

## CYNTHIA AFOMACHUKWU IBEANU

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### CAREER SUMMARY

A compassionate, dedicated and trained Health care Assistant with years of extensive working experience in the health sector, specialising in providing care and support within NHS hospitals and care homes settings. Skilled in effective communication and delivering personalised care tailored to each unique situation. Proficient in monitoring and addressing the healthcare and daily needs of service users. Consistently strives for excellence and precision, contributing significantly to fostering independence in service users through comprehensive physical and emotional support.

### CORE SKILLS

- Patient Care
- Safeguarding
- Manual Handling
- Dementia care
- Health and safety
- Emotional intelligence
- Excellent communication skill
- Patience, Resilience and Adaptability to dynamic care needs.
- Committed to Patient dignity, Privacy, Confidentiality, and Recovery.
- Non-judgmental, Compassionate, and Empathetic
- Positive Attitude
- Adaptability and Flexibility
- Effective time management
- Strong organisational skills

### WORK EXPERIENCE

#### CYGNET (APPLETREE, VICTORIA HOUSE)

##### Mental Health Care Assistant

Bykare Solutions.

04/2024 - Present

#### Key Responsibilities

- Provide daily support to patients with mental health needs, including personal care and emotional well-being.
- Build therapeutic relationships and promote patient independence.
- Monitor and report on patient behaviour, mood, and mental state.
- Respond to crises, using de-escalation techniques to support patients in distress.
- Accompany patients to therapy sessions, appointments, or activities.
- Assist in implementing care plans and collaborate with multidisciplinary teams.

- Ensure a safe and supportive environment, following safeguarding procedures.
- Educate patients and families about mental health conditions and coping strategies

## **PRIORY MIDDLETON ST GEORGE HOSPITAL, DARLINGTON**

### **Mental Health Care Assistant**

**Support Health Care Limited.**

**09/2023 - Present**

#### **Key responsibilities**

- Help service users with social and physical activities.
- Provide emotional and physical support.
- Conduct checks and monitor service users' conditions, mood and behaviour.
- Document appropriate and timely reports in accordance with hospital policy.
- Provide excellent care in a kind, sensitive and understanding manner.
- Work on site with other healthcare professionals to ensure that all patient care needs meet the highest standard.
- Utilise the least restrictive and most facilitative measures to de-escalate patients.

## **SIMS NIGERIA LIMITED**

**Sales Executive.**

**08/2016 - 11/2018**

- Met with clients virtually or during sales visits.
- Demonstrated and presented products to customers.
- Attended sales exhibitions, conferences and meetings.
- Reviewed sales performances and negotiated contracts and packages.
- Ensured the availability of stocks for sales and demonstrations.
- Conducted market research to identify selling possibilities and collaborated with team members to achieve better results.
- Created frequent reviews and reports with sales and financial data.

## **EDUCATION**

**MSc. Accounting and Finance (Applied)**

**2023**

Teesside University, Middlesbrough, UK. (In View)

**BSc. Economics**

**2014**

Enugu State University of Science and Technology, Enugu State, Nigeria.

## **TRAININGS & CERTIFICATIONS**

CPI Certificate and Blue card

Health Care Support Worker Certificate

Train Healthcare Certificates

## **REFERENCE**

Available on request

