

Leah Okafor

Healthcare Assistant

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Profile

Healthcare assistant with five years in hospital and nursing home care, the last three on an acute medical ward. Supports patients with washing, dressing, eating and moving safely, records observations on the electronic record and tells the nurse in charge at once when a score rises. Holds the Care Certificate and a Level 3 Diploma in Healthcare Support. Looking for a senior healthcare assistant post.

Employment

Healthcare Assistant | Elmstead Ward, Kingsmere Hospital, Norwich | April 2023–present

- Care for up to eight patients a shift on a 28-bed acute medical ward, with washing, dressing, toileting and meals.
- Take and record temperature, pulse, blood pressure, breathing rate, oxygen levels and blood glucose, and report a rising early warning score to the nurse in charge straight away.
- Move patients with hoists, slide sheets and standing aids, following each moving and handling plan.
- Keep food and fluid charts and turn charts, and help patients who need support to eat.
- Clean and check equipment between patients, following infection prevention and control procedures.
- Show new healthcare assistants the ward routine in their first two weeks.

Care Assistant | Holly Lodge Nursing Home, Norwich | 2021–2023

- Supported residents on a 40-bed nursing unit with personal care, continence care and meals.
- Recorded care on the electronic care plan and reported changes to the nurse on duty.

Qualifications and training

- Level 3 Diploma in Healthcare Support (2025)
- Care Certificate (2021)
- Venepuncture and ECG competencies, Kingsmere Hospital (2024)
- Basic life support, moving and handling, infection prevention and control, safeguarding adults (refreshed 2026)
- GCSEs including English Language 5 and Mathematics 5 (2019)

Skills

- Observations and early warning scores
- Personal and continence care that protects dignity
- Hoists, slide sheets and standing aids
- Food and fluid charts and electronic patient records
- Calm reassurance for patients with dementia or delirium

Additional information

Enhanced DBS certificate for work with adults, on the DBS Update Service. Available for long days, nights and weekends.