

# Arinze Ejike, Health Care Worker

Kent , ME15 7UW, United Kingdom, +44 7405 467400, +44 7908 569281, arinzeejike2017@gmail.com

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## SUMMARY

Compassionate Health Care Assistant with over three years of experience in providing exceptional patient care and emotional support. Skilled in personal care tasks, patient mobility assistance, and implementing care plans tailored to individual needs. Achievements include facilitating patient assessments that improved care delivery and consistently enhancing patient quality of life. Ready to leverage expertise in a health care worker role to contribute to a patient-focused environment, ensuring comfort and dignified care.

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## WORK EXPERIENCE

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| 02/2018 – 03/2019 | <b>Care Worker, Shepherd hill hospital</b>  | Ondo, Nigeria          |
|                   | <ul style="list-style-type: none"><li>• Responded to emergencies promptly, applying first aid and contacting emergency services when necessary.</li><li>• Facilitated social interactions and recreational activities to promote mental and emotional health.</li><li>• Assisted clients with medication management, diligently following prescriptions and doctors' instructions.</li><li>• Supported clients with mobility challenges by employing suitable equipment and techniques to aid movement.</li></ul>   |                        |
| 02/2021 – 08/2023 | <b>Health and Safety Officer, Total workplace safety management</b>   | Lagos, Nigeria         |
|                   | <ul style="list-style-type: none"><li>• Advised on the safe handling and storage of hazardous substances, thereby reducing potential risks and exposures.</li><li>• Reviewed and approved risk assessments and method statements from contractors, ensuring strict adherence to safety protocols.</li><li>• Developed and delivered dynamic health and safety training sessions to staff, significantly promoting awareness and compliance with regulations.</li><li>• Liaised with external health and safety regulators, ensuring meticulous compliance with legal standards and facilitating inspections.</li></ul>  |                        |
| 11/2023 – 04/2025 | <b>Health Care Assistant, Kadar care service</b>  | London, United Kingdom |
|                   | <ul style="list-style-type: none"><li>• Assisted patients with daily personal care tasks, including bathing, dressing, and toileting, thus promoting dignity and comfort.</li><li>• Participated in patient assessment processes, meticulously gathering information to enhance care planning and delivery.</li><li>• Provided emotional support and companionship to patients, significantly enhancing their mental well-being and overall quality of life.</li><li>• Facilitated patient mobility through assistance with walking, transfers, and use of mobility aids, effectively preventing falls and fostering independence.</li><li>• Assisted in the implementation of care plans developed by healthcare professionals, meticulously tailored to individual patient needs.</li></ul> |                        |
| 04/2025 – Present | <b>warehouse operator, Berry Garden</b>   | maidstone, England     |

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## EDUCATION

07/2023 – 06/2024

Anglia Ruskin University  
Master of Science, Project management

Chelmsford, United Kingdom

- Graduate in project management. Dissertation in Lean management principles. Coursework in leadership and time management.

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## SKILLS

Patient care plans

Equipment sterilisation

Palliative Care

First Aid

Excellent bedside manner

Personal care assistance

driving skills