

ABIMBOLA KAFILAT ODUYE

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Healthcare Care Assistant

PROFILE SUMMARY

A Health Support Worker and Care Assistant dedicated to enhancing the quality of life for individuals in need of medical and personal assistance. With a compassionate and empathetic approach, strive to provide comprehensive support to clients facing various health challenges, including chronic illnesses, injuries, disabilities, dementia, and age-related conditions. Proficient in administering medication, assisting with personal hygiene tasks, and monitoring vital signs to ensure optimal health and safety. Skilled in fostering a warm and supportive environment that promotes physical and emotional well-being. Possesses excellent communication and interpersonal abilities, fostering trusting relationships with clients and their families to ensure their well-being and comfort. Dedicated to promoting independence and dignity while delivering personalized care tailored to individual needs. Collaborating with healthcare professionals and family members to develop personalized care plans that meet the unique needs of everyone. Committed to upholding the highest standards of professionalism, confidentiality, and ethical conduct in all aspects of service delivery.

SKILLS HIGHLIGHT

- **Compassion and Empathy:** Ability to genuinely care for and empathize with individuals facing health challenges, showing understanding and sensitivity to their needs and emotions.
- **Communication:** Effective verbal and written communication skills to interact clearly and respectfully with clients, families, colleagues, and healthcare professionals.
- **Personal Care:** Proficiency in assisting with personal hygiene tasks such as bathing, grooming, toileting, and dressing, ensuring the comfort and dignity of clients.
- **Medication Management:** Knowledge of medication administration procedures, dosage calculations, and adherence to medication schedules, with a focus on accuracy and safety.
- **Vital Sign Monitoring:** Ability to measure and record vital signs accurately, including blood pressure, pulse rate, temperature, and respiratory rate, and recognize any abnormalities or changes.
- **Mobility Assistance:** Skill in assisting clients with mobility, transfers, and ambulation using proper techniques and equipment to prevent injuries and promote independence.
- **Patient Advocacy:** Advocating for the rights, preferences, and best interests of clients, ensuring they receive appropriate care, support, and resources to meet their individual needs and goals.

WORK EXPERIENCE

Vital Recruitment Uk Ltd

August 2024 -- November 2024

Factory Production

Duties:

- Ensuring that finished products are packaged correctly for shipping.
- Labelling products accurately to comply with industry and regulatory standards.
- Organizing products in the warehouse or storage area in preparation for dispatch.
- Running and monitoring machines that produce or assemble goods.
- Ensuring that the machinery operates correctly, adjusting settings as needed, and reporting any malfunctions or issues to supervisors or maintenance staff.
- Inspecting products to ensure they meet the required quality standards.
- Identifying defects or issues in the production process and reporting them to supervisors.
- Maintaining a clean and organized workspace to prevent contamination or defects
- Complying with safety regulations to avoid accidents and injuries in the workplace.
- Wearing personal protective equipment (PPE) such as gloves, safety glasses, helmets, or ear protection.
- Participating in safety training and adhering to protocols related to machinery, chemicals, or hazardous materials.

TOPMARYCARE LIMITED

June 2024 – December 2024

Support Worker

Duties:

- **Personal Care:** Assisting service users with bathing, dressing, grooming, toileting, and other personal hygiene tasks.
- **Emotional Support:** Providing encouragement, companionship, and a listening ear to promote emotional well-being.
- **Promoting Independence:** Helping individuals develop skills and confidence to manage daily activities independently.
- **Household Assistance:** Supporting with household tasks such as cooking, cleaning, shopping, and managing finances.
- **Mobility Support:** Assisting with moving around safely, including using wheelchairs, hoists, or other mobility aids.
- **Healthcare Monitoring.** I observe and report changes in physical or mental health to relevant professionals.
- **Activity Participation:** Encouraging and facilitating engagement in hobbies, social activities, and community involvement.
- **Advocacy:** Supporting individuals to express their needs and rights, ensuring their voice is heard.

- Record Keeping: Maintaining accurate documentation of care provided, incidents, or changes in condition.
- Crisis Management: Responding calmly and effectively to emergencies or challenging behaviours, following protocols and ensuring safety.

