

Mary Ogedengbe

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PERSONAL PROFILE

Compassionate and dedicated Support worker with personal and professional experience in providing high-quality care to vulnerable adults. Skilled in personal care, medication support, dementia care, mental health support, and companionship. Strong background in record-keeping, digital documentation, and organisational skills, ensuring efficient and safe care practices. Seeking a part-time (20-hour) Health Care Assistant or Support Worker role in Lincolnshire to apply my expertise in safeguarding, emotional support, and patient-centered care.

- **Certified in Safeguarding Adults and Learning Disabilities/Autism Awareness**
- Experienced in **mental health support, dementia care, and risk assessment**

KEY SKILLS

- **Experience with EHR & hospital management systems** – HeliumOS by Helium Health
 - **Personal Care & Hygiene** – Assisting with bathing, dressing, grooming, and toileting
 - **Dementia & Mental Health Support** – Understanding conditions like schizophrenia and bipolar disorder
 - **Medication Support & Health Monitoring** – Assisting with prescriptions and recognizing health changes
 - **Mobility Assistance** – Safe patient transfers, use of mobility aids, fall prevention
 - **Companionship & Emotional Support** – Providing comfort, social interaction, and mental stimulation
 - **Infection Control & Hygiene Practices** – Ensuring cleanliness and preventing cross-contamination
 - **Safeguarding & Risk Assessment** – Identifying and reporting concerns, ensuring patient safety
 - **Learning Disabilities & Autism Support** – Applying person-centered approaches for individuals with additional needs
 - **Record Keeping & Digital Documentation** – Utilizing digital health systems for patient records
 - **Problem-Solving & Adaptability** – Utilizing analytical skills to improve patient care
 - **Communication & Teamwork** – Collaborating with healthcare professionals, patients, and families
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PROFESSIONAL BACKGROUND

Baptist House

May 2024 – Jan 2025

Role – Personal Care Assistant/ Support Worker

Responsibilities:

- Administered and dispensed prescribed medications in accordance with care plans and healthcare guidelines.
- Operated mobility and hoist equipment to safely transfer individuals in and out of bed or between location.
- Supported clients with daily living activities including bathing, dressing, grooming, and feeding, while promoting dignity and independence.
- Performed chest physiotherapy, including suctioning and percussion, to maintain respiratory health and comfort.
- Delivered one-on-one companionship and emotional support, enhancing the client's mental and emotional wellbeing.
- Drove clients to medical appointments, therapy sessions, and personal errands, always ensuring punctuality and safety.
- Collaborated with families, nurses, and healthcare professionals to maintain and update individual care plans.
- Monitored and documented changes in client health, behavior, or condition, promptly reporting concerns to medical staff.

Utopian Healthcare

May 2024 – Jan 2025

Role – Caregiver / Support Work

Responsibilities:

- Provide personalised care and support to individuals with diverse needs, ensuring their physical, emotional, and social well-being. including assisting with activities of daily living (ADLs), hygiene, and mobility.
- Conduct thorough assessments of each client's needs and preferences. Develop individualised care plans in collaboration with the client and their support network to set goals and strategies for improvement.
- Offer emotional support and companionship to clients, actively listening to their concerns and providing reassurance. Create a safe and nurturing environment where clients can express themselves.
- Maintain detailed and up-to-date client records, documenting care provided, changes in condition, and any incidents or concerns.
- Establish clear and open communication channels with clients.
- Ensure the safety of clients by identifying and addressing potential hazards in their environment.
- Utilized HeliumOS to accurately document and manage patient records, ensuring real-time updates and seamless data accessibility for healthcare teams.
- Monitored and updated patient progress reports, allowing for data-driven decision-making and improved care coordination between caregivers and medical staff.

Serene Hospital**Apr 2023 –April 2024****Role** – Digital Health Records & Patient Support Assistant**Responsibilities:**

- Conduct daily patient rounds, interacting with individuals to understand their preferences, dietary requirements, medication schedules, and emotional well-being.
- Build strong relationships with patients to document their comfort levels, mental health status, and personalized care needs.
- Utilize digital health record systems to accurately capture and update patient profiles, ensuring seamless access for healthcare professionals.
- Develop customized digital care plans by analyzing patient trends and behavior, enhancing personalized treatment approaches.
- Assist in digitizing paper-based patient records, improving efficiency and accessibility for executive decision-making.
- Collaborate with doctors, nurses, and caregivers to provide real-time data on patient needs, ensuring proactive adjustments to care plans.
- Analyze patient data to generate actionable insights, supporting hospital administration in policy improvements and resource allocation.
- Train healthcare staff on using digital documentation tools, increasing adoption of technology-driven patient care solutions.
- Ensure compliance with Nigerian Data Protection Regulation (NDPR) and healthcare information governance policies, maintaining patient confidentiality and data security.

Mental health unit Ogbomosho**Nov 2021 – Feb 2023****Role** – Part-time Assistant patient befriender**Responsibilities:**

- Provided full-time care for a vulnerable adult with dementia, schizophrenia, and bipolar disorder.
- Assisted with medication reminders, ensuring correct dosages and adherence to prescriptions.
- Managed mood swings and behavioral changes with de-escalation techniques.
- Assisted with daily living activities, including personal hygiene, dressing, and grooming.
- Ensured emotional and psychological support, reducing distress and confusion.
- Used digital tools and tracking systems to record patient progress and well-being.
- marketing, finance, and operations teams.

EDUCATION

- Safeguarding Adults L1&2 (Adult Support & Protection) – Florence Academy
- Understanding Learning Disabilities & Autistic Spectrum Disorder – Florence Academy
- Buccal Midazolam – Careskills Academy
- Medication Practice LITE – Careskills Academy
- Epilepsy Awareness– Careskills Academy
- Moving and handling LITE – Careskills Academy
- Percussion and Oropharyngeal Suction – Lincolnshire Community Health Service

EDUCATION

- MSc Cloud Computing (In progress) - University of Lincoln United Kingdom.
- B. Sc. Computer Science – Kwara State University.

LANGUAGES

- English (First language).