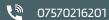


CONTACT





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

SARAH NAMYALO

PROFESSIONAL SUMMARY

I am a patient, calm, committed, compassionate care assistant with over 3 years 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 RECRUITMENT PRECISION LTD AGENCY - Sunderland, UK

11/2023 - Current

- 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 ASPIRE HOME CARE LTD - Folkestone, Kent

11/2023 - 12/2023

- 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.

- 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

Flexebee Ltd - UK

Home Basic Care Nursing certificate: care, 2021

St. John's Ambulance - Uganda

First Aid certificate: Life support, 2021

Uganda Red cross - Uganda -

Bachalor of Microfinance: Finance, 2011 **Kyambogo University** – Uganda

HOBBIES AND INTEREST

- Cooking
- Shopping
- Adventure