

Precious Adeyemi

Healthcare Assistant | QQI Level 5 Healthcare Support (5M4339) | Garda vetted

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PROFILE

Healthcare assistant with two years in a 48-bed nursing home, working days, nights and weekends to individual care plans. Full QQI Level 5 major award in Healthcare Support (5M4339), People Moving and Handling certificate valid to 2028, and Garda vetting completed through my current employer in 2024. Looking for a permanent HCA post in a hospital or community setting in the Midlands, including HSE panels.

WORK EXPERIENCE

Healthcare Assistant, Shannon View Nursing Home, Athlone Jun 2024 to Present

- Personal care, mobility, feeding support and continence care for 12 residents a shift on a 48-bed unit, under nurse direction
- Use hoists, slide sheets and profiling beds daily in line with People Moving and Handling training
- Record fluid balance, food intake and skin checks on the electronic care system at every shift, with no recording gaps in two HIQA inspections
- Buddy for 4 new HCAs during their first fortnight, covering hand hygiene, PPE and handover
- Reported an early skin change that led to a same-day pressure care review

Work Placement (QQI 5N1356), Lakeside Care Centre, Athlone Feb 2024 to Apr 2024

- 150 hours across a dementia unit and a day centre as part of the Healthcare Support award
- Assisted with personal care, mealtimes and activity sessions for up to 20 clients a day
- Offered relief shifts by the centre on completion

Sales Assistant, Greenway Stores, Athlone Sep 2021 to Aug 2023

- Tills, customer queries and stock in a busy supermarket, working 30 hours a week around evening study
- Chosen to help older and disabled customers with assisted shopping on Tuesday mornings

EDUCATION

QQI Level 5 Healthcare Support (5M4339), major award, 120 credits, Westmeath College of Further Education 2023 to 2024

Care Skills, Care Support, Safety and Health at Work, Care of the Older Person, Infection Prevention and Control, Anatomy and Physiology, Communications, Work Experience

Mandatory training (current), HSeLanD and employer-provided 2024 to 2026

People Moving and Handling (valid to Jun 2028), Manual Handling, AMRIC Hand Hygiene, AMRIC Infection Prevention and Control, Safeguarding Vulnerable Adults, Basic Life Support (Jan 2026), Children First e-learning

Leaving Certificate, Coláiste an tSionainn, Athlone 2021

SKILLS

Personal care · People Moving and Handling · Infection prevention and control · Dementia care · Care plan documentation · Fluid and food charts · Hoist and slide sheet use · Garda vetted (2024) · Full clean driving licence · English and Yoruba

REFERENCES

Available on request.