

# **CURRICULUM VIRTUE**

**TITLE: MISS**

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## **PERSONAL STATEMENT.**

I am a bright, talented, and hardworking individual with a bubbly, friendly personality and the ability to work as part of a team. Possessing excellent communication and hospitality skills and a proven ability to ensure that all client expectations are met during their care experience and providing amazing hospitality to clients or patients. I am organized and mainly focus on the needs of my clients under the supervision of senior staff such as nurses and members of the multidisciplinary team.

Currently, I am looking for a suitable position with an ambitious and rewarding company that offers excellent opportunities for development and career progression.

## **Key Skills:**

- High standards of personal presentation and effective communication.
- Ability and willingness to work late nights and weekends.
- A great team player.
- Experience of dealing with large numbers of clients in various health settings and Communities.
- Ability to work well within a busy, often fast-paced environment.

- Keen to learn and develop new skills.

## **Work History:**

### **CARE QUALITY SERVICES -CERA CARE Sept 2024 to present**

#### **Professional Carer**

#### **Main Duties**

- Providing personal care, including showering, baths, shaving and oral hygiene.
- Supporting people with mobility issues and transfers using appropriate equipment.
- Preparation of daily meals and support with feeding and hydration.
- Supporting and administering medication as per the company's policies and procedures.
- Domestic care, to include housework, laundry, ironing and shopping tasks.
- To provide social care to clients, to include maintaining links with family and friends, paying bills, collecting prescriptions and other social activities.
- To provide general care, including emergency assistance, promotion of independence and the prevention of loneliness.
- To complete written reports of completed tasks after each visit and record all observations and medication.
- Maintaining confidentiality.
- Report concerns on the health and wellbeing of the client.
- Looking after the elderly, and people with learning difficulties, mental health conditions and physical difficulties.

### **Bedside nursing and home care since June 2021- May 2022**

#### **Care support.**

Mental health services. Working in different hospitals around Uganda.

Basically, the main responsibilities and duties involve providing support for patients who have mental and physical needs. And monitoring patient's mental state. Also assisting the mental health

nurse in their clinical duties and maintaining the patient's personal hygiene and wellbeing.

## **Patel clinic 2019-2023**

### **Care support - volunteer**

- Basically, the main responsibilities and duties involve providing support for patients who have mental and physical needs. And monitoring patient's mental state.
- Other duties are to provide the patients with food and drinks
- Assisting the patient with the laundry and ironing
- Patient observations monitoring every 2-4hours depending on nurse authorization if there is frequent need on monitoring frequent observations.
- Documenting every observation, care plans, fluid balance charts, care assessment and events,
- Audits and incident forms reporting.

## **Sanyu Elderly Care 2018- 2019**

### **Support Worker/ Carer:**

Basically, the main duties and responsibilities were

- Serving meals and helping to feed patients.
- Helping people to move around.
- Assistance with Toileting.
- Making beds.
- Talking to patients and making them comfortable.
- Monitoring patient's conditions by taking temperatures, pulse, respirations and weight.
- Looking after the physical comfort of patients, for example help and supervise them wash themselves and emptying bedpans/ commodes.
- Keeping departments clean and tidy, for example cleaning equipment and making and tidying bedspace.
- Taking and recording basic observations such as blood pressure.

- Helping patients to eat and to move about if they have mobility problems or aid.
- Listening and talking to patients.
- Keeping up to date records on patients, including daily observations about activities and any medication administered.
- Instructing patients on health matters and personal habits to do with hygiene and diet.
- Helping to organize and participate in recreational activities.
- Preparing food and serving meals, drinks, and refreshments.
- Attending staff meetings with senior managers.
- When required to assist clients with feeding, bathing, and dressing.
- Helping trained nurses to dispense medication and supervise clients taking their medication.
- Involved in developing care plans.
- Talking to clients and listening sympathetically to their problems.
- Making the best use of aids provided to help clients who have limited mobility, or physical/learning difficulties.
- Helping to create a stimulating and homely environment.
- Making and changing beds and ensuring that rooms are clean and tidy.
- Use appropriate infection control procedures to maintain a clean and safe working area.
- Segregating and disposing of waste materials.
- Providing support to relatives and friends.
- Maintaining records of clients and their needs.
- Helping patients with their toileting needs, including continence promotion.

