

Professional Summary

Healthcare Assistant with hands-on experience supporting residents in a busy care home environment. Confident in delivering personal care, monitoring physical health indicators, and responding to day-to-day changes in patient needs. Known for staying calm under pressure, working closely with nurses and care teams, and maintaining a safe, respectful environment for vulnerable adults. Focused on practical care delivery, patient comfort, and ensuring residents feel supported and treated with dignity at all times.

Skills

- Personal care (washing, dressing, toileting, feeding)
- Vital signs monitoring and recording
- Safe moving and handling
- Infection prevention and control
- Patient communication and emotional support
- Teamwork in healthcare settings
- Observations and reporting changes in condition
- Safeguarding awareness

Employment History

Healthcare Assistant

October 2025 to Current

High Meadows CareHome

- Delivered compassionate, person-centred care to residents, supporting dignity, comfort, and daily wellbeing
- Assisted with personal care tasks including washing, dressing, toileting, and feeding in line with individual care plans
- Monitored, recorded, and reported vital signs, escalating concerns promptly to nursing staff to support early intervention
- Supported safe mobility and manual handling, helping reduce falls and promote resident independence
- Worked collaboratively with healthcare professionals to deliver coordinated, high-quality patient care
- Maintained strict infection control standards, ensuring a clean and safe care environment for residents and staff
- Responded effectively to changing patient needs and emergencies, prioritising safety and wellbeing
- Built trusting relationships with residents and families, improving communication and overall care experience

Certifications

- **Care Certificate (Standards 1–6)** – Core care competencies including safeguarding, communication, duty of care, equality & diversity, person-centred care, and health & safety
- **Clinical & Safety Training** – Basic Life Support (BLS), Moving and Handling, Fire Safety and Evacuation Equipment
- **Safeguarding & Regulatory Training** – Safeguarding and Protection of Vulnerable Adults, Care Quality Commission (CQC) Training
- **Nutrition Training** – Malnutrition Training for Care Home Staff (Care Home Support Team Dietitians, NHS Central and North West London)

Education

Masters : Project Management, 2024
Coventry University

Bachelor of Science : Agriculture, 2018
Global Institute of Management