

Iffat Karema

Health Care Assistant

📍 London, UK

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Languages

Urdu (Native)

English (Work Proficiency)

Bengali (Native)

About

Personal Summary

BRANDS WORKED WITH

Bloomsbury Institute London

Lambwood Heights Carehome

Recruitcare Professional Ltd.

Experience

● Health Care Assistant

Lambwood Heights Carehome | Jun 2022 - Now

Established friendly rapport with patients to promote positive health and wellbeing. Monitoring patient health, behavioural and physical changes, promptly reporting concerns to ward supervisor. Maintain and update digital patient records and medical information. Administer all necessary medications as directed by care plan. Facilitate patient relationships with their family and friends with video and phone calls and emails. Observing and monitoring patients' physical wellbeing and reports any changes to senior staff members. Coordinate regular exercise for clients to support health and wellness goals. Organise schedules of medications, meals, medical appointments. Cared for clients wounds with regular cleanings and dressing changes. Monitor patient progress, identifying and proactively addressing obstacles hindering recovery. Reviewed individualised care plans, making changes based on progress and required improvements. Update daily food and fluid intake follow charts (MAR) to monitor patient health.

● Exam invigilators (Part-time)

Bloomsbury Institute London | Apr 2022 - Now

Support students with learning disabilities by scribing for them during the exam. Communicate with other invigilators on possible student malpractice and reported to examination body. Checking students issued with correct examination paper. Explore and create new ways to resolve problems with processes, technology or team members to improve overall efficiency. Ensure students abided by rules of the examination hall and practised correct exam conditions.

● Support Worker (Older Adults in Care)

Recruitcare Professional Ltd. | Sep 2021 - Feb 2022

Assisted patients with medication management and administration to safeguard health and wellbeing. Coordinated movement routines for patients according to individual requirements, ensuring regular outings to maintain quality of life. Supervised patients during physical activities, promoting dignity and independence to achieve target. Prompted client with regular medication to ensure consistent good health. Developed strong rapport with residents' relatives to further understand their concern and accurate support needs.