

Rodwell Chirinda

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PERSONAL STATEMENT:

A highly motivated, scrupulous, emphatic and compassionate care professional with almost 2 years experience of providing support to individuals and families in need. I am deeply passionate about supporting people in need of help to make the best of their lives and thrive in challenging care environments. I am an excellent communicator and team player, possess strong skills in positive behaviour support, care plans, personal hygiene, personal care and medicine administration, following safeguarding person centred approach and confidentiality principles. I take great pride in the relationship -building aspect of my role, particularly forming bonds with service users. My goal is always to promote clients independence, needs and preferences. I seek to render empathetic care with knowledge gained from professional trainings, ensuring the well-being and comfort of residents under my supervision as I believe the smallest gesture can make a positive difference. Supporting clients to take an active role in the planning and provision of their care. My goal is always to promote clients independence, needs and preferences. I have proficiency in safe handling and use of mobility aids and safety equipment.

I am seeking a challenging role within the organisation to utilize my skills and contribute to high-quality standards of patient care. I am willing to relocate.

EMPLOYMENT HISTORY

CARE AT HOME MIDLANDS Care Assistant/Support Worker:-01/2024 to present

Duties and Responsibilities

- :-Provide compassionate and empathetic care and support to residents ensuring their physical, emotional and mental well-being.
- :-Promoting and exercising principles of Confidentiality.
- :-Assist with daily living activities, including meal preparations, feeding, laundry, bathing, dressing and personal care.
- :-Utilise a person centred approach to tailor care plans to individual preferences and needs
- :-Implement pressure care techniques to prevent and alleviate discomfort for service users at risk of pressure sores
- :-Collaborate with healthcare professionals, family members and other team members to create and foster effective care and support plans
- :-Assisting residents with mobility and transfers using different mobility aids, after carefully conducting risk assessments to ensure a safe and comfortable living environment for them.

2MHEALTH AND HOMECARE SERVICES LTD:-

Care Assistant/Support worker:-

03/2023 to present

Duties and Responsibilities

- :-Safeguarding and promote service user independence, needs and preferences

-Support service users with personal hygiene like,washing,dressing,shaving and change of pads upholding privacy and dignity.

-Administer medications in a safe and accurate manner following prescribed guidelines

-Assisting with feeding to residents who are unable to do so

-Maintain accurate and detailed records of service user interactions,progress and any changes in health conditions

-Moving and handling of service users such as transfers from bed to chair or commode using mobility aids

-Proper disposal of sharps and waste manager

-Assist clients with complex conditions e.g catheter ,stoma and peg tubes

-Undertaking risk assessments to ensure the safety of clients in their homes.

KUNZEKWASEKE TOURS :- Logistics officer :-10/2016 to 10/2022

FESPRO INTERNATIONAL :- Sales Representative:-10/2013 to 09/2016

DHLAMINI MOTORS:- Motor Mechanic :- 05/2007 to 08/2013

CATERCRAFT FOOTBALL CLUB :- Player :- 08/2002 to 01/2006

EDUCATION

ALLAN WILSON TECHNICAL HIGH SCHOOL(1999-2000)

GCSE A' LEVEL (3 Subjects)

HARARE HIGH SCHOOL(1995-1998)

GCSE O'LEVEL (10subjects)

QUALIFICATIONS ,CERTIFICATION &TRAININGS

- NCFE LEVEL 3 DIPLOMA IN ADULT CARE(in progress)
- CARE CERTIFICATE (standards 1 to 15)
- INTERGRATED PERSONALISED CARE
- THE OLIVER MCGOWAN MANDATORY TRAINING ON LEARNING DISABILITIES AND AUTISM PART 1 OF 2
- HIGHFIELD LEVEL 2 CERTIFICATE IN PRINCIPLES OF MEDICATION HANDLING AND ADMINISTRATION FOR CARE SETTINGS RQF
- CPI BLUE CARD IN CLINICAL HOLDING
- CPI BLUE CARD IN SAFETY INTERVENTION
- DIPLOMA IN MENTAL HEALTH
- DIPLOMA IN CAREGIVING
- MOVING AND HANDLING
- MANDATORY TRAINING

- CERTIFICATE IN MENTAL HEALTH STUDIES-SUICIDE ,VIOLENT BEHAVIOUR AND SUBSTANCE ABUSE
- CAREGIVING SKILLS -DEMENTIA CARE
- CPR,AED,AND FIRST AID
- ROLE OF A CARE WORKER
- SAFEGUARDING OF VULNERABLE ADULTS
- COMMUNICATING EFFECTIVELY
- CONFIDENTIALITY
- HEALTHY AND SAFETY
- INFORMATION GOVERNANCE
- MANAGING BEHAVIOURS WHICH CHALLENGE
- PERSON CENTRED CARE
- PRESSURE CARE
- RECORD KEEPING
- RISK ASSESSMENT
- SAFE ADMINISTRATION OF MEDICINES
- DIABETES
- SLEEP

SKILLS:

- First aid
- Good risk assessment
- Health and safety
- Excellent skills at hygiene and infection control
- Person centred approach
- Excellent communication and interpersonal skills.
- Strong ability to empathize and provide emotional support.
- Stress management
- Care plans
- Time keeping
- Detail-oriented with good problem-solving ability
- Ability to work under pressure
- Good team player
- Personal and direct care
- Moving and handling
- pressure care expertise
- Brilliant catheter and stoma care skills
- Peg feeding and hygiene skills
- Diabetes management
- Detailed knowledge of UK 's care standards,safeguarding,healthy and safety legislation

- Active listener
- Quick learner
- Continuous improvement
- Good skills in crisis prevention and positive behaviour support
- End of life and palliative care skills

OTHER SKILL

- FULL UK DRIVING LICENCE

HOBBIES & INTERESTS

Chess, Walking, Cycling, Gym, Football, Darts, Snooker, Puzzles, Gaming

REFEREES:-

To be provided upon request.