

# Blessious Okoro

EDMONTON, AB T5H 2M5  
+15062325860 [blessiousvincent@gmail.com](mailto:blessiousvincent@gmail.com)

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## PROFESSIONAL SUMMARY

Highly dedicated and reliable Personal Care Worker with a strong record of elderly healthcare experience and strong attention to detail. Adept multitasker able to address a wide variety of patient concerns with courtesy and professionalism. Skilled in handling difficult and tense interpersonal situations efficiently and safely.

## SKILLS

- Client
- Patient Care
- Medication Administration
- Rehabilitation
- Patient Bathing
- Emotional Support
- Long-Term Care
- Palliative Care
- Infection Control
- Meal Serving
- Skin Care
- Treatment Planning
- Personal Hygiene Assistance
- Mobility Assistance
- Disability Support
- Housekeeping tasks
- Transportation Services
- First aid and safety
- Hoyer Lifting Equipment
- PPE Usage
- Heavy Lifting
- Elderly Care
- End of life care
- Basic Housekeeping
- Verbal and written communication skills
- Teamwork and Collaboration

## WORK HISTORY

**PERSONAL SUPPORT WORKER** | 03/2024 to 06/2024

**Bayshore Home Care Solutions - Winnipeg, MB**

- Taking care of any issues or needs of my client in their home as I assisted with their daily living.
- Assisted clients with daily living needs, including bathing and personal grooming, to maintain self-esteem and general wellness.
- Helped family members plan healthy meals, purchase ingredients and cook meals to provide adequate nutrition for client wellbeing.
- Applied mobility assistance knowledge to safely ambulate patients in different spaces involving varying elevations and obstacles.
- Kept patients mentally alert by entertaining, conversing and reading aloud to patients.
- Kept close eye on client vital signs, administered medications and tracked behaviors to keep healthcare supervisor well-informed.
- Provided safe mobility support to help patients move around personal and public spaces.
- Offered social support by transporting individuals to events and activities, in addition to medical appointments and shopping trips.
- Maintained clean personal areas and prepared healthy meals to support client nutritional needs.
- Turned and positioned bedbound patients to prevent bedsores and maintain comfort

levels.

- Kept household areas clean and well-stocked, ran errands, managed laundry and completed weekly grocery shopping.
- Built and maintained rapport with clients and family members to facilitate trusting caregiver relationship.
- Maintained strong connections within caregiver community to gain continuous knowledge.
- Helped clients with hygiene-related tasks such as brushing teeth, bathing, grooming and toileting.

**PERSONAL SUPPORT WORKER | 12/2023 to 06/2024**

**Reliable Home Care Agency - Winnipeg, MB**

- Assisting the Nurses to take patients vital signs and document important health information
- Responding to patient calls immediately
- Alerting medical staff in case of a complicated case or an emergency
- Maintaining the health and well-being of a patient
- Providing physical and emotional support to patients
- Preparing them for physical examinations, laboratory tests, and medical visits
- Maintain a clean and safe Patients environment, including unit specific Patients Rooms/ Operating Rooms and Procedure spaces, in line with Infection control standards.
- Complete entries in log books, journals, and care plans to accurately document and report patient progress.
- Clean and assist in the set-up of Operating and Procedure Rooms between cases.
- Ambulate with patients within the hospital as instructed and under direct supervision of clinical nursing staff.
- Transport supplies, equipment and specimens as specified by the clinical nurse and in compliance with relevant organizational and laboratory policies.
- Prepare necessary supplies specified by clinical nurse for individualized patient care needs.
- Assist in restocking of consumables, stores and laundry as required by the assigned unit as / or instructed by the nursing team, in collaboration with material management staff.

**PERSONAL SUPPORT WORKER | 10/2023 to 05/2024**

**24/7 Quality Home And Health Care Aid Service - Winnipeg, MB**

- Built strong relationships with clients to deliver emotional support and companionship.
- Conducted light housekeeping duties to maintain a clean and comfortable living space for patients.
- Maintained accurate records of patient care, progress, and concerns, contributing to effective communication among healthcare team members.
- Assisted clients with daily living needs to maintain self-esteem and general wellness.
- Turned and positioned bedbound patients to prevent bedsores and maintain comfort levels.
- Implemented strategies for managing challenging behaviors in dementia patients, creating a safe environment for all involved.
- Assisted with dressing guidance, grooming, meal preparation, and medication reminders.
- Provided emotional support to patients and their families during difficult times, fostering positive relationships.
- Monitored patient health status regularly, reporting any changes to the appropriate medical staff.
- Utilized adaptive equipment appropriately when assisting clients with mobility-related tasks or exercises.

**REGISTERED NURSE, INTENSIVE CARE UNIT | 01/2021 to 08/2023**

**Euracare Multi-Specialist Hospital - Lagos Nigeria**

- Facilitated smooth patient transitions from the ICU to other units by providing detailed reports and recommendations for ongoing care.
- Implemented identified treatment plans for patients to maintain stable conditions and achieve reasonable improvements.
- Collaborated with interdisciplinary teams to establish optimal care plans, resulting in improved patient satisfaction.
- Effectively managed stressors associated with working in an intensive care setting while maintaining composure under pressure.
- Cared for wounds such as surgical sites and pressure sores to prevent infection and promote healing.
- Assisted physicians with bedside procedures, ensuring accurate treatment administration and timely patient recovery.
- Promoted a safe environment by enforcing infection control policies and maintaining a clean, organized workspace.
- Reduced patient complications by promptly identifying changes in condition and initiating appropriate interventions.
- Developed and implemented patient care plans based on physicians' instructions and generally accepted nursing practices.
- Explained health care issues and ramifications to patients and families to promote informed medical care choices.

## EDUCATION

### **Omni Life Support Training And Consulting Inc. - Moncton, NB | Associate of Science**

CPR And First Aide Training , 11/2023

CPR certified and trained from newborn stage to adult hood also with experience working hands on with providing services to those in Need while working as a personal Care Assistant , and Volunteering as a first Responder when possible .

### **University of Benin Teaching Hospital Ugbowo - Edo State, Nigeria | Registered Pediatric Nurse**

Pediatric Nursing Specialty , 11/2021

### **College of Nursing Sciences Mbano - Imo State, Nigeria | Registered Nurse**

Nursing, 05/2020

- Continuing education in Customer / Public Relations
- Professional development completed in superior customer service communications and problem solving techniques
- Excelled in high stress environment and accurately