

VICTORY ANUSIE

Healthcare Assistant/Support Worker

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Cardiff, United Kingdom.

Profile:

Empathetic support worker and dedicated mental health support worker with 3+ years of experience in UK providing both residential home and supported living care. Experienced in dealing with the elderly as well as youth with emotional and behavioural problems. Proven track record of running group sessions for up to 12 patients that resulted in improvement on their self-reported mood and outlook. Independently created health and care plans for over 400 patients. Experience in providing therapy and crisis intervention to people struggling with depression, anxiety and substance abuse problems. Seeking to apply proven skills to a more challenging role.

Highlights of my Qualifications:

- Profound knowledge of Mental Health Act 1983
- Huge knowledge of confidentiality requirements
- Amazing ability to work in team and independently
- Outstanding ability to organize own workload
- Superior communication skills
- Excellent problem solving and decision-making skills

Work Experience:

Over the course of my career as a support work, I have had the opportunity to work in different NHS hospitals, care home, residential homes, NHS mental health hospitals, private mental health hospitals with agencies.

Below are my key responsibilities and duties:

- Provided emotional support to patients and occupants
- Provided personalised care and support to vulnerable individuals, helping them retain maximum independence.

- Built patient confidence through physical exercise,
- promoting positive lifestyle changes and improved wellbeing.
- Worked closely with nurses to maintain optimum levels of communication.
- Maintained confidentiality and compliance standards for optimised patient care.
- Assisted clinical staff with wound care and health assessments, enhancing care continuity between support teams.
- Delivered high-quality care to clients with disabilities, achieving care plan objectives.
- Performed direct care including bathing, dressing, toileting and assisting with mobility, all in accordance with internal guidelines and HSE regulations.
- Created lifestyle plans for adults with disabilities, working in partnership with associated care colleagues and agencies.

Skills:

- Elderly care expertise
- Safeguarding policy
- compliance
- Patient transfer support
- Dementia care
- Health surveillance
- Meticulous eye for detail
- Data Confidentiality

Education:

- **PMVA training**
- **Online medical trainings**
- **Safeguarding Adults & Children – Level 1&2**
- **Basic Life support**