

CAROLINE [REDACTED]

Honours in Occupational Therapy Bachelor's Degree with an upper second-class degree, 2.1, University of Zimbabwe.

Fully registered with the Health and Care Professions Council United Kingdom, (HCPC) as an Occupational therapist [REDACTED]

OBJECTIVE

Working with people helping them achieve their happiness has always brought inner piece in me. This intrinsic motivation drives me to do my occupational therapist duties with passion aiming for positive results. Adolescents and children have always captured my heart and occupational eye be it physical or mental settings, I have therefore always found it a joy to work with such a population. However, believe I have the capacity to extend my eye and work with all age groups equally well and still achieve desired set goals.

Internship History Under Supervision Of The University Of Zimbabwe, (2016-2019)

Harare Central Hospital

October –December 2016

Logging of patients and record keeping

Assessment of orthopaedic patients

Ingutsheni Central Hospital, Bulawayo

April – May 2017

Logging of patients and record keeping

Assessment and treatment of mental patients

Referrals

Work adaptations and work rehabilitation

Parirenyatwa Groups of Hospital, Harare

October– December 2017

Logging of patients and record keeping

Assessment and treatment of orthopaedic patients

Referrals

Work adaptations and work rehabilitation

Mvurwi District Hospital

January- March 2018

Community rehabilitation

Department administration

Mobilisation of resources for community rehabilitation programmes

Assessment and treatment of orthopaedic and mental patients

Home visits and work assessments and adaptations

Referrals

Chikurubi Maximum Prison Psychiatry Unit

April-May 2018

Forensic Psychiatry

Assessment and treatment of detained mental patients

St Giles Hospital

October - December 2018

Adult Neurology

Logging of patients

Assessment and treatment of neurology patients

Home and work assessments and adaptations and equipment adaptations

Harare Central Hospital- Child Rehabilitation Unit (CRU)

January- March 2019

Child Neurology

Logging and keeping of patients' records

Assessment and treatment of children with neurologic insults

Outreach programmes and home visits

Planning and organising Caregiver support groups sessions and workshops

Vimbainashe Learning Institution

March- April 2019

Child Psychiatry and Learning Disability

Assessment and treatment of child psychiatry and learning disabilities

Highlands Halfway Home (HHH)

April- June 2019

Patient logging and record keeping

Assessment and treatment of private psychiatry patients

Referrals and home programmes

Rehabilitation of substances and alcohol users

WORK EXPERIENCE

Highlands Wellness Group (Borrowdale Halfway House Branch)

Sept 2019 - current

Resident Occupational Therapist

- Daily planning schedule for client engagement, grooming and wellbeing.
- Assessments and drafting treatment plans for the clients, majority of whom suffer from mental illness and substance and alcohol overuse.
- Delivering treatment including group therapy, arts and crafts, role play and drama.
- Referring were needed and communicating with other members of the health care team on client management.
- Discharge planning and home visits.
- Administrative including billing and logging the clients and record keeping.

Healing Hands Physiotherapy Clinic

Feb 2021 - Mar 2021

Volunteer Occupational Therapist (part time)

- Assessed and treated clients with multiple sclerosis, stroke, fractures, lower back pain and other muscular related conditions.
- Managed pain, sensation and aimed to improve functional abilities for the patients.

- Home visits for home modifications and reintegration sessions for both the client and caregivers.
- Work adaptations and ergonomics principles application.
- Counselling and provided psychological support to clients with secondary depression.

Occupational Therapist

Sep 2019 – current

Occupational Therapist (part time)

- Consulting private clients (self- and medical- referrals) with various physical conditions, conducting home visits and work visits.
- Assessment of clients and drafting of treatment plans.
- Individual sessions depending on needs of clients, for example neuro clients treated at home.
- Adaptations and retraining of basic ADL skills promoting independence, muscle strengthening and preservation.
- Facilitation of developmental milestones in children with Cerebral Palsy and caregiver education on condition and its management.
- Managing geriatric clients with physical and mental conditions, including palliative care.

SKILLS

- Good communication and interpersonal skills as well as a welcoming nature
- I am very patient and walk with clients through their journey, at their pace
- I am a team player personally (family and church) and professionally
- Sound computer literacy
- Confident and hardworking

EDUCATION CERTIFICATES/PROFESSIONAL AFFILIATIONS

- Certificate in Clubfoot Management (PONSENTI) - University of Zimbabwe (November 2016).
- Certificate in Life Saver International First aid – St John Ambulance, Harare (September 2016).
- Certificate in Palliative Care –University of Zimbabwe collaboration with Island Hospice (June 2018)
- Certificate in Hand Rehabilitation – University of Zimbabwe in collaboration with St Gorge University Hospital, Britain (March 2018)
- Honours in Occupational Therapy Bachelor’s Degree with an upper second-class degree, 2.1, University of Zimbabwe (June 2019)
- Certificate in Arts Therapy in Mental Health, Zimbabwe Medical Association (2020)
- Certificate in Human Rights and Mental Health (WHO 2021)
- Diploma in systemic family Counselling (Mt Hermon Theology Seminary examined by HEXCO, 2021- currently in last term)
- Fully registered with Medical Rehabilitation Practitioners Council of Zimbabwe (MRPCZ) as an Occupational Therapist [REDACTED]
- Fully registered with the Health and Care Professions Council United Kingdom, (HCPC) as an Occupational therapist [REDACTED]

AWARDS AND ACKNOWLEDGEMENTS

- Voted for hardworking employee of the year, Borrowdale Halfway House, 2020.
- Voted for most resourceful employee of the year, Borrowdale Halfway House 2020.
- Miss youth Guild Associations Cathedral Harare 2018
- Best female actress ZRP High School 2012.

RESEARCH AND OTHER WORKS

Undergraduate level:

I did research entitled, "Caregivers' knowledge, attitudes and perception towards sexuality education among children with intellectual disabilities at St Catherine School, Harare, Zimbabwe," intrigued by the rise of sexual assaults on this group of pupils as compared to their age mates without intellectual disabilities. The results showed that the caregivers welcomed the idea of having their children taught but were scared the intellectually challenged children might want to experiment and they as caregivers did not have adequate information to equip their children fully thus, they always avoided sexuality related discussions amongst their intellectually challenged kids. A recommendation made was to start empowering the caregivers of these children as they are the first source of information and trustee in their nurturing.

Ref:

Cell:

Ema

INTERESTS

- Music, reading, arts, crafts, DIY, going out and planning group activities.
- I own a small business in clothes retailing.
- I am the treasurer for our church youth group.

REFERENCES

