

STEVEN CASTRO DE JESUS

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Permit: Full UK Driving License - Category B

Professional summary

A dedicated and adaptable individual, with a strong work ethic, attention to detail, and a commitment to maintaining high standards wherever I work. I possess excellent communication and interpersonal skills, allowing me to collaborate effectively with a wide range of individuals.

Work history

Senior Healthcare Assistant (Senior Carer), 02/2022 – 06/2023

Absolute Care – Bournemouth, Dorset

Field Work Experience

- Assisting individuals with activities of daily living, such as bathing, dressing, grooming, and personal care.
- Dispensing and administering medications according to prescribed instructions.
- Conducting regular visits to clients to ensure their well-being and safety, providing emotional support, companionship, and assistance with mobility for individuals in need.
- Preparing meals and ensuring dietary requirements are met, maintaining a clean and hygienic environment for clients.

Office Work Experience

- Collaborating with general practitioners, pharmacies, social services to coordinate and manage clients' healthcare needs, ensuring proper medication supply, tracking, and adherence for clients.
- Creating and managing schedules for carers and coordinating the schedules and shifts of carers.
- Conducting assessments to identify potential risks and implementing preventive measures.
- Responding to emergency situations and providing immediate support and assistance, collaborating with carers and managers to resolve issues and challenges.

Domestic Assistant (Housekeeping), 06/2017 – 02/2022

Nuffield Health Bournemouth Hospital – Bournemouth, Dorset

- Cleaning of assigned areas, including patient rooms, operating theatres, pathology, offices, and public spaces, ensuring strict adherence to cleanliness standards.
- Followed established cleaning procedures and protocols, utilizing appropriate cleaning agents and techniques for different areas.
- Diligently followed infection control practices, including the proper disposal of hazardous materials and adherence to hand hygiene protocols.
- Participated in regular training sessions on health and safety practices, infection control, and proper handling of cleaning chemicals.
- Assisted in maintaining records and documentation related to cleaning schedules, tasks performed, and inventory management.

Ward Host, 08/2016 – 02/2022

Sodexo at Nuffield Health Bournemouth Hospital – Bournemouth, Dorset

- I greeted patients in a professional manner ensuring that their dietary requirements were met when taking their orders, communicated with kitchen and nursing staff to ensure timely and accurate delivery of meals, considering patient schedules and medical requirements were met.
- Having worked at the hospital, I have developed good organisation skills, which is highlighted in my ability to complete all necessary paperwork and administrative tasks in accordance with deadlines, while following strict food safety and hygiene regulations.
- I have gained excellent customer service skills as a result of attending to patients needs over 8 years. This experience has taught me to work efficiently in a fast paced environment and to work well within a team to delivery the highest quality care for patients.

Kitchen Porter, 10/2014 – 02/2022

Sodexo at Nuffield Health Bournemouth Hospital – Bournemouth, Dorset

- Ensured the cleanliness and sanitation of the kitchen, staff canteen, and reception areas, following cleaning procedures and schedules.
- Adhered to health and safety regulations, including proper handling and disposal of cleaning chemicals and waste, to maintain a safe environment.

- Completed all necessary paperwork, such as cleaning checklists, inventory logs, and temperature records, accurately and in a timely manner.
- Communicated with staff and kitchen personnel to ensure efficient workflow and completion of tasks within allocated timeframes.

Skills

- Organised
- Self-motivated
- Can communicate well with others
- Very positive
- Attention to detail
- Team player

Education

Diploma in Plastering Level 1 & 2: Plastering, 09/2014 – 07/2016

Bournemouth and Poole College - Bournemouth, England - Distinction

My college experience at Bournemouth & Poole College started with the construction industry with multi-skilled construction and eventually specialising in plastering. Throughout my time at the college, I gained a comprehensive understanding of building regulations and developed the necessary skills and techniques. I successfully passed my plastering courses and was awarded "Best Plasterer of the Year," a testament to my dedication and commitment to excellence.

GCSEs: Math's, English, Science, Sports, IT, Food Technology, Music, 09/2009 – 07/2014

Porchester School - Bournemouth, England