
HEPHZIBAH NMESOMA NDULUE

PERSONAL INFORMATION

Date of birth: 7th October, 1998

State of Origin: Anambra State

L.G.A: Anaocha Local Government Area

Gender: Female

Marital Status: Single

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PROFESSIONAL SUMMARY

A dedicated and results -oriented Public Health Practitioner with knowledge of health promotion, disease prevention, community health, health education, and data management. Skilled in communication, teamwork, problem-solving, and program implementation, with the ability to work effectively in multidisciplinary environments. Passionate about improving population health outcome through quality healthcare service delivery. Building an enviable career through hard work, excellent performance, honesty, deep sense of commitment and responsibility.

CORE SKILLS

- Patient and Family Education
 - Vital Signs
 - Good Organization and Communication Skills
 - Interdisciplinary Collaboration
 - Technology Skills
 - Health education and promotion
 - Ethics and Confidentiality . Attention to detail
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WORK EXPERIENCE

Primary Health Centre Emangabe, Cross River State
Student Intern

2024

Duties:

- Assisted health care workers in providing direct patient care, including medication administration, and patient assessment
- Performed all public health functions including health promotion, screening programs, home visits and vaccinations
- Provided prenatal, postnatal, antenatal care to pregnant women. E.g. health education, vital signs monitoring, monitoring of mother during labor and delivery. Ensured safe labor and delivery.
- Performed basic patient procedures, such as wound care and specimen collection, with attention to detail and infection control protocols.
- Documented and communicated patient information accurately and promptly, maintaining confidentiality and privacy.
- Assisted with laboratory tests, medication administration and monitoring vital signs, ensuring patient safety and well-being.

Initiative for people's good health (IPGH)

2024

Calabar, Cross River State

Student Intern

Duties

Executed comprehensive public health functions, home visits, vaccination enhancing community health outreach and increasing participation in screening programs.

Engaged in immersive fieldworks, community mobilizations, handled vital data and files, gained practical skills needed to lead health programs as it concerns community health and development.

EDUCATIONAL QUALIFICATION

University of Calabar, Calabar,

Cross River, Nigeria

• **Program:** Bachelor of Science (BSc) in Public Health

2019 – 2024

- **Thesis:** Knowledge and perceptions on the effects of climate change on food security among caregivers of under-five children in Akpabuyo Local Government Area, Cross River State, Nigeria.
- **Thesis Supervisor:** Dr. Amalachukwu Esther Uzomba
- **Relevant coursework:** International Health, Environmental Health, Systemic Anatomy, Public Health Nutrition, Family Health, Health Education and Health Promotion, Disaster and Emergency Management, Occupational Health, Pharmacology, Basic Parasitology, Health service management.

Ado Girls secondary school , onitsha , Anambra state

2009-2015

West African Secondary School Certificate

Excellent Nurs and Primary school

2001-2009

First School Leaving Certificate

CERTIFICATES AND AWARDS

Certificate of 9 months Entrepreneurship Development Program on foundations of entrepreneurship development, intermediate entrepreneurship development and practicum1, advanced entrepreneurship development and practicum 2“ (6th November 2023).

Certificate of Attendance for attending the International Conference for Public Health students 2024, in collaboration with the University of Warwick (November, 2024).

SOFT SKILLS

- Flexibility and Adaptability
- Commitment to Learning
- Emotional Intelligence and Observation Skills
- Compassion and Empathy
- Critical thinking Skills
- Open-mindedness
- Ability to analyze and summarize situation, take initiative and be innovative
- Respectful and Reliable
- Organizational Skills
- Time Management
- Leadership and social influence
- Attention to details
- Charismatic

TECHNICAL SKILLS

Microsoft Office Package: MS Word, MS Excel, MS PowerPoint, MS Outlook and MS Access.

HOBBIES

- Reading
- Cooking
- Watching movies
- Traveling &
- Vlogging

VOLUNTEER ACTIVITIES

- Primary compassionate care (on-site volunteer)
- Health outreach and community mobilization with IPGH (on-site volunteer)
- World Health Organization (Online volunteer)
- United Nations (Online volunteer)
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REFEREES

DEPARTMENT OF PUBLIC HEALTH

UNIVERSITY OF CALABAR, CALABAR

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HEAD OF DEPARTMENT, DEPARTMENT OF PUBLIC HEALTH

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