

Ololade Adaran

CARE ASSISTANT

Profile

A calm and patient – focused Care Giver Assistant with expertise delivering high quality care to clients in fast-paced hospital. An expert with 3years experience providing tailored patient care to meet all aspects of their nutritional, physical and emotional well-being, providing on-hand support for all nursing and doctoral staff.

KEY SKILLS

- Strong desire to help people and improve their daily lives
- Proven experience as a health support worker
- Companionate and sensitive to patients' needs and concerns
- Able to multitask, prioritize, and manage time efficiently
- Excellent verbal and written communication skills
- Exhibits patience and understanding
- Caring and sensitive to needs of others
- Ability communicate well in English
- Always ready to learn
- Self motivated and well organized

Employment History

1. Abundant Life Memorial Hospital

May 2020 - February 2023

17, Johnson Close, Allen, Ikeja

Lagos State

Post Held: Health Care Assistant

JOB DESCRIPTION:

- Washing and dressing patients
- Serving meals and helping to feed patients
- Helping people move around
- Making beds and making patients feel comfortable
- Ensuring patient's confidentiality
- Recording patient's condition by taking temperatures, pulse, and weight
- Assisting with clinical duties
- Checking and ordering inventories supplies; maintaining office equipment, ordering replacement supplies as needed
- Preparing correspondence, documentation
- Working as a vital part of a team of medical professionals.

Details

07498576233

adaranolol@gmail.com

Skills

Computer Skills (Microsoft Office Suites (PowerPoint, Excel, and Word)

Adaptability

Ability to Work in a Team

Ability to Work Under Pressure

Conflict Resolution

Critical thinking and problem solv

Hobbies

Reading, Cooking, singing

Languages

English and Yoruba language

License and Certification

Driving License

2. Rainbow Outreach and Health Care

May 2023 - September 2023

Suite 28, Evolution Business Center, Darlington Road

Nothallerton, North Yorkshire

Post Held: Care Assistant

JOB DESCRIPTION:

- Personal Care of service user
- Help with feeding of service user
- Assist our service users with their medications
- Making beds and making patients feel comfortable.

3. St. Catherines Care Home.

September 2023 - October 2023

1 East Lane, Shipton by beningbrough

Yorkshire

Post Held: Senior Career

JOB DESCRIPTION:

- Personal Care of service user
- Moving and handling of service users
- Medication administration of service users
- Feeding & Personal hygiene of our service users.
- Assisting daily nurse for checkup on our service users.
- Outline and update Care plan of our service users.

Education

**West African Examinations Certificate, African Church Grammar School,
Ibadan**

September 2007 — 2013

🎓 Courses

- **Care Giver/ Mortiara Training Institute**
November 2016 — February 2017

Training & Certification

- **Willow Centre E-learning 15 standard care course**

**Unit 3, Kingsdale Business Center, Regina Road, Chelmsford, Essex
CM1 1PE**

Qualification obtained:

- ✓ Understanding your role
- ✓ Your Personal Development
- ✓ Duty of care
- ✓ Equality and diversity
- ✓ Communication
- ✓ Privacy and dignity
- ✓ Fluids and nutrition
- ✓ Awareness of mental health, dementia and learning disabilities
- ✓ Safeguarding adults
- ✓ Safeguarding children
- ✓ Basic life support
- ✓ Health and safety
- ✓ Handling information
- ✓ Infection Prevention and control
- **Diploma in Health care and Social care**
- ✓ CPDQS level 3 in Health and Social care
- **Medication Administration 1&2**
- ✓ Wellburn Care Homes
- ✓ September 2023
- **Dementia Awareness**
- ✓ First Active 365
- ✓ May 2023
- **Conflict Resolution**
- ✓ First Active 365
- ✓ May 2023
- **Equality and Diversity and Human Rights**
- ✓ First Active 365

- ✓ May 2023
- **Fire Safety**
- ✓ First Active 365
- ✓ May 2023
- **Food Hygiene**
- ✓ First Active 365
- ✓ May 2023
- **Health, Safety and Welfare**
- ✓ First Active 365
- ✓ May 2023

🔊 **References**

References available upon request