

# Callum Reeves

HEALTHCARE ASSISTANT



## EXPERIENCE

**Care Assistant**, Avon Lodge Residential Care Home, Bristol *Jan 2024 – Present*  
Care assistant in a 40 bed residential care home for elderly residents, working a mix of 12 hour day and night shifts.

- Provided personal care for **12 residents per shift** including washing, dressing, toileting, repositioning, and meal support
- Recorded **clinical observations** (blood pressure, temperature, pulse, oxygen saturations, blood glucose) for all residents and escalated 8 abnormal readings to the nurse in charge over 12 months
- Used the **NEWS2 scoring system** to identify deteriorating residents, correctly flagging 3 cases that resulted in hospital admission
- Assisted with **end of life care for 6 residents**, supporting families and maintaining comfort and dignity throughout
- Completed **repositioning schedules** for 8 residents at risk of pressure ulcers, achieving zero new pressure sores on the unit over 6 months

**Kitchen Assistant (Part-Time)**, Wetherspoons (The Commercial Rooms), Bristol *Sep 2022 – Dec 2023*

Part time kitchen assistant role alongside college studies.

- Worked **3 shifts per week** in a busy pub kitchen, preparing food for an average of 200 covers per day
- Maintained **food hygiene standards** and passed all internal audits during employment
- Trained **2 new kitchen assistants** on food safety procedures and allergen awareness

## CERTIFICATIONS

**Care Certificate**, Skills for Care *Apr 2024*

**Phlebotomy Training Certificate**, NHS Blood and Transplant *Nov 2024*

## PROJECTS

**Hydration Improvement Initiative — Avon Lodge Care Home** *Sep 2024 – Dec 2024*

Proposed and implemented a fluid intake monitoring improvement following concerns about resident dehydration during summer months.

- Introduced **colour coded hydration charts** at each resident's bedside, making it easier for all staff to track fluid intake
- Average daily fluid intake across the home increased by **22%** over the 3 month trial period
- UTI rates among residents dropped from **6 per month to 3 per month** during the same period

**Falls Prevention Awareness — Staff Training Session** *Jun 2024 – Jul 2024*

Delivered a 30 minute training session to care staff on falls prevention strategies as part of NVQ coursework.

- Presented **falls data from the home** showing that 65% of falls occurred between 18:00 and 22:00
- Proposed practical interventions including **improved lighting and non slip socks** for high risk residents
- Session attended by **14 care staff** and rated 4.6 out of 5 in post session feedback

## EXTRA CURRICULAR ACTIVITY

**Volunteer — Age UK Bristol, Befriending Service** *Jun 2023*

Weekly befriending visits to isolated elderly residents in the local community.

- Visited **2 elderly residents** weekly for companionship and social support, each visit lasting approximately 1 hour
- Reported concerns about one resident's deteriorating mobility to the **Age UK coordinator**, who arranged an occupational therapy referral

## PROFILE

Healthcare assistant with an NVQ Level 3 in Health and Social Care and 18 months of experience providing personal and clinical care in a 40 bed residential care home. Skilled in recording clinical observations using NEWS2, assisting with personal care for up to 12 residents per shift, and escalating concerns promptly. Holds a Care Certificate and additional training in phlebotomy and catheter care. Seeking an NHS Band 3 position on an acute hospital ward.

## EDUCATION

**NVQ Level 3 in Health and Social Care**

City of Bristol College, Bristol

Sep 2023 – Mar 2025

**BTEC Level 2 in Health and Social Care**

City of Bristol College, Bristol

Sep 2022 – Jun 2023

## SKILLS

- Personal Care (Washing, Dressing, Toileting)
- Clinical Observations (BP, Temp, Pulse, SpO2, BM)
- NEWS2 Scoring & Escalation
- Phlebotomy (Venepuncture)
- Catheter Care & Fluid Balance Monitoring
- Manual Handling & Patient Repositioning
- Pressure Area Care (Waterlow Score)
- Infection Prevention & Control
- Food & Fluid Intake Documentation
- End of Life Care & Bereavement Support
- Safeguarding Adults (Level 2)
- Electronic Care Records (Person Centred Software)
- Basic Life Support (Adult)

## LANGUAGES

- English (native)

## REFERENCES

**Linda Patterson**

Registered Manager, Avon Lodge Residential Care Home, linda.patterson@avonlodge.co.uk, +44 7700 900 773

## CONTACT

Bristol, United Kingdom

callum.reeves@gmail.com

+44 7294 618 352

linkedin.com/in/callumreeves-hca

**Bristol City FC Community Trust — Youth Football Coach***Jan 2022*

Volunteer coach for an under 12s football team, running weekly training sessions and managing matchday squads.

- Coached a squad of **16 players**, running 2 hour sessions every Saturday morning
- Completed an **FA Level 1 coaching badge** and a safeguarding children in sport course