

Sun Road, Leppington, NSW, 2179  
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## **Miss Ashmita Shrestha**

### **ASSISTANT IN NURSING (AIN)**

#### **PERSONAL SUMMARY**

I am an energetic and motivated individual who is passionate about improving people's lives and making sure that every person under my supervision receives the highest level of care and attention. I am comfortable to work and deal with older people, people with physical or learning disabilities and their families and carers.

I am currently looking for the challenging yet rewarding role in an aged care sector that will offer me the opportunity to enjoy a rewarding career as part of friendly and supportive team.

#### **PERSONAL CARE EXPERIENCE:**

##### ***Local Experience (Australia):***

##### **DOUTTA GALLA AGED CARE FACILITY, Moonee Pond, Queens Park, VIC 3039**

10<sup>TH</sup> SEPTEMBER 2023 – 10<sup>TH</sup> NOVEMBER 2023

- 120 hours of work placement at **Doutta Galla**, Aged Care Facility, VIC

##### **VITAL HOME HEALTH NURSING AGENCY, Burwood, Sydney NSW**

MAY- AUGUST 2024

- Provided personalized care and support to elderly and disabled clients in their homes, ensuring their comfort, dignity, and safety.
- Assisted clients with daily living activities, including bathing, dressing, grooming, and mobility assistance.
- Administered medication as prescribed, monitored vital signs, and reported any changes in client's conditions to registered nurses and healthcare providers.
- Developed strong relationships with clients and their families, fostering a sense of trust and promoting a positive environment.
- Implemented care plans as directed by healthcare professionals, ensuring all tasks were completed to the highest standards.
- Documented care provided and any significant observations, maintaining accurate and up-to-date records.
- Assisted with light housekeeping duties, meal preparation, and ensuring a clean and safe living environment for clients.
- Participated in ongoing training and development to stay current with best practices in patient care and support.

##### **Key Duties**

- Responsible for undertaking personal care duties as required to residents including toileting, washing/showering, grooming, shaving, feeding, serving meals, dressing/undressing, manual handling, transferring etc.
- Supporting residents in a way that maintains confidentiality, dignity, and privacy.
- Promoting independent living to residents

- Providing emotional support to the residents
- Keeping resident's rooms organized, tidy and well stocked.
- Safeguarding resident's property and belongings.

## **PROFESSIONAL SKILLS AND COMPETENCIES**

- Physically fit and able to lift, move and care residents adequately.
- Knowledge of using manual handling procedures and lifting equipment to help with a resident's mobility.
- Good hygiene skills (e.g. food handling, hand washing etc.)
- Ability to work within a team as well as on own initiative.
- Can manage priorities under pressure.
- Fully aware and respectful of a residents' rights, as well as their religious and cultural beliefs
- Able to communicate with residents properly.
- Ability to work with health and safety guidelines.
- Can remain calm in difficult situations and support others at the same time.

## **CERTIFICATE AND TRAINING**

- Certificate III in Individual Support -2023
- First Aid Certificate-2023
- Manual Handling Training- 2023
- Current Australian Police Clearance Certificate- 2024

## **AVAILABILITY**

- Available all seven days in a week.

## **REFERENCE**

Melbourne City College of Australia, Level 9, 120 Spencer Street Melbourne, VIC  
 Jasmine kaur  
 Trainer  
 Email: info@melbournecitycollege.edu.au  
 Contact no.: +61 396148422

Advantaged Aged Care, Sydney, NSW  
 Sarita Shrestha  
 RN  
 Contact no.: 0426911995

The Alfred Hospital, Melbourne, VIC  
 Rajani Shrestha  
 RN  
 Contact no.: 0452608291