

**AADARSHA KATUWAL**  
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## **SUMMARY**

Highly compassionate and dedicated individual seeking a position as an Assistant in Nursing (AIN) at an esteemed aged care facility.

Adept at providing exceptional care and support to elderly residents, with a strong commitment to enhancing their quality of life.

## **EXPERIENCE**

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Jun 2022 - Present      **E4 Healthcare Recruitment - Assistant in Nursing (AIN)**

Casual              **Care live smile - Home Care Assistance**

Sep 2021- Oct 2021      **RFBI Concord Community Hostel - Clinical Placement**

### **Duties Performed**

- Assisted residents with activities of daily living (ADL), including personal hygiene, mobility, and nutritional support.
- Collaborated with healthcare professionals to develop and implement individual care plans.
- Provided emotional support and companionship to residents, engaging them in meaningful activities.
- Assisted in the maintenance of a clean and organized living environment, ensuring infection control measures were followed.
- Responded to emergencies and provided first aid when necessary, demonstrating calmness and quick decision-making skills.

## **EDUCATION**

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2014-2018      **Bachelor of Technology (Civil Engineering)**

## **SKILLS**

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- Proficient in providing personal care, including assistance with grooming, bathing, dressing, and toileting.
- Skilled in administering medications, monitoring vital signs, and documenting residents' health status.
- Strong ability to assess residents' needs and develop individualized care plans.
- Knowledgeable in managing medical equipment and assisting with medical procedures.
- Excellent communication skills, enabling effective collaboration with residents, their families, and interdisciplinary healthcare teams.
- Compassionate and empathetic nature, with the ability to provide emotional support and companionship.
- Efficient in maintaining a clean and safe environment for residents, including infection control protocols.
- Ability to handle challenging situations with patience, professionalism, and adaptability.

## **Certifications**

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- Certificate III in Individual Support -National Career Institute, 2021
- NDIS Worker Orientation Module
- NDIS Worker Check
- Infection Prevention and Control
- First Aid and CPR Certification

## **Professional References**

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- Shova Shrestha, Senior team member, E4 Recruitment and Southern Cross Care
- Sahansil Chaulagain, Supervisor, Care Live Smile