

Puja Risal
0451841005
Risalpuja2@gmail.com

CAREER OBJECTIVE

A self-motivated, enthusiastic Nursing Assistance who can accomplish all assigned responsibilities with minimal supervision. A compassionate Nursing assistance who has extensive knowledge of nursing and age care. As a truly professional who offers highest level of comfort and care to resident by maintaining privacy and dignity. An experienced and fully qualified nurse who is efficient, thorough, and passionate about delivering the best levels of care to resident. I possess extensive healthcare experience in a wide range of key nursing fields and has the required physical, mental, and emotional strength to stand up to the rigours of this demanding profession. I can work autonomously and vast knowledge of using state of the art medical equipment to care, observe and record the care of resident.

SKILLS

- Problem solving skills. Customers do not always self-diagnose their issues correctly.
- Patience. Patience is crucial for AIN.
- Attentiveness.
- Emotional intelligence.
- Creativity and resourcefulness.
- Persuasion skills
- Ability to multitask.
- Perfect for working, effective communication skill.
- Diligence and dedicated to work.
- A good memory and able to maintain positive working.
- Proficient in Excel, MS-Word, Power Point
- Proficiency in using hoists or lifters.

EMPLOYMENT HISTORY AND PROFESSIONAL TRAINING

Health Care Provider – Presbyterian Aged care, Ashfield

August 2018-March2019

Duties:

- Assisting residents with mobility equipment, helping with food and fluids, maximising a resident's physical function through rehabilitation, and maintaining domestic aged care arrangements.
- Keeping eye on a resident's vital records and behavioural changes and report these changes to a RN.
- Aid with personal hygiene for older residents, like bathing, showering, dressing, toileting and more.
- Provide a lot of physical and emotional support for residents and their families.
- Assist with any rehabilitation or exercise programs, and plan and evaluate nursing care plans for residents in partnership with an RN or health care team.

Health Care Provider – St. Patrick, (Australian unity) Kogarah

August 2021-present

Duties:

- Assisting residents with mobility equipment, helping with food and fluids, maximising a resident's physical function through rehabilitation, and maintaining domestic aged care arrangements.
- Keeping eye on a resident's vital records and behavioural changes and report these changes to a RN.
- Aid with personal hygiene for older residents, like bathing, showering, dressing, toileting and more.
- Provide a lot of physical and emotional support for residents and their families.
- Assist with any rehabilitation or exercise programs, and plan and evaluate nursing care plans for residents in partnership with an RN or health care team.

SOFT SKILLS

Team Player | Customer Service | Time Management | Problem-Solving | Excellent Interpersonal & Communication Skills | Self-Driven | Adaptable | Attention to detail | Positive Attitude | Flexible

EDUCATIONAL SUMMARY

Certificate III in Age Care (Advance college, Burwood)

August 2018 – Feb 2019

Bachelor

March 2012-July 2016

VS Niketan college Kathmandu, Nepal

LANGUAGE

English: Native Proficiency

REFERENCE

Available on request