**Frida Takor Ako**

**8502 Glen Michael Lane, Apt 102, Randallstown.**

**fridako1990@gmail.com**

**4434101459**

**Professional Experience**

**FuthureCare Nursing Home Old Court. April 2018 - Present**

**Duties**

* Ambulate patient
* Transfer to and from bed to wheelchair
* Feeding
* Perineal Care
* Bathing
* Oral care
* General Observations and report to RN

**Lifematters Home Care May 2018-Present**

**Duties**

* Feeding
* Bathing
* Cooking
* Light Housekeeping
* Dressing
* Perineal care and general skin hygiene
* Incontinent care

**Education**

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| October 2018 | Howard Community College | Patient Care Technician |
| April 2018 | Stein Academy | CAN/GNA |
| 2012-2015 | University of Buea | B.Sc. in Sociology and Anthropology |
| 2010-2012 | G.B.H.S Limbe | Advance Level Certificate (GCE) |
| 2005-2009 | G.B.H.S Limbe | Ordinary Level Certificate (GCE) |
| 1992-1998 | G.S Melong | First School Living Certificate |

**LANGUAGE PROFICIENCY**

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| **LANGUAGE** | **SPOKEN** | READ | WRITTEN |
| English | Excellent | Excellent | Excellent |
| French | Good | Fair | Fair |

**OTHER ABILITIES**

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| Hobbies/Extra curricula activities | Like reading scientific and business journals, watching National Geographic, travelling, outdoor activities |