



CONTACT

-  Harare Zimbabwe
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SKILLS

- Problem Solving
- Moving and handling
- Good interpersonal and communication skills
- Understanding verbal and written instructions
- Ability to work as lone worker and as team
- Microsoft Office: Ms Word, Ms Excel
- Medication administration
- Adhere to strict confidentiality
- Able to work under pressure
- Eager to learn and continually develop
- Warm companionship
- Patient care
- Time management

ADDITIONAL INFORMATION

- Valid Passport
- Valid Police Clearance
- Valid IELTS
- Valid TB Test
- Valid Driving License
- Covid 19 Fully Vaccinated
- Ready and Prepared to Relocate

Natasha Thandeka Mhlanga

PROFESSIONAL SUMMARY

Compassionate Healthcare Assistant with a comprehensive background in effective, efficient care of elderly patients in care home settings. Providing exceptional care, thorough monitoring and dedication to safe nursing practices for continued patient trust. Maintaining excellent levels of patient care through continued kindness and commitment to safe working practices.

WORK HISTORY

Healthcare assistant 01/2022 - Current
Bumhudzo old peoples home - Harare, Zimbabwe

- Aided service users in everyday activities, such as washing and dressing, ensuring constant safety and effective care.
- Ensured safe, secure living conditions for service users, reducing risk and enhancing quality of life.
- Supported service user engagement in socialisation activities, promoting independence and positive wellbeing.
- Worked closely with nurses to maintain optimum levels of communication.
- Completed care documentation and monitored patient progress to achieve up-to-date records.
- Ensured patients took all medications as prescribed by their doctor, recording details of timings and side effects.
- Maintained hygiene standards, cleaning and clearing patient rooms according to ward protocol.

Support Worker 01/2021 - 12/2021
St Giles Medical Rehabilitation Centre - Harare, Zimbabwe

- Assisted with personal care activities such as washing and dressing, consistently promoting positive health and hygiene.
- Led group activity programmes to support independence and encourage community inclusion.
- Built strong patient relationships through compassionate care and friendly rapport building.
- Planned, prepared and served meals for clients, strictly following prescribed dietary orders including light

housekeeping

- Established and maintained working relationships with clients based on trust and non-judgement.
- Provided compassionate patient and family support to build trust in rehabilitation processes.
- Actioned daily care and support provisions according to individualised treatment programmes.
- Assisted patients in achieving aspirations through focused, attentive rehabilitation support.
- Attended regular training and supervision workshops for improved service user support.

EDUCATION

Ordinary Level , 01/2019

Mtshabezi high School – Zimbabwe

Level 4 in digital skills with credit in applicati, 09/2022

National University of Science and Technology –
Zimbabwe

CERTIFICATIONS

•Nurse Aid (St John Ambulanc Association)

•Diploma in care (Alison academy)