

Shadrack Kipkorir Koech

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Objective

Healthcare assistants play a pivotal role in healthcare settings, with their objectives centered around providing essential support to patients and healthcare teams alike. My primary goal is to ensure the comfort, safety, and well-being of patients by assisting with daily activities such as feeding, bathing, and mobility. I monitor and record vital signs, alerting healthcare professionals to any changes in a patient's condition promptly. Maintaining cleanliness and infection control standards is also crucial to prevent the spread of illnesses within healthcare facilities. I provide emotional support and companionship to patients, helping them cope with their health challenges. Additionally, I contribute to the smooth operation in your healthcare facility by organizing equipment, stocking supplies, and ensuring administrative tasks given are completed efficiently. By fostering positive patient experiences through compassionate care and effective communication, I significantly enhance overall patient satisfaction and contribute to the holistic delivery of healthcare services.

Experience

During my tenure at Avenue Hospital Thika, I gained invaluable experience across a diverse array of departments, each contributing uniquely to my growth as a healthcare assistant. In the Outpatient Department, I honed my skills in patient interaction and triage, ensuring a smooth flow of care and addressing patient concerns with empathy and efficiency. I assisted in the Renal unit, monitoring vital signs meticulously and providing comfort during dialysis treatments.

Working in the Maternity ward provided profound insights into the delicate care required for mothers and newborns, including assisting in births and maintaining a sterile environment. In the Theatre, I played a crucial role in setting up for surgeries and adhering to strict protocols. Special clinics sharpened my focus on specialized patient needs, while rotations in Phlebotomy and Laboratory enhanced my proficiency in diagnostic procedures and blood collection.

In Psychiatry and Pediatric departments, I developed a compassionate approach to mental health and child care, supporting patients and families. In the General Ward, I managed patient hygiene, administered NG feedings, and facilitated rehabilitation through physiotherapy. Additionally, my experience in Dental care underscored the importance of oral health.

Transitioning to the private sector, I provided dedicated care to a stroke patient, administering oral feedings, ensuring oral hygiene, and implementing preventive measures such as regular repositioning to prevent bedsores. Mobilization sessions supported physical rehabilitation, and meticulous medication management contributed to the patient's recovery. Coordinating dialysis appointments at Aga Khan hospital which emphasized my commitment to holistic patient care, reinforcing the importance of empathy, patience, and effective management in achieving positive outcomes.

This exposure equipped me with the necessary skills and knowledge in health care assistant.

In addition, I cared for a patient with renal failure, heart failure, and dementia, I've gained valuable skills and experiences that have strengthened my caregiving abilities across multiple areas. In managing dialysis appointments at AL Ameen hospital, I developed strong organizational and time-management skills, knowing that missed or

delayed sessions could have severe health implications. Coordinating these appointments required detailed planning—ensuring paperwork, supplies, and transport were in order each time. I also became a patient advocate, communicating closely with healthcare providers to relay any symptoms or concerns, ensuring the patient received attentive and comprehensive care.

Working with a patient with dementia required patience and adaptability. Their cognitive abilities could vary daily, so I learned to adjust activities to match their needs, always approaching tasks with gentleness and compassion. Observing behavioral changes became essential, as these often-signalized shifts in their comfort or health, allowing me to tailor routines to create a calming environment. Communication with the patient involved simplifying language, using non-verbal cues, and providing constant reassurance, fostering a sense of trust and security.

Mobilization and safe transfer techniques were also critical, given the patient's mobility challenges. I developed skills in assisting with movement, such as transferring from bed to chair and preventing falls, using assistive devices to promote stability. Understanding the importance of gentle physical activity, I encouraged small exercises to support circulation, mood, and well-being, always mindful of the patient's health limitations.

Medication administration demanded precision and attention to detail. With complex health issues, I learned to carefully track dosages and times, ensuring there were no missed or duplicated doses. Understanding potential drug interactions and side effects became part of my routine, allowing me to recognize adverse reactions and seek help promptly to prevent complications.

In providing bed baths and oral hygiene, I gained skills in maintaining cleanliness while preserving the patient's comfort and dignity. I became proficient in moving and positioning the patient carefully, preventing bedsores, and monitoring skin health. Oral care was another essential area, as daily hygiene helped reduce infection risk and supported the patient's general well-being.

Oral feeding presented its own challenges, particularly with dietary restrictions related to heart and kidney issues. I learned to manage fluid intake, monitor salt and protein levels, and encourage balanced meals. With dementia affecting swallowing at times, I adapted feeding methods to minimize choking risks, such as thickening liquids or selecting softer foods. Feeding became an opportunity for comfort, where a calm demeanor, patient-centered choices, and attentive care created a positive experience for the patient.

Through these varied caregiving responsibilities, I've developed a strong foundation of skills, including empathy, effective communication, patience, attention to detail, and adaptability. Each experience has enhanced my ability to provide compassionate, comprehensive care for patients with complex conditions, enriching both their quality of life and my role as a caregiver.

Currently working at Aar hospital where I completed one year of service at aar hospital kiambu Road, working as a Nurse Assistant in both the Outpatient and Emergency Departments, where I supported nurses and clinicians in patient preparation, vital signs monitoring, accurate documentation, and efficient patient flow. I assisted with minor procedures, wound care, specimen handling, and strictly adhered to infection prevention and control protocols. In the Emergency Department, I worked effectively in fast-paced, high-pressure environments, assisting with triage, emergency response, preparation of emergency equipment, patient transfers, first aid, and resuscitation support. This role strengthened my skills in patient assessment, emergency care, teamwork, communication, infection control, time management, and compassionate patient support, while enhancing my ability to remain calm under pressure and deliver safe, efficient, and patient-centered care.

In my role as a health care assistant, I had the following key responsibilities:

1. Receiving and Handing over Patients: - Welcomed patients to theater, ward and ensured a smooth transition during handovers

2. Patient Counseling and Risk Evaluation - Offered counseling to patients, addressing concerns and providing information about the risks associated with surgical procedures. - Conducted risk evaluations to enhance patient safety and well-being.
3. Report Writing and Record-keeping: - Utilized the Roll Base application for accurate and efficient report writing and record-keeping. - Maintained detailed records to ensure a comprehensive overview of patient care and outcomes.
4. Instrument Cleaning and Sterilization: - Played a crucial role in the cleaning and preparation of surgical instruments for sterilization in the Sterile Central Distribution Services (SCDS)
5. Assisting in Handing over Instruments: - Assisted in the organized and efficient handing over of instruments during surgical procedures.

Education

Grace Harvest Academy Kenyan Certificate of Primary Education – 2007 – 2015

Chepseon Complex Secondary Kenya Certificate of Secondary Education – 2016 – 2019

Kabete Technical Certificate of Motor Vehicle Mechanic – 2021 – 6months

Avenue Home Care Certificate of Health Care Assistant – Dec 2023 – Mar 2024

Skills acquired:

1. Team Player - Collaborated effectively with colleagues during rotations and within the surgical team at the Be Well Initiative. - Demonstrated the ability to work harmoniously in diverse healthcare settings.
2. Safety Hospital Practices: - Adhered to strict safety protocols and practices during surgical procedures and patient care. - Prioritized patient and staff safety through meticulous attention to hygiene and infection control measures.
3. Proper Time Management: - Successfully managed tight schedules and multiple responsibilities during rotations in different hospital departments. - Prioritized tasks efficiently to ensure timely and effective patient care.
4. Self-Initiative: - Took the initiative in problem-solving and addressing patient management difficulties at the Be Well Initiative. - Proactively engaged in continuing education and skill enhancement opportunities.

Personal Qualities:

1. Highly Motivated and Organized: - Displayed a strong drive and enthusiasm in all professional endeavors. - Maintained a high level of organization in managing clinical responsibilities and administrative tasks.
2. Competent and Results-Oriented: - Delivered competent and quality care to patients in various clinical settings. - Strived for excellence in all tasks, consistently achieving positive results.
3. Quick Learner: - Adapted rapidly to new environments and learned the intricacies in hospital departments. - Demonstrated a keen ability to grasp and apply new information effectively.
4. Responsible and sincere: - Exhibited a sense of responsibility in patient care and adherence to hospital protocols. - Approached tasks with sincerity and a commitment to ethical healthcare practices.
5. Excellent Communication and Interpersonal Skills: - Communicated effectively with patients, colleagues, and other healthcare professionals. - Developed strong interpersonal relationships, contributing to a positive and collaborative work environment.

Technical Skills Test:

Completed a technical skills test in Microsoft Windows and , Word, Excel, and PowerPoint, demonstrating proficiency in utilizing these tools in a professional setting. Extra-Curricular Activities:

- Organized and led activities focused on life skill development for camp participants.
- Leader at Avenue Hospital : - Assumed leadership roles in supervising peers, contributing to the growth and development of peers in a medical college and hospital at Avenue Thika
- Scout at Grace Harvest School - Participated actively in scouting activities, fostering teamwork and leadership skills.
- Motivational Speaker at Church Groups and College: - Shared insights and motivated peers through speaking engagements, demonstrating effective communication skills and leadership

Interests

1. Reading Health-Related Magazines and Journals: - Cultivate a profound intellectual curiosity by regular immersing myself in the latest advancements and insights within the realm of healthcare. Delve into reputable health-related magazines and journals to stay abreast of cutting-edge research, fostering a continuous pursuit of knowledge in the ever-evolving field of medicine.
2. Community Services: - Dedicate time to engage in meaningful community service initiatives, embodying a commitment to contribute to the well-being of society. - Participate actively in community-driven projects, harnessing the power of collective effort to address healthcare disparities and improve the quality of life for those in need.
3. Socializing: - Recognize the importance of a well-balanced life by engaging in social activities that nurture interpersonal connections and foster a sense of community. - Navigate diverse social settings with an open mind, appreciating the richness of human experiences and perspectives.
4. Attending Continuous Medical Education (C.M.E): - Demonstrate a fervent dedication to professional growth by actively participating in Continuous Medical Education (C.M.E) events. - Attend workshops, seminars, and conferences to stay informed about the latest medical advancements, ensuring a commitment to lifelong learning and the highest standards of patient care.
5. Playing Football - Embrace the physical and mental challenges of playing football, showcasing a commitment to maintaining a healthy and active lifestyle outside the medical realm. - Engage in the sport with passion and sportsmanship, understanding the value of teamwork and discipline in both professional and personal pursuits. Each of these hobbies reflects a multifaceted and holistic approach to life, combining intellectual pursuits, altruism, social engagement, professional development, and physical well-being. This diverse range of interests not only contributes to personal enrichment but also enhances my ability to approach healthcare with a well-rounded perspective.

Personal Details

Date of Birth: 05.01.2001

Nationality: KENYAN

Religion: Christian

Gender: Male

Reference

Life care hospital – Meru

Doctor

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Nurse assistant

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