

Ruth Nthala

Operation support professional | Registered Nurse

SUMMARY

Operations Support Professional and Registered Nurse with 5+ years' experience in HIV prevention, community health outreach and program coordination. Skilled in client support, health education and data-driven community interventions. Demonstrates strong communication skills, teamwork, and problem solving abilities developed through both professional practice and structured workplace training. Committed to improving service delivery through hard-work and efficiency.

Experience

NOVEMBER 2025 – PRESENT

Community Impact Lead: The Ubuntu Project (Caring in Crisis Africa UK)

- Lead community-based initiatives focused on health awareness and behavioural change
- Support the implementation of community programs and outreach activities.
- Engage with community members and stakeholders to identify needs and provide support.
- Coordinate project documentation, reporting, and impact tracking.

JANUARY 2023 – MAY 2025

HIV Prevention Support: Center for Infectious Disease and Research in Zambia (CIDRZ)

- Provided HIV prevention education and counselling to individuals and groups
- Supported community testing initiatives and awareness campaigns
- Engaged in administrative duties such as registering clients and ensured data entry on the electronic health record system.
- Communicated, consulted and collaborated with stakeholders of the community to develop appropriate HIV and reproductive health outreach programs.

Core Competencies

- Healthcare & Community Health
- Patient care and clinical support
- Maternal and perinatal mental health awareness
- Health education and patient communication
- Digital & Administrative Skills
- Digital literacy and online collaboration
- Report writing and documentation
- Data organization and spreadsheets
- Virtual communication and teamwork

- Project & Community Work
- Community engagement
- Program support and coordination
- Stakeholder communication
- Social impact initiatives

Personal Strengths

Compassionate leadership | Strong communication | Problem solving | Adaptability and continuous learning

Education

NOVEMBER 2021

[Bachelor of Science in Nursing/](#) Chreso University, Lusaka, Zambia.

GPA 4.0/5

Professional Certification

[Perinatal Mental Health_eMAMA Programme](#)

Training focused on maternal mental health and psychological wellbeing during pregnancy and postpartum periods. Developed skills in identifying and supporting mothers experiencing mental health challenges.

[Digital Skills Training – Workplace Fundamental Skills \(WFS\) _I-Train Africa](#)

Training in digital productivity tools and remote collaboration.

Project management fundamentals.

Data organization and reporting.

Professional communication and online work readiness.