

Shanangurai Manyonganise

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Profile

I am a dedicated compassionate healthcare assistant with a comprehensive background providing exceptional care and support to individuals in various settings. I am a good team player and self-motivated with excellent communication skills at various levels and accustomed to meeting patient needs under pressure. I can thrive in new environments with minimum supervision, and I have an ability to work in a fast-paced environment. I understand that the demands of the role of a care assistant requires me to be empathetic kind and understanding. I am patient and can build positive relationships with clients and their families. I have a clean driving licence and a valid DBS certificate.

Skills

- Supporting with personal care
- Able to use electronic devices.
- Time management and organizational skills
- Manual handling and lifting techniques.
- Excellent communication skills – both verbal and written.
- Vital signs and medication administration
- Patient transfer support
- First aid and basic life support
- Ability to understand and follow policies and procedure.
- Caring, kind, patience, cheerful and friendly
- Able to communicate effectively and a good listener.
- Able to assist with meal preparation and feeding.
- Excellent people skills
- Able to complete and maintain care records.
- Able to deal with and defuse challenging situations.

Education and Qualifications

Currently studying for NVQ3 in Health and Social Care

Completed Courses

- Dementia
- Sepsis Webinar
- Diabetes
- Health and Safety
- Oliver Mc Gowan Learning Disabilities

- Epilepsy Webinar
- Infection Control
- MiSkin
- COSHH
- Dysphagia and Choking
- Fire Training
- Food Safety, Food allergens
- Medication and Administration
- Moving & Manual Handling People Movers
- Mandatory Care Certificate Training
- Care Certificate (Standards 1 to 15)
- GDPR Certificate
- Basic Food Awareness Certificate
- Fall Prevention and Safe Bed Rails in Care Certificate
- Advanced First Aid Certificate, Nurse Aide Certificate, Community Based Healthcare Certificate

Work Experience

Immaculate Grace Care Ltd, Daventry

Dates - February 2024 to present.

Position-Health Care Assistant (Bank)

Duties and Responsibilities

- Supporting and helping with health care routines including routine checks
- Assisting with personal care such as showering, dressings and toileting.
- Ensuring patients are living a fulfilled life working with other healthcare professionals to ensure that all care needs are met to the highest possible standards.
- Assist with food preparation and provide help with eating.
- Administering medication and checking vitals
- Supporting patients to pursue hobbies and interests.
- Provide emotional support and companionship.
- Assisting with getting around and keeping them safe
- Providing emotional support for individuals and their families
- Assisting with household tasks and laundry
- Recording and reporting essential information in the residents daily report book
- Ensuring that the residents needs and wishes are met.

The Partnership Healthcare Group Ltd, Northampton

Dates - February 2023 to present.

Position - Health Care Assistant

Duties and Responsibilities

- Preparing healthy, appropriate meals, providing additional mealtime planning, feeding and support as required.
- Assisting with vital signs and medications and treatments
- Changing night bags and emptying catheter bags
- Maintaining confidentiality and compliance standards for optimized patient care.
- Positioning, lifting, and transporting service users with limited mobility.
- Assisting with personal care, including washing, dressing, and retaining maximum independence
- Promote wellbeing of patients by implementing the highest quality care
- Documenting and reporting service care user data accurately.
- Establishing turning and repositioning routine for bedridden service users to reduce the risk of bed sores.
- Support and assist residents with their meals as required in a dignified manner ensuring that a pleasant and calm atmosphere is maintained.
- To identify and meet the social, emotional, and cultural needs of the residents and assist social and recreational activities.
- Working with other healthcare assistants as a team to achieve client satisfaction.
- Adhering to professional standards.

Barchester Healthcare Homes Limited

Brampton View Care Home

Dates – November 2023 to February 2024

Position – Bank Care Assistant

Duties and Responsibilities

- Assisting with personal care – bathing, dressing, toileting
- Assisting with daily living, providing support and companionship
- Assisting residents with their food and drink
- Help residents enjoy each day by making sure that they get the quality care and support they deserve.
- Following care plans ensuring that each resident has one to one time.
- Updating care plans
- Mobility assistance, helping to get in and out of wheelchair or armchair.
- Hoisting in and out of bed
- Helping with activities and sharing great moments and memories
- Providing constant companionship and general supervision

Hitech Physiotherapy Clinic (Harare, Zimbabwe)

Dates: July 2022 to Jan 2023 and Jan 2021 to Feb 2022

Position: Nurse aide

Duties and Responsibilities

- Reporting on a patients' condition and recording it on the database as appropriate.
- Assisting patients with any occupational, physiotherapy & recreational activities.
- Attending to clients at the front desk
- Consulting with patients to make sure they are following their treatment plans.
- Showing patients how to use mobility aids.
- Built patients confidence through exercise.
- Setting up equipment
- Assisting patients follow specific exercise and treatment programmes.
- Follow the directions of the physician therapist and other health professionals.

Highfield Clinic (Harare, Zimbabwe)

Dates: April 2022 to June 2022

Position: Nurse aide (Training and Work Experience)

Duties and Responsibilities

- Assisting nurses in their day-to-day duties
- Providing care to patients under the direct supervision of Registered Staff.
- Serving meals and helping patients eat their food.
- Helping patients to use the bathroom.
- Maintaining patients' hygiene and changing bedding
- Measuring body temperature and blood pressure
- Cleaning and tidying up examination rooms.
- Home visits with community nurses
- Moving patients between wheelchairs, seats, and beds.
- Listening to patients regarding any health concerns they might have and report details to a registered nurse or doctor.

Phoenix Health International (Private) Limited (Harare, Zimbabwe)

Dates: November 2018 to December 2020

Position: Healthcare Assistant

Duties and Responsibilities

- Assisting with wash and dressings and eating
- Assisting with personal care including bathing dressing and feeding
- Monitoring residents health and safety
- Changing bedding and cleaning afterwards
- Giving feedback to nurses and health professionals
- Ensuring that residents are safe, and their needs are met.

Cake Corner Ltd Harare Zimbabwe

Dates: March 2013 to November 2018

Position: Self Employed

Duties and Responsibilities

- Baking and selling cakes.
- Supplying baking ingredients
- Supplying cakes for private functions

Stay at home mother.

Dates: 2003 – 2013

Interests and hobbies

Travelling, baking and reading.

References

Available upon request.