**Zanele Hlongwane**

|  | **Current Experience** | **Current Appointments** | **Skills / Responsibilities** |  |
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|  | May 2017 – Present Oct 2016 - May 2017Mar 2016 - Oct 2016 | ID MedicalRGN Band 5 Bradford Royal Infirmary Medsol healthcare RGN band 5Bradford Royal Infirmary Hays Recruitment RGN Band5 Bradford Royal Infirmary  | * Working in Medical Units
* Organising and co-ordinating within the clinic
* Promoting smoking cessation and other relevant health professional advice where appropriate
* Supporting patients in maximising treatment for their conditions such as Asthma, COPD, Tuberculosis, Transplantation
* Working as part of the team to provide care to patients
* Development, implementation and evaluation of programmes of care
* Administration of medicine.
* Referring patients to Multi-disciplinary team on discharge e.g. District Nurses, Social Workers and Community Stroke Team
* Good communication skills, able to empathize to gain patients trust and confidence
* Ability to work consistently under pressure.
* Good prioritisation and time management.
* De-escalation techniques
* Anger Management
* Committed to involving service users in all aspects of their care
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| Employment history |  |
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|  | **Historic Experience** | **Historic Appointments** | **Skills / Responsibilities** |  |
|  | Jul 2015 - May 2016 | RGN Band 5 Bradford Royal Infirmary RESPIRATORY UNIT | * Respiratory Unit
* Working in Medical Units
* Organising and co-ordinating within the clinic
* Promoting smoking cessation and other relevant health professional advice where appropriate
* Supporting patients in maximising treatment for their conditions such as Asthma, COPD, Tuberculosis, Transplantation
* Working as part of the team to provide care to patients
* Development, implementation and evaluation of programmes of care
* Administration of medicine.
* Referring patients to Multi-disciplinary team on discharge e.g. District Nurses, Social Workers and Community Stroke Team
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* De-escalation techniques
* Anger Management
* Committed to involving service users in all aspects of their care
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|  | Dec 2014 - Jul 2015 | RGN Band 5Neurology RehabChapel Allerton HospitalLeeds Teaching Hospital | * Neuroscience Rehabilitation
* Working in Medical Units
* Organising and co-ordinating within the clinic
* Promoting smoking cessation and other relevant health professional advice where appropriate
* Supporting patients in maximising treatment for their conditions such as Asthma, COPD, Tuberculosis, Transplantation
* Working as part of the team to provide care to patients
* Development, implementation and evaluation of programmes of care
* Administration of medicine.
* Referring patients to Multi-disciplinary team on discharge e.g. District Nurses, Social Workers and Community Stroke Team
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* Good prioritisation and time management.
* De-escalation techniques
* Anger Management
* Committed to involving service users in all aspects of their care
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|  | Sep 2013 - Dec 2014 | RGN band 5Endoscopy Department St James Leeds Teaching Hospital  | * Endoscopy dept.
* Supporting Ward Manager and Senior Carers carry out their duties.
* Ability to co-ordinate and manage a team on shift.
* Maintained professional registration by meeting NMC standards
* Administering prescribed medication
* Assessing, managing and minimising levels of clinical risk including falls and bed sores
* Committed to safeguarding and promoting the welfare of service users
* Assessing, Reassuring patients during and after endoscopy procedures, providing with discharge advice and health promotion as required
* Good communication skills, ability to empathize and gain patient trust and confidence.
* Providing assistance with all aspects of personal cares.
* Facilitating socialization and social activities e.g. visiting family and friends.
* Monitoring progress and documenting notes on daily record sheets relating to each visit.
* Actively listening in a sensitive manner and accessing appropriate additional support where necessary.
* Supporting service users to access appropriate health care provision and enabling them to make informed choices regarding any prescribed treatment.
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|  | Dec 2008 - Nov 2014 | Bank Health Support WorkerYorkshire HousingBradford | * Assisting in providing high standard care by carrying out a range of assigned tasks under the direct supervision of a registered nurse and when required.
* Work with positive attitude towards patients and show an understanding of human rights including empathy and respect.

Duties* Communicating effectively both written and verbal with other health care professionals and with service users
* Monitoring and maintaining health, safety and security of self and others
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|  | **Education / Qualifications** |  |
|  | * BSc Hons in Adult Nursing – University of Bradford, 2009 – 05 Dec 2012
* Diploma in Access to Higher Education - Leeds College of Technology, 2008 - 2009
* GCSE: Maths and English - Leeds College of Technology, 2008 - 2009
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|  | **Courses Attended** |  |
|  | **Hays Recruitment Specialist, Mar 2016*** Safeguarding Children Level 2
* Safeguarding Vulnerable Adults Level 2
* Health & Safety Including Risk Incident Reporting
* Equality And Diversity
* Complaint Training And Conflict Resolution
* Lone Worker
* Moving And Handling
* Fire Safety

**Bradford Teaching Hospitals NHS Trust , 2015*** Information Governance
* Clinical Risk Training
* Food and Hygiene
* Incident Reporting
* Race, Equality and Diversity
* Data Protection Act
* Immediate Lift Support (ILS)
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|  | **Personal Interests** |  |
|  | * Watching movies, Reading and Socialising
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