

# Blessed Gukwe

## Health Care Assistant

Detail-oriented Health Care Assistant with successful geriatric healthcare experience. personable and compassionate with superior communication and rapport-building skills. Liaises with medical professionals, patients and family to provide continuous top-quality care and education. Remains calm and effective in difficult and stressful situations. Defuses stressful situations and manages behavioral needs with grace. Experience in hospital and in-home settings providing guidance and encouragement to patients through physical and emotional support. Currently seeking role with the possibility of further education and career progression.



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South Africa



## WORK EXPERIENCE

### Care Assistant Livewell Care Home

01/2022 - Present

#### Achievements/Tasks

- Minimised care continuity issues by keeping thorough, accurate records. Charted daily observations, mobility activity and eating percentages to aid continued client assessment.
- Helped individuals with day-to-day activities while consistently encouraging independence and self-belief.
- Delivered personal care focused on individual needs, preserving patient dignity and self esteem.
- Successfully positioned, lifted and moved patients from bed into wheelchairs, applying safe handling techniques.
- Provided customized care according to individual health plan.
- Worked alongside other health professionals to check vitals and tend to patient needs.
- Helped patients complete range of motion exercises to prevent loss of function during care.
- Maintained confidentiality and compliance standards for optimised patient care.

### Care Assistant Private Home Care

09/2019 - 12/2021

#### Achievements/Tasks

- Engaged in housekeeping tasks by replacing linens and cleaning and sanitising patient rooms.
- Assisted with feeding and monitored intake to help patients achieve nutritional objectives.
- Documented care actions by completing records and logs in medical record form.
- Promoted good oral and personal hygiene by aiding patients with shaving, bathing, and teeth brushing.
- Checked patient vitals such as temperature, blood pressure, and blood sugar levels.
- Prevented cross-contamination by cleaning and sterilizing equipment.
- Provided companionship through conversation, playing games and listening to stories.



## SKILLS

Catheter cleaning and management

Degenerative disease management

CPR & First Aid

Excellent hygiene standards

Chronic Disease management

Infection Control and Aseptic Procedures

Daily Activities

Patient rehabilitation assistance

Medication supply management

Bath-time assistance

Vital signs monitoring

Spinal injury management

Pressure area care

Urine care

PEG feeding

Rehabilitation exercises

Compassionate patient care



## LANGUAGES

English

Full Professional Proficiency



## SOFT SKILLS

Excellent interpersonal skills

Reliable and punctual



## WORK EXPERIENCE

### Care Assistant

Phonix Care Home

01/2018 - 09/2019

*Achievements/Tasks*

- Assisted clients with daily living needs to maintain self-esteem and general wellness.
- Maintained clean personal areas and prepared healthy meals to support client nutritional needs.
- Changed dressings, bandages, and binders to maintain proper healing and sanitary measures.
- Supported clients with mental support and physical activities to accomplish quality of life and sustain needs.
- Monitored client vital signs, administered medications, and tracked behaviors to keep healthcare supervisor well-informed.
- Provided safe mobility support to help patients move around personal and public spaces.



## SUMMARY OF OTHER ROLES

Child Caregiver and Nanny, Private Home (01/2016 - 12/2017)

Housewife, Personal Home (01/2009 - 12/2015)



## KEY ABILITIES

Ability to manage the extra workload and ability to multitask. Ability to perform basic home management and cooking skills. An avid baker, baking cakes and selling to community. Have been voted the best baker in the community.

Ability to follow care plans. Ability to recognize anomalies in general conditions and report to management.

Ability to pay close attention to detail. Sensitivity to the needs of others; trustworthiness, integrity, and flexibility.

Extended ability to provide quality outpatient care to clients in diverse settings.



## SOFT SKILLS

Professional demeanor

Empathetic

Friendly and engaging

Teamwork



## CERTIFICATES

Care Certificates, Red Cross Society

GCSE Ordinary Level, Ministry of Education (2005 - 2008)



## REFERENCES

Available on request