

# HENRY INDAYI

Certified Nursing Assistant / Phlebotomist

📍 Jamhuri Estate, Off Ngong Road, Nairobi – Kenya

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Compassionate and devoted Caregiving Assistant with 2 years of hands-on experience, providing high-quality patient-centered care. Proficient in various medical tasks including monitoring vital signs, patient mobility and patient care. Culturally sensitive with the ability to provide patients with emotional and physical support. Excellent observational and communication skills to maintain good client relationships.

## SKILLS

- Patient care and mobility assistance
- Empathy and compassion
- Patience documentation
- Safety Awareness
- Effective communication
- Wound care assistance
- Time management
- Physical strength and stamina
- First Aid/CPR
- Emotional Support

## PROFESSIONAL EXPERIENCE

March 2025 – June 2025

### Melchizedek Hospital, Nairobi, Kenya

#### Phlebotomist

- Verified test requisitions by comparing information with nursing station log and bringing discrepancies to the attention of unit personnel.
- Obtained blood specimens by performing venipunctures and finger sticks.
- Maintained specimen integrity by using aseptic technique, followed department procedures, and observed isolation procedures.
- Tracked collected specimens by initialing, dating, and noting times of collection and maintained daily tallies of collections performed.
- Maintained safe, secure, and healthy work environment by following standards and procedures and complying with legal regulations.

March 2024 – February 2025

### Melchizedek Hospital, Nairobi, Kenya

#### Health Care Assistant

- Assisted with Activities of Daily Living (ADLs) such as feeding, bathing, grooming, and ensuring their hygiene needs were met.
  - Helped with transferring patients from bed to chair/ wheelchair and ensuring a safe and smooth transition.
  - Taking patients' vital signs and monitoring them for their well-being.
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- Helped in tidying and carbolizing the patient's room and maintaining a clean and organized environment.
- Assisted with dressing and changing patients' clothes for a sense of comfort and dignity.
- Bed making, giving and collecting of bedpans.

Jan - Feb 2024

**Melchizedek Hospital, Nairobi, Kenya**

Health Care Assistant, Intern

- Assisted in bed-making, cleaning tasks and general duties.
- Monitored, recorded, and reported patients' conditions by taking their vitals.
- Helped with feeding, ambulation and grooming of patients.

## EDUCATION

**Sept 2023 – Jan 2024**

**Westwick College of Health and Science,**

Certified Nursing Assistant Certificate

Basic Life Support (BLS) Certificate – **American Heart Association**

**Mar 2025 – Aug 2025**

**Medprime Training College**

Phlebotomist Certificate