

Adeniran Folashade Ruth

Community Health Extension Worker

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Effective at developing classes and materials to educate community members on chronic disease management and health improvement strategies. Versed in available resources with skill in supporting individuals navigating healthcare programs. Positive, upbeat and friendly with good relationship-building and conflict resolution skills.

Skills

Chronic illness understanding	●●●●●	Good
Reasoning ability	●●●●●	Very Good
Healthy living plans	●●●●●	Very Good
Community-based resources	●●●●●	Excellent
Medical assessment mastery	●●●●●	Very Good
Public outreach	●●●●●	Excellent
Schedule Coordination	●●●●●	Very Good

Work History

2020-03 - 2021-02

COVID-19 Vanguard (NYSC).

National Control of Disease Commission, Okada, Edo State

- Administered and interpreted COVID-19 symptom tests, including infrared temperature scans, nasal samples and surveys.
- Handled and stored potentially contaminated nasal, oral and blood samples to prevent compromise.
- Worked with pathologist to isolate abnormalities and narrow down likely diagnoses.
- Maintained strict aseptic fields when collecting biological samples, minimizing staff and patient infection risks.
- Assisted pathology team with skilled analyses by collecting nasopharynx

samples.

2019-08 - 2020-02

Community Health Intern.

Ogbomoso South Health Centre, Ogbomoso, Oyo state

- Helped vulnerable individuals navigate complex healthcare system.
- Targeted specific community groups with wellness and disease management information.
- Wrote and distributed informational materials on chronic diseases, infant mortality, substance abuse and other community health concerns.
- Administered immunizations or other basic preventive treatments.
- Contacted clients in person, by phone or in writing to ascertain compliance with required or recommended actions.

2017-08 - 2018-01

Community Health Aide (Industrial Training Program)

Onabayo Medical Centre, Ogbomoso, Oyo state

- Performed basic diagnostic procedures such as blood pressure screening, breast cancer screening or communicable disease screening.
- Transported or accompanied clients to scheduled health appointments or referral sites.
- Taught appropriate parenting behaviors to individuals or families.
- Exceeded goals through effective task prioritization and great work ethic.
- Quickly learned new skills and applied them to daily tasks, improving efficiency and productivity.

Education

2018-01 - 2019-07

Higher National Diploma in Community Health Extension Worker

Kwara State College Of Health Technology - Offa, Kwara State

2015-09 - 2017-07

National Diploma in Community Health

Kwara State College Of Health Technology - Offa, Kwara State

2007-09 - 2012-07

High School Leaving Certificate

Visto College - Ogbomoso, Oyo State