**Zanele Hlongwane**

|  | **Current Experience** | **Current Appointments** | | | **Skills / Responsibilities** | |  |
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|  | May 2017 – Present  Oct 2016 - May 2017  Mar 2016 - Oct 2016 | ID Medical  RGN Band 5 Bradford Royal Infirmary  Medsol healthcare RGN band 5  Bradford 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 * 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 | |  |
|  | Dec 2014 - Jul 2015 | RGN Band 5  Neurology Rehab  Chapel Allerton Hospital  Leeds 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 * 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 | |  |
|  | Sep 2013 - Dec 2014 | RGN band 5  Endoscopy 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. | |  |
|  | Dec 2008 - Nov 2014 | Bank Health Support Worker  Yorkshire Housing  Bradford | | | * 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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