



CONTACT

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PERSONAL SKILLS

Mother tongue: Hungarian

LANG.	LIS.	REA.	INT.	PRO.	WRI.
English	C1	C1	B2	B2	B2
German	B1	B1	A2	A2	A2
Irish	A1	A1	A1	A1	A1

CEFR: A1/A2 basic · B1/B2 independent · C1/C2 proficient. Lis. listening, Rea. reading, Int. interaction, Pro. production, Wri. writing

JOB-RELATED SKILLS

Personal care	●●●●●
Moving & handling	●●●●●
Vital signs	●●●●○
Dementia care	●●●●○
Infection control	●●●●●
Care records	●●●●○

CERTIFICATIONS

- Basic Life Support – 2025
- Manual handling – 2025
- Safeguarding adults – 2024
- Infection prevention and control – 2024
- Dementia care awareness – 2023

COMMUNICATION AND ORGANISATION

Warm, clear communication with patients, families and nurses; handles hand-over accurately. Organises care rounds for 8–10 patients.

DIGITAL SKILLS

- Information – Independent ·
- Communication – Independent ·
- Content – Basic · Safety – Independent ·
- Problem solving – Independent

JOB APPLIED FOR · HEALTH CARE ASSISTANT

Eszter Tóth

Health Care Assistant · Hospital Medical Ward & Older Person Care

Nationality: Hungarian (EU citizen – right to work in the EU/EEA)

ABOUT ME

Health care assistant with 4 years of experience in acute hospital and nursing-home care. Supports patients with personal care, mobility, nutrition and observations under the supervision of registered nurses, and is trained in infection prevention, safe moving and handling and basic life support. Compassionate, dependable and attentive to dignity and safety. Seeking a health care assistant role in a European hospital or care home.

WORK EXPERIENCE

Health Care Assistant, Medical Ward 03/2024 – Present
Munster Regional Hospital, Cork, Ireland · Business or sector: public hospital healthcare (28-bed medical ward)

- Care for **8–10 patients per shift**: washing, dressing, toileting, feeding and repositioning, with respect for dignity and privacy.
- Record vital signs (temperature, pulse, blood pressure, oxygen saturation) and report changes to the nurse in charge in line with the early-warning score.
- Apply falls-prevention care and pressure-area checks; ward falls with harm fell by **20%** in 2025 after a team bundle I helped introduce.
- Assist with nutrition, hydration and fluid-balance charts; support end-of-life comfort care and families.
- Follow infection-control rules (hand hygiene audit result **97%**); orient 4 new staff and students.

Care Assistant, Dementia Unit 09/2022 – 02/2024
Lee Valley Nursing Home, Cork, Ireland · Business or sector: residential older-person care (45 residents)

- Provided person-centred daily care for **6–8 residents** on a dementia unit, using calm communication and activity routines.
- Supported mobility with hoists and slide sheets; kept accurate daily care records and handed over to nurses.
- Led group activities (music, reminiscence, walks) with high resident participation.

EDUCATION AND TRAINING

QQI Level 5 Certificate in Health Service Skills 09/2021 – 06/2022
Cork College of Further Education, Ireland · EQF level 4
Care skills, infection prevention, anatomy and physiology basics, communication, work placement in two care settings.

Upper secondary school leaving certificate (Érettségi) 2016 – 2020
Szent István Gimnázium, Szeged, Hungary · EQF level 4

ADDITIONAL INFORMATION

Availability: day, night and weekend shifts · Driving licence: B