

ADEWALE DAMILOLA FOLASHADE

HEALTHCARE ASSISTANT

Address: 83, Egbeda-Idimu Road, Car-wash Bus-stop, Egbeda, Lagos State
+234 (0) 9030637709, Folashade.damilola1@gmail.com

Personal statement

Qualified and compassionate healthcare assistant with over three years professional experience in the health sector in catering for the well-being of people. Confident in providing effective care to people of all age groups, and assisting with activities of daily living with excellent results in the field over the years. Experience in hospital and in-home settings providing guidance and encouragement to patients through physical and emotional support.

Key Skills

- Meal planning and Preparation
- Clinical quality program standards
- Proficient in Microsoft office
- Excellent verbal and written communication skills
- Ability to work independently or as part of a team
- Care plan assessment
- Patient Assessments
- Medication Administration
- Strong organizational skills
- Ability to multitask and prioritize
- Compassionate

Education

BSc. (ED) MASS COMMUNICATION, TAI SOLARIN UNIVERSITY OF TECHNOLOGY, OGUN STATE, NIGERIA

(OCTOBER 2008 – JULY 2013)

Certifications

- **DIPLOMA IN MENTAL HEALTH, ALISON** (MAY 2023)
- **DIPLOMA IN HEALTH AND SOCIAL CARE, TRAINING EXPRESS** (MAY 2023)
- **STANDARD CARE CERTIFICATIONS, FLORENCE ACADEMY** (SEPTEMBER 2022)

Work History

Nursing Assistant | Fineview Hospital, Ketu, Lagos

(March 2021 till present)

Responsibilities:

- Supports doctors and nurses in the hospital by setting up the wards and preparing patients for surgery or any other medical administrations
- Ensures patients are catered for, in terms of keeping proper schedule of their meals and administration of their drugs
- Monitors patients' conditions and informing superiors of any unusual observations

- Records patients' vitals including temperature, pulse, respiration, and weight
- Reports any incidents which are likely to harm residents are suspected, report them to the line supervisor.
- Assists in all aspects of patients' personal hygiene, prioritizing patient dignity, privacy and independence.
- Maintained knowledge and skills necessary to meet developmental needs of patients and recognized need for continuing development.
- Reduced risks of patient infection and cross contamination by cleaning and sterilizing equipment.
- Devoted special emphasis to punctuality and worked to maintain outstanding attendance record.
- Maintained excellent attendance record, consistently arriving to work on time.

Volunteer Caregiver Assistant | The Shepherd's Haven Care Home, Berger, Lagos

(December 2022 – February 2023)

Responsibilities:

- Supported daily hygiene needs of patients by assisting with bathing, dressing, dental care and personal grooming.
- Established nutritious meal plans and prepared daily offerings to meet patient dietary needs.
- Entertained, conversed and read aloud to keep patients mentally alert.
- Assisted disabled clients to support independence and well-being.
- Provided safe mobility support to help patients move around personal and public spaces.
- Implemented physical therapy to support patient improvement in muscle tone, range of motion and injury recovery.
- Catered for the welfare of widows, less-privileged and the aged in the assembly by visitations and prompt check-ins.
- Upheld confidentiality requirements and regulatory compliance guidelines.
- Maximized patient safety, employed interventions and interacted with patient to increase engagement and redirect behavior.
- Collaborated with physicians to design at-home medication guidelines and educated patients and families on correct medication administration.

Achievements:

- Health care Certifications in relevant fields in Florence Academy
- Encouraged management to acquire mosquito nets which reduced the cases of malaria drastically in the wards.
- Supervised free welfare outreach that provided food to over 300 members of the community during the Covid 19 pandemic to cushion its effect.

Additional Information

The following documents are available upon request:

- Proof of English Proficiency
- International Driving License
- IOM Tuberculosis Certificate
- COVID-19 Vaccine Certificate
- Local Police Clearance Certificate

References

Dr. Ajibade Adedoyin
Fineview Hospital, Lagos
Tel: +234-810
Email:

Miss Itunu A.O
The Shepherd's Haven Care Home
Tel: +234-80
Email: