

Jean Eudes ISINGIZWE NIYIGABA

CALCULUM VITAE (C.V)

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PROFILE

Dedicated mental health professional with 2+ years experience providing mental health and community health services support for variety of mental disorders solutions. I am highly skilled for organise social events aimed at developing patients' social skills and help to reduce their feelings of isolation. I have strong technical skills as well as excellent interpersonal skills, enabling to interact with a wide range clients.

EDUCATION BACKGROUND

Advanced Diploma in Mental health nursing University of Rwanda, Kigali	Nov 2019 – Feb 2023
A2 Certificate in Mathematics, chemistry and Biology E.S Efotec/Kanombe, Kigali	Feb 2016 – Dec 2018

WORK EXPERIENCE

Mental health nurse Ndera neuropsychiatric teaching hospital, Kigali	Jun 2023 – Present
<ul style="list-style-type: none">Assess and talk to patients about their condition and discuss the best way to plan and deliver their careBuild relationships with patients to encourage trust, while listening to and interpreting their needs and concernsEnsure the correct administration of medication, including injections, and monitor the results of treatmentRespond to distressed patients in a non-threatening manner and attempt to understand the source of their discomfortHelp patients manage their emotions through de-escalation techniquesPrepare and participate in group and/or one-to-one therapy sessions, both individually and with other health professionalsProvide evidence-based individual therapy, such as cognitive	

PERSONAL DETAILS

Date of birth	September 20, 2000
Place of birth	kigali
Gender	Male
Nationality	Rwandan
Civil status	

Unmarried
LinkedIn linkedin.com/in/isingizwe-niyigaba-jean-eudes-746b74211

SKILLS

- The ability to help others overcome social stigma related to mental health.
- Skills in decision making and time and stress management
- Emotional resilience and a non-judgemental approach
- The ability to stay calm and think quickly in challenging circumstances
- Excellent observational skills to assess patients and look out for signs of tension or

behaviour therapy for depression and anxiety

- Organise social events aimed at developing patients' social skills and help to reduce their feelings of isolation
- Prepare and maintain patient records and produce care plans and risk assessment
- Make sure that the legal requirements appropriate to a particular setting or group of patients are observed
- Work with patients' families and carers, to help to educate them and the patient about their mental health problems.

PROFESSIONAL INTERNSHIPS

Mental health support worker

Sep 2021 - Mar 2022

Nemba District Hospital, Gakenke

Responsibilities

- Visit patients in their home to monitor progress and carry out risk assessments with regard to their safety and welfare
- Liaise with patients, relatives and fellow professionals in the community treatment team and attend regular meetings to review and monitor patients' care plans
- Identify whether/when patients are at risk of harming themselves or others.

Mental health nurse

Feb 2021 - Jul 2021

Ndera neuropsychiatric teaching hospital/ Branch Butare, Butare

Responsibilities

- Organise social events aimed at developing patients' social skills and help to reduce their feelings of isolation
- Prepare and maintain patient records and produce care plans and risk assessment
- Make sure that the legal requirements appropriate to a particular setting or group of patients are observed
- Work with patients' families and carers, to help to educate them and the patient about their mental health problems.

CERTIFICATES

- Advancing evidenced based interventions for Mental Health, Child Development and Parenting (The Regional Research Symposium is accredited by the Rwanda Allied Health Professions Council (RAHPC) (20CPD Credits))
- National conference for mental health awareness
- Mental health and addiction/Rwanda youth impact
- Training about narrative therapy/UYISENGA NIMANZI

anxiety

LANGUAGES

English

French

Kinyarwanda

HOBBIES

■ Football

■ Reading scientific books

REFERENCES

KAYITARE Gonzage

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