

Florence R Gonhovi

Curriculum Vitae

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PERSONAL STATEMENT

Enthusiastic, self-motivated and assertive support worker. Dedicated to providing personalised support to clients with different needs. Passionate, professional and possesses excellent communication skills. Eager to learn for personal development and am goal oriented.

EXPERIENCE

East Sussex North Essex Foundation Trust, NHS, United Kingdom - *Community Support Worker*

December 2022 to date

Responsibilities include:

- Deliver person-centered care tailored to participant needs.
- Assist with personal hygiene, mobility aids, transfers, and repositioning.
- Promote independence
- Provide assistance with personal and medical care.
- Support participants in achieving their goals
- Collect medication from pharmacy
- Perform household tasks and meal preparation.
- Foster genuine companionship and provide emotional support.
- Catheter management

National Health services Professionals, United Kingdom - *Health Care Assistant -part-time*

October Apr 2023 - To date

SKILLS

- Mobility assistance
- Personal care
- Transfers and moving and handling
- Communication-Verbal and writing
- Leadership
- Clear accurate recording and reporting skills
- Organisation skills
- Flexible and positive approach to team working and ability to adapt to change within working situation
- Motivational skills
- Ability to plan and lead groups
- Sensitive to the needs of individuals
- Self motivation
- Positive attitude

- Assisting patients with bathing, dressing, grooming, and toileting.
- Helping patients move around, transfer between beds/chairs, and with prescribed exercises.
- Providing assistance with eating and maintaining proper nutrition.
- Taking and recording vital signs like temperature, pulse, respiration, and blood pressure.
- Making patients feel comfortable and safe, providing emotional support.
- Tidying patient rooms, cleaning equipment, and ensuring a safe and hygienic environment.
- Maintaining accurate patient records and reports.
- Collecting samples, assisting with wound care, and administering medications as directed by healthcare professionals.
- Acting as a point of communication between patients, families, and other healthcare professionals.

- Proficient with MS microsoft suite, internet surfing and emailing

Private employer -Karin Horne- United Kingdom- Personal care assistant

2005 April - 2011 June

Responsibilities include:

- Deliver person-centered care tailored to participant needs.
- Assist with personal hygiene, mobility aids, transfers, and repositioning.
- Promote independence
- Meal preparation
- Laundry and washing dishes

EDUCATION

East Sussex North Essex Foundation Trust, NHS, United Kingdom - Level 3 Care certificate

Mutambara high school - 'A' Level

St David's Girls high - 'O' Level

Continuous Professional development

National Health Service In the UK, who is my current employer, ensures that I am always up to date with First aid/CPR training. Medication administration, catheterisation, catheter care, venepuncture, eyedrop, Insulin and Clexane injection administration are some of the competencies I have been signed off on and I can perform without supervision.