need. I have proven expertise in patient support for the elderly with a variety of health issues, including those who are confined to their homes. I am able to make a significant positive difference in the lives of those I help. I am committed to upholding the highest standards of care and providing comfort, dignity, and quality of life for patients.

## Professional Experience

---

### **Carer/Support Worker, 2M Health & Home Care Services Ltd | February 2023 - Current**

- Delivering person-centred care by customizing support to the unique needs and preferences of each service user and documenting reports for every visit.
- Monitoring blood pressure and sugar levels, and ensuring timely intervention and support.
- Preparing and serving meals tailored to the dietary requirements of service users, promoting their nutritional health.
- Assisting clients with personal care activities, including washing, dressing, and oral hygiene, while maintaining the dignity and privacy of service users.
- Supporting service users with mobility aids and adaptations, promoting independence and safe movement within their homes, and including the comfort of service users during transfers.
- Managing and reporting accidents and incidents to relevant authorities, ensuring timely and appropriate responses.
- Providing catheter care, ensuring cleanliness, and preventing infections.
- Performing light cleaning duties and maintaining a safe and hygienic environment for service users.

### **Care Worker (Part-time), Precious Hope Health and Home Care Ltd | March 2023 - Current**

- Providing personal care using a holistic approach, addressing physical, emotional, and social needs while developing a thorough understanding of the care and support needs of service users.
- Keeping an eye on and reporting any skin problems, and working closely with healthcare professionals to prevent and treat pressure sores.
- Coordinating with family members to ensure continuity of care and address any concerns or changes in the service user's condition.

### **Care Assistant, Marange Rural Hospital | March 2022 - November 2022**

- Sterilized surgical equipment using steam/autoclave methods, ensuring compliance with infection control protocols.
- Assisted with diagnostic testing for malaria, COVID-19, and pregnancy, providing support to healthcare professionals.
- Performed wound dressing under the supervision of medical staff, promoting proper healing and infection control.

**Personal Carer, Muchenje Family, Harare****| February 2016 - December 2021**

- Implemented rehabilitation programs and Aids to Daily Living, supporting the physical and functional recovery of family members.
- Performed routine medical tests, including blood pressure and pulse checks, monitoring health status and reporting changes.
- Coordinated with healthcare providers and family members to develop and implement individualized care plans.
- Managed emergency situations by providing first aid and contacting emergency services as needed.

**Education and Certifications**

---

- Certificate in Nurse Aide.
- Certificate in Community-Based Healthcare.
- Certificate in Advanced First Aid.
- Certificate in Moving and Handling of Patients.
- GCSEs including English and Maths.
- Working towards NVQ Level 2 in Health and Social Care.

**Professional Skills**

---

- |                                     |  |
|-------------------------------------|--|
| • Medication administration         | • Assisting with ADLs (Activities of Daily Living) |
| • Vital signs monitoring            | • Wound care                                       |
| • Infection control                 | • Catheter care                                    |
| • Personal care (bathing, grooming) | • Equipment operation (wheelchairs, lifts)         |
| • Record keeping                    | • Emergency response procedures                    |
| • Dementia care                     | • Time management                                  |
| • Active listening                  | • Adaptability                                     |
| • Communication                     | • Flexibility                                      |
| • Patience                          |  |

References Available upon request.