

WISHER KUDAKWASHE TENGENGU

HEALTH CARE ASSISTANT/ SUPPORT CARE WORKER

PROFILE



CONTACT

Nationality: Zimbabwean
Gender: Female
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PROFESSIONAL SUMMARY

Health care Assistant / Support worker with experience in medication administration, peg feeding, manual handling using different types of mobility equipment, stoma care, reading and recording skills, communication skills, case management, client advocacy, counseling, social justice, and compassionate and empathetic care. I gained experience in classroom management, lesson planning, student engagement, differentiated instruction, parent communication, and curriculum development in the education sector.

EDUCATION

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| 2006-2011 | Women's University in Africa, Zimbabwe
BSc Honors in Sociology and Gender
Development Studies |
| 2001-2003 | University of Zimbabwe, Zimbabwe,
Diploma in Education, |

WORK EXPERIENCE

Option Care Ltd. (United Kingdom) Gloucester
Domicile Senior Care Worker (Full-time)
From 25 January 2023 – To date

- Supporting individuals with person centered care in their homes.
- Driving from house to house assisting different individuals with different needs.
- Support individuals with personal care, including dressing, undressing, bathing, toileting, food preparation, medication administration, assisting with mobility e.g. hoisting.

- Administer the medication as per MAR chart.
- Read the care plan and give the individual a person centered care according to their care plan needs.
- Document thoroughly care provided on the individual.
- Sign all MAR charts
- Arriving on time at work logging in and logging out.
- Support individuals with certain physical activities, such as walking, supporting them to recreational facilities, shopping, cooking, reading books.
- Monitor aspects of the client's health and reporting any changes to my manager, family, and the district nurse, doctor or other approved physician, including taking vital signs.
- Maintain detailed records of services provided to each client that includes any progress or other changes in the health of the individual.
- Making sure the dietary needs are being met.

- Asking for consent before performing any task for respect and dignity.

- Carrying out risk assessment before carrying out a task to ensure that individuals and work colleagues are not in danger.
- Being safety alert by checking that doors are locked windows are closed, all records are signed for, all information is correctly documented and reported if there is need.
- Carrying out safeguarding rules, procedures and protocols correctly.
- Using my companies reporting, recording, procedures and protocols.
- Supporting individuals with mental health, OCD, end of life, dementia, stroke clients, peg clients, stroke clients, disability, respiratory diseases, multiple sclerosis spinal cord injuries.

Prosperity Care and Wellbeing Ltd. (United Kingdom)

Gloucester

Support Care Worker

From 1 May 2023 – To date

- Support individuals to be more self-reliant involving the individuals to make their decisions and choices.
- Carrying out risk assessment before carrying out a task to ensure that individuals and work colleagues are not in danger.
- Being safety alert by checking that doors are locked windows are closed, all records are signed for, all information is correctly documented and reported if there is need.
- Carrying out safeguarding rules, procedures and protocols correctly.
- Using my companies reporting, recording, procedures and protocols.
- Support individuals with information on changes to the house or living environment.
- Provide counseling to individuals during stressful times.
- Support individuals with personal care including dressing, undressing, bathing, toileting, food preparation, supporting with medication administration, assisting with mobility e.g. hoisting.
- Administer the medication as per MAR chart.
- Read the care plan and give the individual a person centered care according to their care plan needs.
- Document thoroughly care provided on the individual.
- Sign all MAR charts
- Arriving on time at work logging in and logging out.
- Support individuals with certain physical activities, such as walking, supporting them to recreational facilities, shopping, cooking, reading books.
- Monitor aspects of the client's health and reporting any changes to my manager, family, and the district nurse, doctor or other approved physician, including taking vital signs.
- Maintain detailed records of services provided to each client that includes any progress or other changes in the health of the individual.
- Making sure the dietary needs are being met.

- Asking for consent before performing any task for respect and dignity.
- Managing behaviors

GELET

Social Worker

2018-2022

- Identify children in-need of protection and safeguarding
- Negotiating, coordinating and providing services as appropriate
- Keeping detailed record
- Making referrals to other services and agents
- Observe client behavior, assess needs and create treatment strategies
- Diagnose psychological, behavioral and emotional disorders
- Develop and put treatment plans in place
- Consult with doctors, therapists and medical professionals
- Administer social service programs and ensure the needs and wishes of the children are fully addressed in the assessment and planning processes
- Instruct individuals' families during treatment/response
- Manage allocated social work caseloads relating to children and families

Murehwa Hospital

Clinical Social Worker

2016-2018

- Identify those in need
- Help people of all life stages cope with and solve everyday problems
- Advocate for and develop plans to improve individuals' well-being
- Research and refer individuals to community resources
- Work with individuals, families or groups
- Respond to individuals in crisis situations
- Work in a variety of public and private organizations

Karanda Hospital Clinical

Social Worker

2012-2015

- Liaise with hospital social work teams, wards, oncology staff, outpatient clinics, schools and the wider community to establish and build effective cancer, medical and psychosocial networks, and ensure they receive up-to-date information about mental health services and activities on a regular basis;
- In collaboration with Psychosocial Team Leader and Members, develop, engage and increase the organisation membership and peer support network throughout the region;

Ministry of Education Zimbabwe

Primary School Teacher

2004 – 2011 in the following schools:

- St Johns Retreat Primary
- The Grange Christian School
- Tashinga Primary school
- Greengroove Primary School

Roles and responsibilities:

- Planning lesson schedules for multiple subject areas and teaching the lessons
- Mark and score work and talk to parents and Careers about the children's progress
- Follow safeguarding procedures and work with education psychologists and social workers
- Communicate effectively with students, staff, parents, Governors and the community
- Create a healthy and safe space for learning and keep to rules on equal opportunities
- Provided counseling to school children and helping with behavior management
- Encouraging and supporting pupils in their academic endeavors
- House Master responsible for organizing and coaching athletics
- Helping pupils with their questions or assignments
- Creating lesson plans based on an age appropriate curriculum
- Organizing and supervising extracurricular activities

SKILLS

Critical thinking
Dedication
Experience
Friendliness
Communication
Attentiveness
Sense of humor
Positivity
Going the extra mile
Open-mindedness
Reliability
Flexibility
Desire to learn
Planning
Leadership and group discussion skills
Creativity
Problem-solving and questioning skills
Class management skills
Interpersonal communication
Desire to help others
Passion
Boundary setting
Patience
Active listening
Empathy
Good observational skills
Recording and writing
Being thorough and paying attention to detail
Conflict resolution
Enthusiasm
Organizing