

# ADETOUN DADA

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## Objective

Diligent and self-motivated Health Support Worker with experience in providing exceptional care and support to individual in need, I am empathetic, enthusiastic, trustworthy, caring, flexible, energetic, committed and understanding, with a strong dedication of supervision, good leadership, caring for others. Has undertaken a range of workplace training courses in health, safety and care in addition to professional qualifications. Particularly skilled at caring for the elderly and people and patient care with physical disabilities. Able to carry out food preparation, medication administration, personal care and administer medication with precise accuracy. Pays attention to details and is a good written and verbal communicator. Excellent team worker, punctual, hard-working and physically fit. Able to work across multiple sites as well as according to a varied shift pattern.

## Experience

### • MJJ Staffing / Sheffield, United Kingdom

07/2023 - In view

Healthcare Assistant

- Supervising care assistant and making sure the home runs smoothly.
- Medications administration and management.
- Assist with moving and handling residents out of wheelchair, using safe lifting and transferring techniques.
- Acting Leadership Role to members of staff..
- Daily living and independent skills. Helping people to get organised, plan their day, clean, meal-plan .
- Supporting communication. ...
- Keeping active. ...

### • Destiney Social Care Provider / Sheffield, United Kingdom

03/ 2023 - In view

Personal support worker

- Medication management and administration of medications, Helped care home residents with personal care, meal preparation, bathing, dressing and grooming.
- Provided company: chatting, reading and sharing news.
- Involvement with writing residents' care plans.
- Provided information to family members regarding the care plan. Ensured that the resident's needs and wishes are met.
- Worked with other health and social care professionals to provide holistic care.
- Recorded and reported essential information in the residents' daily reports accurately and immediately (communication systems, care and health monitoring, accident and incident reports).
- Adhere to operating policies, procedures and best practices while performing duties.
  
- Gently encouraged residents to get involved with recreational activities.
- Gave feedback to health and social care professionals.

### • Nigerian army reference hospital / Yaba, Lagos Nigeria

07/2017 - 02/2023

Caregiver

- Perform light housekeeping duties that included laundry, dish washing and bed making.
- Assistance with task like, bathing, dressing, shopping, eating.
- Assistance with checking vitals like blood pressure, temperature and pulse.
- Assistance with preparing and administration of medications.
- Assistance with personal care and companionships
- Assistance with dressing and bedtime routine

### • Cedar hospital / Mushin, Lagos Nigeria

12/2012 - 02/2017

Pharmacy technician

- Supply medicines to patients.
- Dispense over the counter drugs .
- Assemble medicines for prescriptions.
- Provide information to patients and other healthcare professionals.

## Education

| Course / Degree                               | School / University                     | Grade / Score | Year |
|---|---|---------------|------|
| Adult Nursing                                 | Health & Fitness Academy united kingdom | Diploma       | 2023 |
| Level 3 health and social care united kingdom | Health & Fitness                        | Diploma       | 2023 |
| Pharmacy Technician Lagos , Nigeria           | Ogun state college of health technology | Pass          | 2012 |

## Skills

- Patient care and support: Proficient in assisting individuals with personal hygiene, mobility, medication administration, and daily activities. Skilled in monitoring vital signs, observing health conditions, and promptly reporting any changes or concerns. Compassionate communication: Excellent interpersonal skills with the ability to establish rapport and build trusting relationships with patients and their families. Strong listening skills to understand their needs and provide emotional support. Safety and hygiene: Knowledgeable in maintaining a clean and safe environment for patients, including infection control measures and proper handling of medical equipment. Team collaboration: Effective team player, capable of working collaboratively with healthcare professionals, following care plans, and contributing to a multidisciplinary approach to patient care. Organization and time management: Detail-oriented with excellent organizational skills to prioritize tasks, manage multiple responsibilities, and ensure timely completion of assigned duties. Empathy and patience: Demonstrated ability to handle challenging situations with empathy and patience, providing comfort and reassurance to individuals experiencing physical or emotional distress.

## Interests

- Interested in caring for the vulnerable Children and Elderly, people with disabilities, children, mental health, Autism etc

## Reference

- Reference upon request -

## CERTIFICATION

- 1. ALL TRAININGS ARE ACHIEVED IN THE UNITED KINGDOM..
  1. First Aid/ CPR Certificate
  2. Caregiver Certificate
  3. Food hygiene Certificate
  4. Moving and Handling of people
  5. Medication Administration certificate
  6. ADULT NURSING DIPLOMA
  7. NVQ LEVEL 3 CERTIFICATE
  8. Falls & Osteoporosis Awareness.
  9. Diabetes Awareness and Blood Glucose Monitoring.
  10. Basic Catheter Care.
  11. Oral Hygiene.
  12. Sepsis Awareness + NEWS2