

# Frances Chukwuka

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## Professional Summary

Skilled Personal Support Worker helping the elderly, those with disabilities with daily living activities in group homes and within care facilities. Housekeeping by making beds, doing laundry, washing dishes and preparing meals. Give families and healthcare teams advice regarding health issues, nutrition, hygiene and household activities.

Personal support Worker with experience helping clients handle daily tasks who have physical limitations or mental impairment. Dedicated personal support worker with expertise in managing and assisting clients with everyday tasks to foster independence. Careful, organized, friendly, and good at building relationships.

Expert at scheduling medication and personal activities. Caregiver with a commitment to giving clients the best possible support through the individualized care and support needed to manage a variety of medical conditions.

## Skills

- Daily Living Assistance
- Perform Vital signs
- Blood Glucose Test
- Clear Communication
- Clients' Education & Health Teaching
- Skin-Assessment Skills
- Medication Administration
- Clients' and Family Support
- Conflict Resolution & Problem- Identification
- Behavioral Assessment
- Documentation Procedures
- Critical Thinking & Prioritization
- Time Management

## EMPLOYMENT EXPERIENCE

**Dorvict Home & Health Care Services, Barrie, ON**

**2013-**

### Personal Support Worker

- Assist with tray set-up and feeding of patients, open packages, ensure comfort, feed when necessary and document intake.
- Assist with ambulation, toileting, bathing and personal hygiene functions.
- Provide physical assistance to patients as required by assisting with lifts, mobility transfer.

- Perform various patient care duties, including answering call bells & related non professional activities necessary in meeting patients personal needs and documenting as required.
- Empty, measure and report established ostomy, urinary catheter drainage bags and suction Canisters ( intake and output) and dispose of content when directed by a nurse.
- Participate in rounding and ensure items are within reach.
- Perform and report skin assessment findings to nurses.
- Perform urine and stool specimen collection and labeling of these specimens.
- Pain Screening as per Patient Care plan.
- Diversion and de-escalation.
- Perform least restraint interventions.
- Remove restraints for personal care, under the direction of the nurse.
- Applies and maintains TEDS per plan of care.
- Remove and reapply limb splints as per plan of care for pressure injury prevention, to clean skin.
- Remove and reapply the clients oxygen mask or nasal cannula where the settings have been pre-set by the nurse.
- Protects resident's rights and advocacy role for the resident and families.
- Develops therapeutic relationships with residents and families while providing culturally sensitive care.
- Demonstrates empathy, concern and interest in providing quality care and service to residents.
- Demonstrates enthusiasm, flexibility and ability to cope with change.
- Ability to work independently as well as cooperatively with others.
- Comfort residents and provide them with reassurance, companionship, moral support and encouragement.
- Perform blood glucose and vital signs testing as required, assist residents with medication.
- Demonstrate organizational skills and ability to complete tasks in a timely fashion.
- Good working knowledge of Microsoft Office 365 ( outlook, word)

## **EDUCATION & TRAINING**

<b>Standard First Aid &amp; CPR/AED Level C</b>	Completed September, 2022
Coast2Coast First Aid & Aquatics INC. Scarborough, ON	
<b>Advanced Food Safety Certification</b>	Completed September, 2022
SafeCheck Workplace Safety Training. Scarborough, ON	
<b>Food Allergen Awareness</b>	Completed September, 2022
SafeCheck Workplace Safety Training.	

Scarborough, ON <b>Mental Health Awareness</b> SafeCheck Workplace Safety Training. Scarborough, ON	Completed September, 2022
<b>WHMIS 2015 with GHS</b> SafeCheck Workplace Safety Training. Scarborough, ON	Completed September, 2022
<b>Personal Support Worker</b> Everest College. Barrie, ON	Completed December, 2012
<b>National Association of Career Colleges. Canada</b>	Completed December, 201