

SAAKEE RUTH

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PROFESSIONAL PROFILE

I am a driven and compassionate healthcare professional with a strong foundation in public health management and patient centred care. I am dedicated to creating positive patient experiences and contributing to impactful healthcare initiatives. With a hands-on approach to evidence-based practice and a natural ability to connect with patients and colleagues alike, I seek to excel in an environment that values both clinical excellence and continuous learning. Known for my analytical mindset and ability to solve complex challenges, I aim to support my team and organization in delivering outstanding patient care and innovative health solutions.

Professional Experience

Roseville Orchard Court Residential Home | Health Care Assistant | Oct. 2024 – Till Date

- Assisted residents with essential daily tasks, such as brushing teeth, bathing, washing, dressing, and feeding. Supported residents in maintaining personal hygiene and ensured comfort during each activity.
- Aided with repositioning and pressure relief to prevent discomfort and promote circulation, especially for residents with limited mobility.
- Provided assistance with repositioning and pressure relief to prevent discomfort and promote circulation, especially for residents with limited mobility.
- Competently used hoists, walkers, and other mobility aids to assist residents in moving safely around the facility and reduce the risk of falls or injuries.
- Maintained daily logs of all resident activities, care routines, and observations to ensure accurate record-keeping and support seamless communication among healthcare team members.

Kasomene Faith City Care | Health Care Assistant | Jan. 2021 – Sep. 2024

- Assisted patients with bathing, washing, dressing, and eating to ensure comfort and dignity in daily activities.
- Organized and performed various household tasks, including cleaning, laundry, and grocery shopping, to maintain a safe and comfortable living environment.
- Instructed patients in essential life skills, such as money management and effective communication, to promote independence and confidence.
- Provided compassionate mental and emotional support, facilitating suitable recreational activities to enhance the patient's overall well-being.

Functional and Behavioural Competencies

- Public Health Management
- Patient-centred Care
- Evidence-based Practice
- Effective Communication Skills (Written and Oral)
- Knowledge and Resource Management
- Data Gathering and Analysis
- Time Management
- Personal Branding and Mentoring
- Team Player
- Analytical and Logical Reasoning
- Biotechnology,
- Quality Assurance
- Environmental Monitoring and Pollution Control
- Microsoft Office Applications and Internet Tools

EDUCATION

- University of Port-Harcourt, Nigeria

B.Ed. Educational Management

- University of Hull, England

MSc. Education And Leadership

CERTIFICATIONS

- TRCN (Teacher Registration Council of Nigeria), December 2017.
- Coach Training Institute. Cabin Crew (Bowing 737 Classic), April 2023.
- Moving and Handling
- Medication Management
- Understanding Behaviour that Challenges
- Health and Safety
- Fire Safety
- Equality and Diversity
- Caring for Someone with Epilepsy
- Conflict Resolution and Complaints Handling
- Dignity in Care
- Duty of Care
- First Aid
- Fluids and Nutrition Training
- Food Hygiene
- Manual Handling
- Infection Control
- Information Governance
- Mental Capacity Act
- Record Keeping

- Safeguarding Adults Level 1 & 2 (Adult Support and Protection)
- Safeguarding Adults Level 1 (Adult Support and Protection)
- Medication Management.
- Topical Medication
- Understanding Your Role
- Working in a Person-Centred Way

HOBBIES

- Volleyball
- Site seeing
- Reading