

CURRICULUM VITAE (CV)

MARTHA HENRY MLAY

1: PERSONAL DETAILS

SUR NAME	:	MLAY
FIRST NAME	:	MARTHA
DATE OF BIRTH	:	18TH OCTOBER 1993
SEX	:	FEMALE
MARITAL STATUS	:	SINGLE
NATIONALITY	:	TANZANIAN
PERMANENT ADDRESS	:	P. O. BOX 8848, Dar es Salaam
Mob	:	+255 (0) 745 035 154
		+255 (0) 657 035 154
E-mail	:	marthahenry.bob@gmail.com

Profile

I am God fearing person, highly ambitious and very upright. I am endowed with work, social and personal ethics, a believer of probity, very outgoing, results oriented and committed to duty. In addition, I am self-motivated and a reliable team player. Skilled in teamwork and my interpersonal communications are of proven qualities, with the ability to work under minimal supervision and in very high-pressure situations. I would like to describe myself as a dynamic and motivated individual, able to work independently and as part of a team. My ambition is to be equipped with distinguished knowledge, attain excellence and competence in the medical field so as to bring positive impact to the society, and I am passionate in contributing my full potentials and give my best to build a better working world.

2: EDUCATION BACKGROUND

- 2014-2018: Hubert Kairuki Memorial University
Bachelor of Science in Nursing (BScN)
- 2012-2014: St. Mary Goreti Secondary School
Advanced Certificate of Secondary School Education Examination Tanzania
- 2008-2011: Visitation Girls' Secondary School
Certificate of Secondary School Education Examination Tanzania

3:0 PUBLICATIONS

RESEARCH REPORT IN SEPTEMBER 2017:
"Prevalence and factors associated with infant mortality"

3:1 PERSONAL DEVELOPMENT AND TRAINING

- Computer literate
- Military service at 834KJ MAKUTUPORA

3:2 WORKING EXPERIENCE

DECEMBER 2019 – Present, Premier Care Clinic

DUTIES:

- Counselling and screening diseases such as TB, HIV and hepatitis
- Administration of international and national vaccines
- Vital taking and interpretation
- Drug administration, wound dressing
- Providing health education to patients.
- Performing tests such as full blood picture, malaria, urinalysis, cholesterol and interpreting the results
- Close monitoring and observation of serious patients and documentation
- Assisting in theatre for minor operations with preparation of theatre and patients, observing the patient during and after the procedures, assisting the doctor in the procedures like a runner or scrubbing nurse and maintaining sterility throughout the procedures
- Providing pre-natal and post natal care

SEPTEMBER 2018 - OCTOBER 2019, Internship at Muhimbili National Hospital

DUTIES

- Drug administration
- Monitoring serious unconscious patients in the ICU and providing them with nursing care
- Vital taking
- Receiving and /Preparing patients for surgery
- Assisting surgery
- Developing nursing care plans
- Discharge planning
- Receiving patients in the emergency department and triaging them accordingly
- Stabilizing serious patients before admission from the emergency department
- Wound assessment and dressing
- Health education to patients and their care takers
- MAY 2018- JULY 2018, Community field work at Lushoto District in Tanga Region.
- Interaction with people of different culture and taboos.
- Determination of diseases facing the concerned community
- Discuss with the community on how to manage and prevent the diseases in the future.
- Participation in community meetings and educate them on bad cultural practices such as Female Genital Mutilation (FGM) and early marriages

JUNE 2017-SEPTEMBER 2017, Research work at Mwananyamala Hospital, DSM

Conducting a research and report on the prevalence and factors associated with infant mortality at Mwananyamala Hospital.

JANUARY 2016- AUGUST 2017 Clinical rotations at Muhimbili Hospital and Magomeni Hospital

- Determination of diseases facing the concerned patients
- Providing care to patients with different conditions.
- Providing health education to patients.
- performing tests and interpreting the results
- Developing nursing care plans

SEPTEMBER 2016-DECEMBER 2016, Field work at Mirembe Mental Hospital in Dodoma

In the field, I handled mental patients; learn the causes, features and treatments of different mental illnesses.

4:0 LANGUAGES

	Speaking	Writing	Listening
• English	Excellent	Excellent	Excellent
• Kiswahili	Excellent	Excellent	Excellent

5:0 KEY SKILLS AND ABILITY SKILLS

- Effective Communication (speaking, writing and listening)
- Problem solving and creativity
- Teamwork skills and Team Player who Works easily with others
- Professional work Attitude-Organized, efficient, punctual and flexible

6:0 REFEREES

Dr. Nyasinde Albert (MD/MMED/OBSTRETICS)
Premier Care Clinic
P. O Box 220
Dar es Salaam, Tanzania
Tel: +255 767618217
E-mail: drnyasindealbert@gmail.com

Nyanjura Nyaruga (RN,BScN,CVN Resident)
Jakaya Kikwete Cardiac Institute
P.O BOX 65141
Dar es Salaam, Tanzania
Telephone: +255 714484252
E-mail: nyanjura01@yahoo.com

Latifa Amri (RN, BScN)
Telephone: +255 712059142
E-mail: latifaamri97@gmail.com
Dar es salaam, Tanzania.