
IJEOMA BRIDGET ISRAEL

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PERSONAL STATEMENT

I work diligently, independently, and with integrity. I thrive in a dynamic, changing atmosphere where I can pick up new skills fast. I can fit many different positions with my wide range of experience and skills. I'm an approachable, energetic, and honest person that can make colleagues as well as customers feel appreciated. I have excellent communication and listening skills and am a team player. I'm quick to adjust to new situations and ways of doing things. I always strive to achieve the best quality possible, and I'm eager to work in a position where I can show off my skills. I'm also open to learn new skills at work and embrace difficulties.

EDUCATION

- **UNIVERSITY OF UYO**
History and international studies
Nigeria.
- 2024 • **DIPLOMA CERTIFICATE**
health and social works level 3
Academy for Health and fitness
- 2024 • **CARE CERTIFICATE**
Principles of moving and handling people
City and county healthcare group
- 2024 • **BASIC LIFE SUPPORT**
Medication management for adult care sector
East Riding of Yorkshire, NHS

TRAINING

- * Infection control level 2
- * Moving and handling level 2
- * Basic life support level 2
- * Fire safety level 2
- * Handling violence, aggression and complaints
- * Health, safety and fall prevention
- * Training for workers in a lone environment
- * COSHH(Control of substances hazardous to health regulation)
- * Equality, diversity and inclusion
- * Mental capacity act 2005
- * RIDDOR (Reporting of Injuries, Diseases, & Dangerous Occurrences Regulations)
- * Safeguarding Vulnerable Adults (SOVA) and Child Protection (SOCA) Level 2
- * Safeguarding Vulnerable Adults (SOVA) and Child Protection (SOCA) Level 3

KEY SKILLS AND QUALITIES

- * I have excellent interpersonal skills * Adapt literacy skills * Close attention to details * Reliability * Punctuality * Good communicational abilities * Calmness under pressure * Ability to work well in a team and maintain focus * Confidence when working alone with minimal supervision * Kindness, friendliness and approachability * Health, safety and security conscious

EXPERIENCE

- 11/2024 - Till date • **Healthcare support worker**
CUCUMBER
* Medication: administrating medication and attending appointments with patients
* Record keeping: updating patients records and maintaining accurate reports
* Comfort: making sure service users are comfortable and feel cared for
* Cleaning: keeping the house tidy and ensuring the environment is safe
* Personal care: washing, dressing and help patients with bathing and repositioning
- 03/2024 - 11/2024 • **Healthcare assistant**
VERFIED CARE
* Assisting with patients moving and handling.
* Ensuring patients confidentiality at all time
* Promoting patients' dignity and respect at all times
* Personal Care – Dressing, bathing, washing hair and oral care
* Moving and Handling
* Social outing with residents to shops and support walks Bed Making
* Feeding
* Cleaning
* Preparing meals and serving nutritious meals to clients
* Keeping resident' s personal records up to date
- 10/2023 - 02/2024 • **Healthcare assistant**
S&K 24
* Given clients personal care i.e., bathing, washing oral care and dressing.

- * Moving and Handling
- * Social outing with residents to shops and support walks Bed Making
- * Feeding
- * Cleaning
- * Preparing meals and serving nutritious meals to clients
- * Keeping resident' s personal records up to date
- * Promoting client' s choice and ensuring their dignity and respecting their rights at all times.

04/2022 - 09/2023

- **Healthcare care assistant**
GOLDEN CROSS INFIRMARY HOSPITAL
 - * Maintaining and updating digital patients record and medical information.
 - * Prepare the room ready for patients to be admitted
 - * Decontaminating and special cleaning of the hospital wards.
 - * Taking and accurately recording patients' physical observations.
 - * Escalating concerns about the physical observations to nurse in charge
 - * Bed making
 - * Assisting with patients moving and handling.
 - * Ensuring patients confidentiality at all time
 - * Promoting patients' dignity and respect at all times.

02/2018 - 4/2022

- **Healthcare support**
MEDCARE PLUG
 - * Assisted dependent/service users with their day to day activities
 - * Bed making
 - * Promoting patients' dignity and respect at all times
 - * Taking and accurately recording patients physical observations.

INTEREST

- I enjoy singing, dancing, reading and listening to country music. I also socialise with friends and family.

LANGUAGE

- English language Igbo Nigerian language

REFERENCE

- **NGOZI OKORO - Golden cross infirmary hospital**
Chief nurse
Goldencrosshospital@yahoo.com
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- **KAY MOYO - S&k care24**
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