



grace abel

Professional summary

Compassionate Care Assistant with comprehensive background with elderly patients in care home settings. Provides exceptional care demonstrating dedication to safe nursing practices for continued patient trust. Maintains excellent levels of patient care through kindness and commitment to safe working practices. Responsible Care Assistant enthusiastic about supporting best practices in hospital operations, compliance and healthcare management. Demonstrated strengths in multi-area management, quality assurance and service. Resourceful professional and collaborative team player. Skilled care provider assisting elderly, convalescents, or persons with disabilities with daily living activities in-home or within care facility. Keep house by making beds, doing laundry, washing dishes and preparing meals. Advise families and healthcare team regarding health concerns, nutrition, cleanliness and household activities. 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. Diligent health care team member with skills and training to safely support patients and assist clinical team member. Always ready to help with hygiene, mobility and cleaning needs. Works fast to stay ahead of continuous patient workload. Courteous candidate with evidence of experience providing quality patient care and administrative services. Proven track record of success in streamlining operations, developing protocols and improving patient outcomes. Strong commitment to exemplary customer service and maximizing patient safety and satisfaction.

Work history

University Teaching Hospital - Health Care Worker

Island, Lagos

12/2020 - Current

- Led [Number] [Type] activities to groups of [Number] weekly within residential setting.
- Employed active listening and interpersonal skills to provide reliable emotional support to [Number] [Type] residents.
- Coordinated execution of comprehension care plans with nurses, doctors and occupational therapists.

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Skills

- Activity planning
- Personal care
- Clinical record taking
- Enteral feeds
- Emotional resilience
- Vulnerable adult safeguarding
- Moving and handling
- Challenging behaviour management
- Organisational standards
- Safeguarding knowledge
- Disability care
- Care management
- Meal preparation
- Care plan management
- Documentation development
- Insurance practices
- Care programme oversight
- Elderly care
- Medication administration
- Social care
- Housekeeping
- Activities of Daily Living

Education

02/2012 - 03/2016

University of Lagos

Lagos Nigeria

Bachelor of Science: Health and Social Care - Honours

- Served meals and beverages to residents and assisted in feeding as appropriate.
- Facilitated engagement between residents, staff and local community by communicating openly and planning [Type] events.
- Performed light domestic duties to support residents in supported living maintain clean and orderly living space.
- Routinely performed enteral feeds and administered nebulised medication.
- Wrote clear and accurate clinical notes in line with departmental standards and procedures.
- Maximised dignity and independence of service users by encouraging residents to practise skills within their capability.
- Applied moving and handling procedures to safely assist service users with restricted mobility.
- Monitored individual's physical and emotional wellbeing, promptly reporting changes and providing suggestions for care plan adjustments.
- Minimised care continuity issues by keeping thorough, accurate records.
- Completed documentation of care, hospital actions and patient activities for up-to-date client records.
- Charted daily observations, mobility activity and eating percentages to aid continued client assessment.
- Maintained optimal safety standards throughout client home and care environments, prioritising risk-reduction, health and hygiene.
- Maintained confidentiality and compliance standards for optimised patient care.
- Maintained up-to-date knowledge on latest care practices by attending regular meetings and training opportunities.
- Delivered high-quality care to clients with disabilities, achieving care plan objectives.
- Accompanied client to medical or dental appointments, grocery and errands.
- Monitored client health conditions and reported immediate issues to manager.
- Organised activities and exercises to promote physical and mental well-being.
- Submitted reports to manager regarding status of client.

Hope Care Ltd - Health Care Support Worker

Ikeja, Lagos

06/2018 - 08/2020

- Prepared tasty and healthy meals to meet dietary requirements.
- Collaborated with clients to clean house and prepare meals with person-centred care approach.
- Assisted in all aspects of personal hygiene, prioritising patient dignity, privacy and independence.
- Coordinated and planned care schedules, supporting [Number]+ patients to lead fulfilling lives.
- Organised social activities and events to build community connections.
- Maintained high levels of patient morale, providing guidance and encouragement through physical and emotional support.

04/2017 - 03/2018

Institute of health care

Ibadan Nigeria

Higher National Diploma: Health care - Merit

- Delivered on care plan goals while responsibly managing client budget.
 - Monitored patient symptoms and progress to boost health outcomes.
 - Meticulously followed individualised care plans to achieve agreed objectives.
 - Maintained up-to-date knowledge on latest care practices by attending regular meetings and training opportunities.
 - Helped individuals with day-to-day activities while consistently encouraging independence and self-belief.
 - Maintained high levels of client satisfaction by providing tailored, personalised care that consistently met individual needs.
 - Worked professionally with caregiving teams and hospital departments to maintain continuity of care.
 - Optimised patient satisfaction through compassionate, considered care and communication.
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Languages

English

Advanced

