




Reshma Carmel

Senior Care Assistant

 Cambridge, United Kingdom,
CAMBRIDGESHIRE PE27 5AD

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Empathetic Care Worker with sensitive and compassionate approach to cultivating trusting, stimulating and varied lifestyle for residents. Offers enhanced care with flexible learning approach for patients. Experience in hospital and in-home settings providing guidance and encouragement to patients through physical and emotional support. Patient-focused Healthcare professional with demonstrated experience providing compassionate and comprehensive care. Skilled in monitoring vital signs, performing wound care and assisting with daily living activities. Demonstrated ability to provide emotional support to patients and families.



Skills

- Privacy and confidentiality
- Clinical Documentation
- Outpatient care
- Observing responses
- Supporting personal needs
- Patient Management
- Companionship and emotional support
- Transporting patients
- Medical Records Management
- Dementia and Alzheimer's knowledge
- Wound care specialist
- Feeding assistance expert
- Patient Assessments
- Responding to emergencies
- Tube feedings and medications familiarity
- Medical office administration
- Recording vital signs
- Patient-focused care

- Inpatient care
- Documenting behaviors
- Direct Patient Care



Work History

2022-11 - Current

● Senior Care Assistant

Bupa Aged Care, Huntingdon, Cambridge, United Kingdom

- Kept close eye on behavior and emotional responses of clients to address concerns and protect each person from harm.
- Documented residents' mental status, sleep, and eating patterns in medical record books.
- Helped patients safely transition between sleeping surfaces and mobility assistance such as wheelchairs by providing consistent support.
- Assisted patients with dressing, grooming and feeding needs, helping to overcome, and adapt to mobility restrictions.
- Assisted patients with handling daily chores and errands by transporting to appointments, cleaning personal spaces, and purchasing supplies.
- Followed nutritional plans to prepare optimal meals.
- Monitored and maintained cleanliness, sanitation, and organization of assigned station and service areas.
- Recorded temperature, blood pressure, pulse, or respiration rate as directed by medical or nursing staff.
- Checked vital signs on daily basis and contacted supervisor regarding patient health concerns or behavioral changes.
- Interacted kindly with patients and families and displayed positive, outgoing attitude, resulting in establishment of long-term, professional relationships.
- Monitored and assisted residents through individual service plans.
- Administered medications to patients and remained vigilant for negative side effects.
- Provided patients with assistance in completing daily tasks, reducing daily burden on family members.
- Offered support for client mental and emotional needs to enhance physical outcomes and overall happiness.

2020-12 - 2022-10

● Healthcare Assistant

Elite Care And Staffing, Staffordshire, United Kingdom, Stock On Trent

- Supervised patients on commodes, in toilets, and bathrooms and assisted patients with hygiene needs.
- Arranged bedding and cushions to enhance patient comfort in bed and chairs.
- Delivered high standard of holistic care to patients to promote equality and dignity.
- Assisted with patient hygiene, physical comfort, eating, and drinking, and mobility while observing and reporting specific changes.
- Lifted patients using appropriate equipment in accordance with moving and handling policy.

- Maintained clean environment with due consideration to health and safety issues and infection control policy.
- Observed patient skin conditions and reported findings to registered nurse.
- Participated in cleaning and maintenance of medical equipment to assist in department function and regulation compliance.
- Supported healthcare teams with basic physical assessments and diagnostic procedures.
- Communicated effectively with patients and families to provide information about care and treatment.
- Assisted with taking vital signs and documenting blood pressure and temperature for proper tracking.
- Administered prescribed medications and monitored patient reactions to address contraindications.
- Changed linens in rooms, keeping spaces fresh and clean for patient health and satisfaction.
- Delivered high-quality care to **Type** patients in hospital facility.
- Responded to patient requests for supplies and personal comfort items such as extra blankets.
- Facilitated personal hygiene management, feeding and ambulation.
- Cared for clients with diagnoses such as respiratory failure, diabetes, Parkinson's disease and muscular dystrophy.
- Upheld infection control and prevention policies across different patient-facing areas.
- Helped patients with self-feeding and assisted feeding, based on individual needs.
- Assisted nursing staff with completing daily rounds, documenting vital signs and answering calls.
- Documented patient information and care activities in electronic health record.

2017-11 - 2019-11

● **Staff Nurse**

Kavitha Nursing Home, Bangalore, India , Kerala, India

- Performed various nursing interventions such as wound dressing, vital sign monitoring, and specimen collection.
- Monitored patients' conditions and reported changes in physical presentation, appearance, and behavior to discuss treatment with physicians.
- Educated patients, families and caregivers on diagnosis and prognosis, treatment options, disease process, and management and lifestyle options.
- Implemented medication and IV administration, catheter insertion, and airway management.
- Administered medications via oral, IV, and intramuscular injections and monitored responses.
- Updated patient charts with data such as medications to keep records current and support accurate treatments.
- Assessed physical, psychological, physiologic, and cognitive status of patients.

- Directed patient care by initiating and following through with plan of care, continuing care, and discharge instructions.
- Participated in hospital committees to recommend quality improvement initiatives.
- Collected blood, tissue, and other laboratory specimens and prepared for lab testing.
- Developed and implemented individualized patient care plans for optimal outcomes.
- Conducted ongoing monitoring and evaluations of behaviors and conditions, and updated clinical supervisors with current information.
- Facilitated therapeutic communication, conflict resolution and crisis intervention by redirecting negative behaviors and helping patients regain or improve coping abilities.
- Recorded details regarding therapies to keep patient charts updated.
- Used first-hand knowledge and clinical expertise to advocate for patients under care and enacted prescribed treatment strategies.
- Managed patients recovering from medical or surgical procedures.
- Provided exceptional care to high-acute patients needing complex care such as ventilator management, extensive wound care and rehabilitation.
- Provided skilled, timely and level-headed emergency response to critically-ill patients.
- Communicated with healthcare team members to plan, implement and enhance treatment strategies.
- Monitored patient reactions after administering medications and IV therapies.



Education

2012-09 - 2016-09

- **Bsc Nursing : Nursing**

New Sri Shanthini College of Nursing - Bangalore,India

2010-06 - 2012-03

- **Higer Secondary : Science Education**

ST.Mary's School - Thiruvananthapuram,India



Languages

- English

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Full Professional

- Malayalam

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Native or Bilingual

- Hindi

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Full Professional



Certifications

- Certified Bsc Nurse , [karnataka Nursing Council,India] - [2012-2016)



Interests

- Social services
- Cooking
- Reading Books
- Travelling