

CHAMILA SUDARSHANI JAYASINGHAGE

No.973/10/A, Thalangama North, Malabe, 10115, Sri Lanka

darshanijc@gmail.com

+94774060007

<http://www.linkedin.com/in/darshani-jayasingha-713977233>

PERSONAL STATEMENT

An experienced and qualified Healthcare Assistant with a thorough working knowledge of residential care legislation, including good practice, health and safety standards. Experienced in the care of young people, adults and the elderly, as well as those with special needs. Able to carry out all aspects of the role from personal care, administering medication, meal preparation and record keeping with in-depth knowledge of national care standards and how these apply to different categories of people in care.

EMPLOYEMENT HISTORY

The Victoria Home for Incurables

Rajagiriya, Sri Lanka

Jan 2020 - Jan 2023

Personal Care Assistant

- Building strong, trusting relationships with patients by providing continuous support and delivering the best possible care with care planning.
 - Providing comprehensive personal care, assists with rehabilitation exercises, offering ADL and mobility assistance to support comfort and dignity.
 - Helping patients improve mental well-being by arranging social activities and providing a helpful and happy service throughout care.
 - Assist patients for their basic hygiene requirements including bathing, washing and dressing.
 - Taking care of the client's nutritional needs, meal planning and feeding the client.
 - Provide First Aid and support wound dressing and prevention of pressure ulcers.
 - Monitored patient behavior closely to determine health changes, reporting concerns immediately.
 - Sorted and administered medication to patients following doctors' specifications.
 - Provide compassionate and empathetic care to seniors and interventions to assist those with dementia and behavioral problems.
-

EDUCATION

Vocational Training Authority

Narahenpita, Sri Lanka

2023 - 2023

National Vocational Qualification (NVQ) Level III in Care Giver

- Maintain the relationship with the client.
- Helping with personal hygiene and care.
- Assisting with meals and nutrition.
- Medication administration.
- Supporting the physical and emotional comfort of individuals.
- Monitoring and reporting.
- Personal supervision.
- Attend domestic affairs of the client.
- Prepare the living area of the client.

Rahula Girls' School

Malabe, Sri Lanka
2004

G.C.E. Advanced Level

- Business Studies - A
 - Accounting - B
 - Economic - B
 - General English - C
-

KEY SKILLS

- Patient relationship building
 - Patient rehabilitation assistance
 - Care planning
 - Direct patient care
 - Vital signs monitoring
 - Patient bathing, bed making and meal planning
 - Medication administration
 - Patient observation
 - CPR & First Aid
 - Communication skills
 - Teamwork
 - Problem solving
 - Positive attitude
 - Time management
 - Administrative Skill and Microsoft Office skills
-

LANGUAGE

- English
-

REFEREES

Referees available on request.