

# RACHEAL WANGARI NJOKI

Bicester OX266FN

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Competent and reliable care assistant with over 2+ experience in providing high-quality care. Able to manage patients grooming, serve meals, help people move around, make patients feel comfortable, and monitor residents conditions and establishing a working relationship with the clients and observing any changes in their condition, or any other matters that cause concern. Possess solid communication, organizational, observational, and issue resolution skills. Have studied and understood the 15 care courses putting them to practice.

Willing to relocate: Anywhere

## Personal Details

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**Driver's License:** B

**Eligible to work in the UK:** Yes

**Highest Level of Education:** Bachelor's

**Industry:** Healthcare

**Total years of experience:** 2

## Work Experience

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### Care Assistant (Bank)

Cherwood Nursing Home-Bicester

October 2023 to Present

Personal Care: Assisting with bathing, strip washing, bed bathing, showering, general assistance in the bathroom, dressing and undressing routine hair care, and supporting clients with general appearance.

- Monitoring and observing client's health, safety, and welfare. Reporting, and recording any changes or matters of concern. Updating daily client record sheets.
- Liaising with family and other health care providers and providing emotional and social support.
- Helping with toileting, emptying of commodes, changing and disposal of incontinence pads.

### Care Assistant (Bank)

Alma Barn Lodge Care Home-Didcot

August 2023 to Present

Personal Care: Assisting with bathing, strip washing, bed bathing, showering, general assistance in the bathroom, dressing and undressing routine hair care, and supporting clients with general appearance.

- Monitoring and observing client's health, safety, and welfare. Reporting, and recording any changes or matters of concern. Updating daily client record sheets.
- Liaising with family and other health care providers and providing emotional and social support.
- Helping with toileting, emptying of commodes, changing and disposal of incontinence pads.

### Care Assistant

Get Care Ltd-Bicester

February 2023 to Present

Personal Care: Assisting with bathing, strip washing, bed bathing, showering, general assistance in the bathroom, dressing and undressing routine hair care, and supporting clients with general appearance.

- Monitoring and observing client's health, safety, and welfare. Reporting, and recording any changes or matters of concern. Updating daily client record sheets.

- Liaising with family and other health care providers and providing emotional and social support.

Preparation of meals and snacks, assisting clients with the consumption of meals where necessary.

Carrying out any domestic duties as designated in the patients support plan, such as bed making, washing- up, dusting, laundry, and general cleaning and tidying

- Helping with toileting, emptying of commodes, changing and disposal of incontinence pads.

- Establishing a working relationship with the clients and observe any changes in their condition, reporting any other matters that cause concern.

- Administering medications as prescribed by healthcare professionals.

- Assisting clients with mobility, transfers, and ambulation as needed

## Education

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### **Bachelor's in Business Administration**

ST PAUL'S UNIVERSITY - KENYA.

January 2010 to October 2012

### **Bachelor's in Business Administration**

ST PAUL'S UNIVERSITY - KENYA.

## Skills

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- Personal Care
- Caregiving
- Home Health
- Medication administration (1 year)

## Languages

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- English - Fluent

## Certifications and Licenses

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### **INTRODUCTION TO CAREGIVING REVISED**

April 2022 to April 2022

- Introduction to caregiving

### **Care certificate..CPD Online College**

May 2022 to May 2024

15 care standards

## Additional Information

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Tracheostomy, Stoma, First aid & BLS Training. I Training (2024)

Oxygen Therapy and Nebulisation I Training (2024)

Urinary Catheter Care & Supra-public. I Training (2024)

PEG Feeding and Medication I Training (2024)