

PROFESSIONAL SUMMARY

An exceptionally devoted and compassionate Personal Support Worker (PSW) with extensive experience delivering excellent care and assistance in community, long-term care, and residential facilities. With more than 5 years of experience encouraging independence, helping with daily tasks, and offering emotional and social support, I am passionate about making a big difference in the lives of people who need care. Looking to join a team that cares about patients, I'm flexible, reliable, and have a strong desire to improve patient's quality of life. I would like to contribute my knowledge and experience to a dynamic healthcare setting that provides opportunities for professional development and advancement.

PROFESSIONAL SKILLS

- Compassionate Patient Care
- Nutritional Support
- Patient Advocacy
- Strong Verbal & Written Communication
- Problem-Solving & Decision Making
- Technology Proficiency
- Resident Advocacy
- Resident assessment
- Meal planning and preparation
- Palliative care
- Patient safety and emergency response
- File Management

EDUCATION AND CERTIFICATION

Postgraduate Diploma in Health Systems Management

Fanshawe College, London, Ontario | September 2023 – April 2024

Certificate in Safe Food Handling

Canadian Food Safety Group (In view) | April 2024

Certificate in Personal Support Worker

College of Business Health and Technology | 2023

Certificate in Emergency First Aid CPR C +AE

NationalCPRFoundation | 2023

B. Sc. (Hons.) Medical Microbiology

Nnamdi Azikiwe University, Nigeria | September 2014 – August 2018

Diploma in Premedical Sciences

College of Health Sciences, Nigeria | September 2012 – August 2014

PROFESSIONAL EXPERIENCE

Personal Support Worker

We Care4U Staffing Solution Inc. London, Ontario | December 2023 – Present

- Provide empathetic care and companionship to the elderly, assisting with daily living activities, and promoting mental well-being.
- Deliver one-on-one care to elderly patients, assisting with personal care, meal preparation, and engaging in leisure activities.
- Improve people's independence and quality of life by providing individualized care that was based on their specific needs.
- Work with healthcare teams to create and execute individualised treatment programs that considered patient and family preferences.
- Maintain careful records of care, including reporting of incidents and the delivery of medication.
- Offer uplifting motivation to patients, fostering a positive environment.
- Regularly inspect and maintain all equipment to ensure a secure working environment, promptly addressing concerns by notifying the medical staff.
- Adhere to the Occupational Health and Safety Regulations set by the province or territory.

Medical Social Service Worker (Volunteer)

Nnamdi Azikiwe University Teaching Hospital, Nigeria | September 2018 – May 2023

- Worked with patients to set goals, form plans to reach those goals and monitor progress.
- Implemented interdisciplinary care plans in close collaboration with medical teams and clients' families.
- Provided counselling to patients and families.
- Evaluated social, family, and financial circumstances.
- Monitored client vital signs, administered medications, and tracked behaviour to keep the healthcare supervisor well-informed.
- Maintained confidential patient records.
- Coordinated care plans and support for patients who require multiple services at a time.

Personal Support Worker

Akuluno Home of Elderly, Nigeria | October 2018 - July 2020

- Engaged clients in leisure activities, enhancing their social and emotional well-being.
- Monitored health conditions, providing updates to healthcare professionals.
- Performed basic housekeeping, prepared and served healthy meals in accordance with nutritional standards.
- Ensured timely updates and replies through good communication and care coordination using the facility's provided technology devices.
- Delivered one-on-one care to elderly patients, assisting with personal care, meal preparation, and engaging in leisure activities.

Personal Support Worker (Volunteer)

Little Sister of the Poor, Nigeria | July 2016 – August 2018

- Supported elderly people with all their needs, such as personal hygiene and mobility.
- Organized and participated in tasks that were meant to improve mental health.
- Monitored health conditions and provided updates to medical workers.
- Delivered one-on-one care to elderly patients, assisting with personal care, meal preparation, and engaging in leisure activities.
- Promoted patient safety by adhering to medication protocols and maintaining equipment.

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