



MONALISA ZINDOVE

+263773882680/+263719989916

zindovemonalisa@gmail.com

HOUSE NO. 2736, MARIDALE, NORTON, ZIMBABWE

Personal Summary

A hardworking, professional care assistant with a genuine interest and enthusiasm for helping and looking after people. Having a wealth of experience in maintaining a healthy and safe environment and making sure that resources are utilized effectively and according to practice guidelines. Takes pride in maintaining patient confidentiality and treating every individual with dignity, offering emotional support and empathy in addition to medical advice and practical care.

Areas of Expertise

- ◆ Ability to help patients requiring elder care,
- ◆ Catheter care and maintenance
- ◆ Pediatric care and those recovering from illness and injuries
- ◆ Wound care and dressing
- ◆ Administering medication
- ◆ Patient Care.

Experience

DUBE RESIDENTIAL HOME

August 2022 — Present

Personal Caregiver

Providing personal care to a 68 years old male patient. The patient's diagnosis is hemiplegia and hypertension hence

- ◆ I assist with all activities of the daily living.
- ◆ Preparing and serving healthy, nutritious meals, taking into account any special dietary needs and personal preferences
- ◆ Identifying activities that would appeal to the client and ensuring that they are suitably stimulated
- ◆ Preparing food and drinks for the client
- ◆ Contributing to a clean, well-organized and pleasant environment for the client
- ◆ Performing light housekeeping duties
- ◆ Lifting, moving, positioning and transporting client
- ◆ Providing social companionship
- ◆ Ensuring client take their prescribed medication on time
- ◆ Assisting with physical therapy exercises

2 REFERRAL HOSPITAL

May 2022 — July 2022

Nursing Assistant

Supporting doctors and nurses in delivering outstanding patient care.

- ◆ Taking clients' temperatures, pulse and weight
- ◆ Following care plans created by medical staff
- ◆ Running errands for clients or accompanying them on errands
- ◆ Reporting any changes in health or behavior
- ◆ Taking vital observations
- ◆ Feeding of patients
- ◆ Wound care and dressing
- ◆ Bed making, bed baths and assisted baths
- ◆ Catheter care and stoma care
- ◆ Palliative care
- ◆ Sluicing and damp dusting

GWENZI RESIDENTIAL HOME

2016 — 2020

Personal caregiver and housekeeper

Provided personal care and companionship to a 70 years female who was diagnosed with dementia.

- ◆ Companionship
- ◆ Documentation of daily routines, appointments, events, among other activities
- ◆ Assistance with personal care including bathing, toileting, and dressing and grooming
- ◆ Taking vital observations
- ◆ House chores as well as meal preparation
- ◆ Monitoring food diet
- ◆ Administering medication

Education

ZIMBABWE REDCROSS SOCIETY CERTIFICATIONS

February 2022 – April 2022

- ◆ Community Health Based Care
- ◆ Advanced First Aid
- ◆ Nurse Aide

CHINGOMBE ALHEIT HIGH SCHOOL

2010 – 2013

10 Points Advanced Level

UZUMBA HIGH SCHOOL

2014 – 2015

6 Ordinary Level Passes

Other Credentials

1. International English Language Testing System (IELTS General Training Test done by the British Council) 7.0 overall band score
2. Drivers' License class 2
3. UK Pre-departure Tuberculosis Certificate (Test conducted by **IOM**)
4. UK Pre-departure Police Clearance Certificate (Investigation done by the Zimbabwe Republic Police)

5. Valid Zimbabwean passport
6. 2 Referral Hospital Certificate and Recommendation letter

References

References are available upon request.