

SAMANTHA DUSHSHANTHI PIHILLANDA

AGED CARE PROVIDER

Location: Folkestone, United Kingdom

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Professional Profile

I am a Sri Lankan who is currently settled in UK and working in a Residential, Respite and Dementia care home as a care assistant. I have more than 14 months of experience of working as a senior care assistant and care assistant in United Kingdom. While working in the care home I completed my basic courses in care and now I am studying for my care certificate too.

I am a registered nurse in nursing council of Sri Lanka. Before migrating to United Kingdom, I worked as a Nursing Officer in National Hospital Kandy, Sri Lanka for over 29 years.

I like to describe me as an empathetic, caring, compassionate person, who always wants to deliver high quality care to the patients, and I am a well-organized, hardworking enthusiastic, energetic person who is always pleasant to everyone with a calm and quite manner in any kind of situation.

Core Skills

Patient care	Empathy	Teamwork	Communication
Commitment	First Aid	Compassion	Problem solving

Career Summary

- October 2022 – Present - Care Assistant -
Hatfield Lodge Care Home, Folkestone, Kent, United Kingdom
- March 2022 – September 2022 - Senior Care Assistant –
Beech Tree House Care Home, Somerton, Somerset, United Kingdom
- January 1996 – February 2022 - Nursing Officer -
National Hospital Kandy, Sri Lanka

Key Responsibilities as a Carer

- Administering topical medication
- Obtained current medical information, weight, height, and vital signs to aid care planning.
- Charted patient information related to vital signs, pain management and daily inputs and outputs.

- Actively listened to patients' complaints and feedback, actioning improvements to continuously elevate quality of care.
- Built strong, trusting relationships with patients by providing continuous support and delivering best possible care.
- Supported patient wellbeing by planning and participating in daily activities and exercise.
- Assisted in walking, talking, bathing and movement activities for rehabilitation purposes.
- Moving and handling.
- Housekeeping, Kitchen Assisting.

Key Responsibilities as a Registered Nurse

- Administered medications orally, rectally, intramuscularly, subcutaneously and via IV therapy.
- Wound care. Basic and actualized emergency interventions to restore patients' conditions or stop negative reactions.
- Monitored patient vital signs on continuous. Wound care. Basic and actualized emergency interventions to restore patients' conditions or stop negative reactions.
- Accurately documented all elements of nursing assessment, treatments, medications, discharge instructions and follow-up care. Kept detailed records of staff and patient schedules protecting confidentiality.
- Assisted doctors in surgeries. Worked as a recovery nurse, scrub nurse, anaesthesia nurse and surgical nurse, Responded to life-threatening emergencies.
- Doing venepuncture, phlebotomy, cannulation, urinary catheterization, collection of blood culture, ECG, arterial blood gas sampling and removal of peripheral venous cannula.
- Provided necessary health education training for patients.
- Infection control and disinfection of wards and theatres. Sterilizing surgical instruments.
- Addressed unit staff concerns, preparing Rota for the team, resource management, allocation of responsibilities and optimized workload management.
- Coordinated allocation of surgical supplies and nursing supplies. Managed team of medical support personnel.

Education

- Bachelor of Science (Nursing)- University of Sunderland, United Kingdom – Degree 2020.
- Diploma In General Nursing- College of Nursing, Kandy, Sri Lanka- Diploma - 1995
- The Higher Certificate in Psychological Counselling- Nivahana Society of Kandy, Sri Lanka - Higher Certificate 2017.
- The Certificate in Psychological Counselling- Nivahana Society of Kandy, Sri Lanka Certificate 2015

Training & workshops

- Introduction of Palliative Care- The Kandy Society of Medicine (01 Day- 2019).
- Holistic Care of the Elderly-Building Teams- The Kandy Society of Medicine (01 Day- 2018).
- Wound Care Workshop for Nurses -The Kandy Society of Medicine, Sri Lanka (01 Day- 2017).
- Workshop on Basic Life Support & Advanced Life Support- Department of Anaesthesia & Critical Care, General hospital (Teaching) Kandy, Sri Lanka. (01 Day - 2016)
- Operating Theatre Nursing- Ministry of Health, Sri Lanka (02 Months 2006).

English Proficiency

IELTS - Overall band score 5.5 - CEFR Level - B2

Nursing degree -Taught & Assessed in English

Reference

Dr. Chandrasiri Narampanawa

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