ICARE SOLUTION

July 2022 – June 2024

Career / HealthCare Assistant

Duties:

- Preparing food and drink for the Client, being aware of the Client's choice, likes/dislikes, nutritional needs and cultural requirements
- Taking and recording observations
- Providing light general household domestic duties, including housework and laundry, as detailed in the care plan or instructed by Management as well as using manual handling equipment safely and correctly
- Emptying catheter bags
- Ensuring as safe as possible the living environment for the Client, whilst respecting the Client's choice and rights
- Maintaining detailed accurate records in respect of care and medication support given and tasks undertaken
- Regularly reading care and support plans, acknowledging changes
- Emptying stoma bags
- Protecting the confidentiality of all information relating to the Client and not divulge information to anyone who is not authorized to receive it

Livewell hospital

June 2020 – May 2022

Healthcare Assistant/Support Worker

Duties:

- Assist residents during my shift in their daily schedules and activities such as bathing, feeding, movement, safety etc,
- Personal Care: Assisting service users with bathing, dressing, grooming, toileting, and other personal hygiene tasks.
- Mobility Support: Helping individuals move safely, including assistance with walking, transferring, and using mobility aids.
- Meal Assistance: Preparing meals, assisting with feeding, and ensuring nutritional needs are met.
- Monitoring Health: Observing and reporting any changes in physical or mental health to the healthcare team.
- Medication Support: Assisting with or administering medication under supervision, following protocols.
- Emotional Support: Offering companionship and emotional reassurance, helping to reduce feelings of isolation.
- Household Tasks: Helping with light cleaning, laundry, and maintaining a safe living environment.

- Encouraging Independence: Supporting service users to maintain their independence and engage in daily activities.
- Record Keeping: Documenting care provided, incidents, and any changes in a service user's condition accurately.

PRIMARY HEALTH CARE CENTER, LAGOS (NIGERIA)

November 2020 – May 2022

Care Assistant

Duties:

- Assist residents during my shift in their daily schedules and activities such as bathing, feeding, movement, safety etc,
- Document and report any strange observations to my superior officer.
- Administer prescribed medication; provide companionship and grooming to resident.
- Handover at the end of my shift to the next care giver and submit my activity report sheet to the appropriate authority before signing off.
- Helping clients with meal planning, preparation, and feeding as needed, considering any dietary restrictions or preferences.
- Assisting with light housekeeping duties such as laundry, cleaning, and tidying to maintain a clean and safe living environment for clients.
- Collaborating with healthcare professionals, including nurses, therapists, and case managers, to develop and implement individualized care plans based on the specific needs and preferences of each client.
- Monitoring clients' health status, behaviour, and any changes in condition, and promptly reporting concerns or observations to appropriate personnel.

KINGSMITH HOSPITAL (LAGOS NIGERIA)

January 2018 – October 2020.

Support Worker / HealthCare Assistant

Duties:

- To assist and support clients, where appropriate, with assistance and guidance with areas of personal care.
- To assist and support clients in daily living skills, within the Home Treatment House, i.e., household skills, individual / group activity and during organized therapeutic activity in the wider community.
- To support clients in the ordering and collecting of their prescriptions and with medication regimes.
- To advise and support clients in the maintenance of good standards of home care and budgeting skills, and advice in the management and security of their homes.
- To accompany and support clients whilst shopping or engaged in other community activities, as necessary.
- To facilitate effective communication with clients, families and team members regarding the planning, support and development of each support package.

- Accompanying the Client on trips within the community
- Assisting Clients with toileting, continence management and personal hygiene
- To take and record patient's temperature, pulse and respiration
- To always maintain the comfort and dignity of patients.
- To provide emotional support to patients and carers.

EDUCATION

- M.Sc. Management – University of South Wales
- B.A. Mass Communication – Olabisi Onabanjo University

PROFESSIONAL TRAINING/CERTIFICATION

- **Adult Social Care** – Florence Academy
- **Personal Care** – Florence Academy
- **Moving and Handling of people (Karisa)**
- Stand By Me (Dementia Stand by Me)
- Patient Moving and Handling
- Prevent
- Conflict Resolution
- Resuscitation L2 Paediatrics
- Manual Handling
- Life Support
- Food Hygiene
- Fire Safety
- Medication and Administration Awareness
- MCA & DOLS
- First Aid
- Data Protection Including GDPR
- Equality & Diversity Human Rights
- Health & Safety
- Information Governance
- Infection Control

References available on request.