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# Experience

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| 2020 – 2020Healthcare Assistant, Parke house nursing home,Kilcock Some of my duties included to assist residents with ADL, Record ACL in online system, Assist with meals in dining hall, Do hospital transfers and communicate with friends and families of the resident. |
| 2019 – presentCoordinator, Kilcock community first responders I December of 2019 I established the kilcock community first responders which I currently run which is a voluntary organization linked with the national ambulance service. |
| 2019 – 2020Childcare, private home. I cared for two children 5 days per week with severe allergies. |
| 2018 – 2019Work experience, ST. JAMES hospital. I shadowed nursing staff in their daily activities on a post-surgical ward, assisted with vital taking and personal care. |
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# Education

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| June 2019Emergencey First Responder, Medicore medical services This is a PHECC recognized qualification. Some of the skills I was taught are:  Oxygen therapy  Administration of glucose and Aspirin  Assisted administration of Salbutamol, epinephrine and GTN. |
| August 2019Medical terminology, Dunboyne collage of further education This is a FETEC level 5 |
| March 2019First Aid Responder, Medicore medical service |
| January 2019Cardiac First responder- Advanced, Medicore medical service **2020**  **The following courses were completed on HSELAND.ie**   * The fundementals of GDPR * Childrens first * Communicating through open disclosure * integraal valve oxygen cylinder guide * the early identification of memory problems in older persons * putting on ad taking off ppe in community healthcare settiings * breaking the chain of infection * hand hygine of hse clinical staff * putting on and taking off pee in acute healthcare setting |

# Skills

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| * Manual Handling and moving of patients (2020). * CPR and AED training (2019) * Infection control |  |

# Activities

In January 2020 I received the Garda community safety award for the setup of Kilcock Community First responders.

I also volunteer with the Order of Malta