

## **Vongai Nyamuraradza**

## **Care Assistant**

Address: 801 Tiger Gym Building,  
Tourist Club Area, Abu Dhabi,  
United Arab Emirates

Contact: +971 528 359 613

E-mail: [vnyamuraradza@yahoo.com](mailto:vnyamuraradza@yahoo.com)

### **Profile**

A dedicated, qualified and compassionate Healthcare Assistant who is confident in providing personal care to children, adolescents and adults. Committed to improving overall patient wellbeing and health through personal care and energetic engagement. Expert in maintaining patient confidentiality and treating every individual with dignity. An excellent team player, very keen and willing to learn and develop new skills. Able to monitor and record vital signs and observations in line with professional guidelines. Passionate about providing person centered care.

### **Skills**

- Caring, compassionate and a good listener.
- Flexible Excellent communication skills
- Effective team player
- Meal preparation
- Time management
- Empathetic
- Management and marketing skills.
- Awareness of food hygiene principles.
- Housekeeping
- First Aid, dementia care, challenging behaviour skills.
- Proficient in Microsoft Office (word, excel, outlook).
- Monitoring vital signs and behaviours
- Patient preparation.
- Patience and the ability to remain calm in stressful situations
- Documentation/record keeping
- Analytical skills
- Basic wound care and dressing
- Risk assessment

### **Work Experience**

#### **Healthcare Assistant**

**01/2021 to date**

#### **Al Reem Hospital- Abu Dhabi**

- Preparing and serving healthy, nutritious meals, taking into account any special dietary needs and personal preferences to patients with obesity, diabetic or allergies.
- Worked under the supervision of Registered Nurses to treat patients suffering from fever, minor aches, pains or sprains, headaches and migraine.
- Assist in examining the patients and records if patients are transferred to hospital or referred to specialists.
- Lifting, moving, positioning and transporting patients suffering from arthritis, chronic diseases or back pains.
- Making beds ensuring rooms are clean and tidy, providing social companionship to clients.
- Assisted in Emergency department, helping nurses with admissions of patients.
- Monitoring patients' conditions especially suffering from hypertension and hypotension also blood sugars.
- Follow Covid-19 rules and regulations, stop the spread of the virus and screen patients with asthma, sinus infections or coughs.
- Helped in wound cleaning and dressing to ensure safe healing.
- Examine skin diseases and rashes and administer medication as directed.

#### **Nurse Aid/Caregiver**

**01/2016 – 10/2020**

#### **Comfort Care Intl, Harare, Zimbabwe**

- Worked under the instruction of nurses, helping in admitting patients who are seriously ill, suffering from dizziness, fever, depression or body pains, congestive cardiac failure.
- Monitored patients complaining of nausea, vomiting and diarrhea
- Assisted patients in bathing, feeding, dressing and grooming.
- Routinely monitored the patient's vital signs such as blood pressure, pulse, temperature, and respiration and record changes.
- Accurately completed assignments and general duties, increasing overall efficiency by 20%.
- Helped with HIV screening upon request and stroke risk analysis
- Give counselling to patients diagnosed with Tuberculosis.
- Campaigned in the community giving awareness of breast cancer, the importance of Pap smear and cervical examination, the early signs of cancer in woman and man.

- Assisted patients in every step of testing and screening of Covid 19 and provided them with relevant education, which increased positive feedback by 30%.
- Managed patient schedules including doctor's visits.
- Prepared regular charts on patient's health related history, medication restrictions, and allergies.
- Handling specimen and clinical waste correctly ensuring accurate decontamination policies.

**Caregiver (Home Based Care)**

**Aug 2013- Dec 2015**

**Katsande Family (Private Care), Zimbabwe**

**Took care of an elderly woman who had cancer.**

- Giving prescribed medication on time and in right quantity.
- Providing personal care like bathing and dressing, oral care.
- Removing and changing pads every time its' soiled.
- Assisting with physio and light exercises.
- Followed patient safety and Infection control rules.
- Planning strategically and manage resources as possible.
- Carrying out doctors' orders like reporting any change in behavior and incident response.
- Making nutritious meals as per physician dietary order and feeding her.
- Providing daily reports to family about condition.
- Keeping her company by storytelling and treating her with compassion, empathy, and respect.

**Academic Qualifications**

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- Diploma in Nursing and Patient Care
  - Diploma in Caregiving
  - GCSE level Certificate