



# SARAH NAMYALO

## PROFESSIONAL SUMMARY

I am a patient, calm, committed, compassionate care assistant with over 3years experience in delivery of personal centered care.

At Recruitment Precision (Agency), I have worked with different residential care home-teams in assisting with personal care, mobility support, companionship, house hold tasks, record keeping , vital health sign monitoring, medication needs assistance, nutrition support and keeping timely open communication with all parties involved in service delivery chain.

## WORK HISTORY

**Healthcare assistant** 11/2023 - Current  
**RECRUITMENT PRECISION LTD AGENCY** - Sunderland, UK

- Worked closely with nurses to maintain optimum levels of communication.
- Kept patient environments clean and neat following optimum hygiene standards.
- Built caring, supportive relationships with residents, enhancing daily life through personalised care.
- Prepared healthy meals with additional mealtime planning, feeding and support.
- Minimised care continuity issues by keeping thorough, accurate records.
- Observed patient condition and behaviour closely, reporting changes or concerns promptly.
- Positioned, lifted and transported patients with limited mobility.
- Assisted in all aspects of personal care, retaining comfort and dignity.
- Accompanied client to medical or dental appointments, grocery and errands.

**Healthcare assistant** 11/2023 - 12/2023  
**ASPIRE HOME CARE LTD** - Folkestone, Kent


- Assisting with daily living activities like eating, showering, shopping and using the toilet.
- Utilizing hoists, wheelchairs and walking aids to transport patients and keep them mobile.
- Taking the patient's vital signs such as blood pressure and temperature checks, burns,
- Communicating with patients, providing reassurance during periods of worry and pain.
- Assisting other nurses and other medical staff when required.
- Delivering detailed written reports to supervisors in a timely manner.
- Adhering to all professional standards.
- Contributing to health care professionals' meetings.

**Career Jan 20** 01/2022 - 11/2023  
**Jofla Medical Centre, Kampala UGANDA** - KAMPALA, Kampala

- Assisted medical doctors and nurses with taking samples, temperatures and blood pressures checks and monitoring patient health progression.

## CONTACT

 Pelham Gardens, Folkestone  
Kent, UK  
Ct 20 2LF

 07570216201

 namyalosarah@yahoo.com

## SKILLS

- Compassionate care giver
- Patient and calm
- Good interpersonal skills
- Empathetic care giver
- Lone worker and team player as well
- Good at communication
- Well organized and good at time management

- Disinfecting and organizing room in preparation for new patients.
- Managing the information desk – answering telephone calls, writing letter appointments and recording new patients' details.

**Health Care Assistant**

01/2021 - 12/2021

**Santa Rosa De Lima Medical Center, Kampala UGANDA** - Kampala, Kampala

Here I was attached to children's ward and assisted as below;

- Assisted medical doctors and nurses with monitoring patients' progress, taking blood samples and providing health advice, administering medication.
- Disinfecting and organizing children wards in preparation for new patients
- Managing the information desk including filing documents and recording new patients' details.
- Assisted nurses and doctors in wards.

**Credit officer**

01/2012 - 12/2020

**Finance Trust bank Ltd Kampala UGANDA** - Kampala, Kampala

**Duties**

- Mobilize and appraise individual loan prospects.
- Prepare loan files for presentation to loan committee.
- Prepare pre disbursement requirements.
- Monitor and recover from nonperforming customers
- Cross selling of all bank's products
- Prepare weekly / monthly reports for management.

**Personal care**

04/2009 - 09/2009

**Family based care** - Kampala, Kampala

Nursed my mother who got a stroke and was bed ridden for six months. I used to bath her, brush her teeth, change her clothes, beddings and diapers. I also fed her, administered medication and reported progress to the medical team as well as to my family members.

---

## EDUCATION

**Health Care certificate:** Care, 2023

**Flexabee Ltd** - UK

**Home Basic Care Nursing certificate:** care, 2021

**St. John's Ambulance** - Uganda

**First Aid certificate:** Life support, 2021

**Uganda Red cross** - Uganda -

**Bachelor of Microfinance:** Finance, 2011

**Kyambogo University** - Uganda

---

## HOBBIES AND INTEREST

- Cooking
- Shopping
- Adventure