### **Kare Nursing Home: 2016-2018:**

#### **Health care assistant:**

Basically, the main duties and responsibilities are:

- Serving meals and helping to feed patients.

- Helping people to move around.
- Toileting.
- Making beds.
- Talking to patients and making them comfortable.
- Monitoring patients' conditions by taking temperatures, pulse, respirations and weight
- Looking after the physical comfort of patients, for example helping them to wash themselves and emptying bedpans
- Keeping departments clean and tidy, for example cleaning equipment and making and changing beds
- Taking and recording basic observations such as blood pressure.
- Helping patients to eat and to move about, if they have mobility problems
- Listening and talking to patients.

### **Education background:**

<b><u>Institute</u></b>	<b><u>Year</u></b>	<b><u>Qualifications</u></b>
Caredemy	2023- Date	Care Certificate
Sanyu Nursing Home	2019-2020	Skills care Certificate
Mandatory Training	2018-2019	Training Certificate
Computer Training	2018-2019	Certificate in Computer
Cardinal E Wamala Voc SS	2017-2018	U.A.C.E
Crested Secondary School	2013-2016	U.C.E

### **Caredemy course 2023,**

The Care Certificate consists of 15 standards that health and social care workers across the country must adhere to throughout every step of their working life.

Achieving this helped me to develop knowledge and skills required to offer effective and quality care to our clients and patients.

**Kampala homecare training course 2012,**

**The training course involved:**

- Child development.
- Young person's development.
- Working with children and young people.
- Communication of special needs among children.
- Safeguarding children and young people.
- Equality and diversity in working with children and young people
- Training Involved:
  - Autism
  - Awareness Basic Life Support
  - Breakaway techniques
  - Catheter Care management
  - Dementia Awareness
  - Diabetes Awareness
  - Dignity and privacy In Care
  - Effective Communication
  - Effective Record Keeping
  - Epilepsy Awareness and Epilepsy Medication
  - Equality & Diversity Awareness
  - Fire Safety Awareness
  - Infection Control Level 1
  - Learning Disability Awareness Managing Challenging Behaviour

- Nutrition & Hydration Awareness
- Pressure Sore Prevention
- Risk Assessment Safeguarding Vulnerable Adults
- Safeguarding Vulnerable Children
- Safer Handling of Medication
- Safer People Moving & Handling 1 &2

### **Career Summary:**

#### **Relevant Experience acquired/gained**

- Working in teams
- Working with minimum supervision
- Experience in caring for the elderly, learning disabilities, Autistic patients, mental illness, physical disability and patients.
- I have experience in caring for patient with complex needs.
- Experience of working with Palliative Care patients and their families, these have mostly been cancer patients.

### **Skills and Behaviour:**

#### **I have gained the following skills during my course of duty:**

- Passion for service users
- Planning and organisation
- Problem solving and continuous improvement
- Effective Communication Skills
- Working collaboratively
- Maintaining Standards in a clinical area
- Empathy for vulnerable clients

- Maintaining equal opportunities and dignity work relations.

**Clinical skills Acquired:**

- Nutrition Support
- Personal hygiene care
- Infection control awareness
- Care plan awareness
- Recording observations
- Clear documentation
- Fluid balance calculation and documentation
- Supervision and prevention of falls in the elderly
- Risk assessment awareness
- Catheter care and Toileting
- Stoma and ileostomy care
- Nasal gastric and PEG feed care.

**Personal Interests and Hobbies:**

Humanity, Reading, Singing, dancing, Travelling, and Sports.

**Referees on Request can be provided:**