

# Charity Adighije

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## Professional Summary

Dedicated and motivated healthcare professional with extensive experience delivering compassionate patient care in long-term care and advanced community settings. Skilled in providing respectful, individualized support while adhering to prescribed care plans, procedures, and guidelines. Recognized for exceptional multitasking abilities and a proven track record of thriving in fast-paced, multicultural environments.

## Education

### **Conestoga College**

Personal Support Worker Program

Waterloo, ON

June 2021 - November 2021

### **Shadd Business Center**

PSW Certificate

Montreal, Canada

December 2017 – April 2018

### **School of Midwifery**

Diploma in Midwifery

Abia State, Nigeria

March 2001 - March 2002

### **School of Nursing**

Nursing Diploma

Umuahia, Nigeria

June 1996 - May 2000

## Work Experience

### **Sunbeam Community and Developmental Services**

**Personal Support Worker/Community Living Assistant:**

Waterloo, Ontario

March 2022 - Present

- Medication administration & Monitoring
- Behavioral interventions and care-plan/ISP development.
- Assist with personal hygiene, bathing, dressing, and grooming.
- Provide immediate crisis intervention and support to individuals experiencing emotional distress.
- Facilitated crisis support in emergency situations, employing de-escalation techniques to manage high-stress scenarios.
- Provide support, teaching life skills and assisting residents serve to be part of their community through leisure and recreational activities.
- Accurate documentation of client's health status, program involvement and progress.
- Perform housekeeping and light maintenance duties
- Maintain optimal communications with team members and the program supervisor.
- Respond to high behavior needs of residents and provide immediate emergency care when required.
- Assisting individuals with developmental disabilities.
- Implement behavior management strategies outlined in residents' support plans.

### **Bloom Care Solutions**

**Personal Support Worker:**

Waterloo, Ontario

June 2019 – February 2025

- Assisted clients with activities of daily living needs to maintain self-esteem and general wellness.
- Assisted clients with daily living activities, promoting independence and wellbeing.
- Assisted clients in maintaining personal hygiene through bathing, grooming, and dressing tasks.
- Maintain accurate records of patient care, progress, and concerns, contributing to effective communication among health care team members.
- Assisted with medication administration.
- Performed light housekeeping duties.

- Conduct patient assessments, including physical examination, health histories, and diagnostic tests, to evaluate patient health status and identify healthcare needs.
- Develop and implement individualized care plans for patients, based on assessment findings, medical diagnoses, and treatment goals, coordinating physicians, therapists, and other healthcare providers.
- Administer medications, treatments, and procedures as prescribed by physicians, monitoring patient responses and outcomes, and adjusting care plans as needed to ensure optimal patient outcomes.
- Monitor vital signs, symptoms, and changes in patient condition, responding promptly to medical emergencies, adverse reactions, or complications, and providing appropriate interventions and support.
- Educate patients and their families about health conditions, treatment options, medication regimens, and self-care practices, empowering patients to participate in their own care and make informed decisions.
- Provide emotional support and counseling to patients and families, addressing their concerns, fears, and anxieties related to illness, hospitalization, and healthcare procedures.
- Document patient care activities, interventions, and outcomes accurately and comprehensively in electronic medical records (EMR) or paper charts, maintaining confidentiality and compliance with HIPAA regulations.
- Advocate for patient rights, preferences, and needs within the healthcare system, ensuring that patients receive respectful, compassionate, and culturally competent care.
- Maintain professional competence and knowledge through continuing education, training programs, and professional development activities, staying updated on best practices, evidence-based guidelines, and regulatory requirements.
- Adhere to ethical standards, nursing principles, and legal regulations governing nursing practice, demonstrating integrity, professionalism, and accountability in all interactions and decisions.

## **Skills**

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- Effective oral and written communication skills
- Strong problem-solving and decision-making
- Crisis Management and De-Escalation Techniques
- Active Listening
- Empathy
- Strong collaboration skills
- Positive attitude and behavior
- Reliability and sense of responsibility
- Strategic thinking
- Building relationships
- Detail oriented
- Task analysis

## **Certifications**

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First Aid & CPR/AED Level C	April 2024
Basic Life Support (HCP)	July 2021
GPA (Gentle Persuasive Approaches In Dementia Care)	October 2021
Fundamentals of Hospice Palliative Care	October 2021