

Aastha Pun

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PROFESSIONAL SUMMARY

I am an enthusiastic second-year Nursing student looking for an opportunity to enhance my career in healthcare sector where I can implement and further enhance my skills. Hardworking and passionate job seeker with strong organizational skills eager to secure entry-level assistance in nursing position. My experience has enabled me to use strong work ethic, top patient care to enrich lives, and enhance any fast-paced medical environment. I have worked with bedridden, physically challenged, and major neurocognitive disorder residents and patients. I have also an experience of working in a covid outbreak during my placement. I can easily adapt on keeping medical records and following patients' safety regulations.

PROFESSIONAL EXPERIENCE

Student Nurse – Aged care

*Catholic Healthcare Holy Spirit Casula (APNA) | 76 Marsh parade, Casula |
06/05/2024 – 17/05/2024 (2 weeks)*

Assistant in Nursing (SRN)

- Provide ongoing compassionate quality patient care while following the standards of care.
- Infection control practice
- Following the care plans
- Reported concerns to Nurse, supervisor, or Manager in-charge.
- Assisted with ADLs.
- Repositioned residents using proper body mechanics to prevent pressure injuries
- Vital signs Observations
- Assisted residents with physical activities conducted by physiotherapist.
- Documented and recorded information in EMR system.

Student Nurse – Rehabilitation

Concord Hospital 3A/ Hospital Road, concord | 19-9-2024 – 27/09/2024(3 weeks)

Assistant in Nursing (SRN)

- Regulating 8 standards of care.
- Showering, bathing, pressure area and skin care, assist with toileting and assist in mobilizing the patient for better comfort.
- Provided choice, Empathy, Dignity and Respect for residents to achieve maximum quality of life and independence.
- Observe and report any changes and completion in line with the care plan.
- All other care involved to provide holistic care to the patients.
- Carried out day-day-day duties accurately and efficiently.
- Maintained energy and enthusiasm in fast-paced environment.

Student Nurse – Palliative Care Ward

Auburn Hospital/ Hargrave Road auburn/ 30-9-2024 – 11/10/2024(ongoing)

Assistant in nursing (SRN)

- Provided patient-centred care for terminally ill patients, ensuring comfort and dignity.
- Assisted with pain management through medication administration and non-drug interventions.

- Worked with a multidisciplinary team to create individualized care plans.
- Supported families by offering emotional support and education on the palliative process.
- Conducted assessments and reported changes in patients' conditions.
- Managed symptoms like dyspnoea, nausea, and anxiety using evidence-based methods.
- Developed strong communication skills and advocated for patient needs.
- Helped with end-of-life care planning, including advanced directives.

Reference:

- *Monica Baarbe (Facilitator, student placement)- 0423439992*
- *Sapana Ramjali (RN, concord hospital)- 0415734861*

Strengths

- Quality patient centred care
- Organization and prioritisation
- Time management
- Observation skills
- Activities with daily living
- Excellent communication skills
- Emotional support
- Vital signs measurement
- Team Player
- Critical thinking

Career objectives:

- Dedicated and compassionate nursing student seeking to gain valuable experience in hospital settings and aged care. Eager to apply clinical skills, provide high-quality patient care, and continue learning from experienced healthcare professionals
- Committed to developing a strong foundation in nursing practice with a focus on patient safety, empathy, and continuous improvement, ultimately aspiring to become a skilled and confident registered nurse.

EDUCATION

Bachelor Of Nursing: Nursing

Western Sydney University – Parramatta South, NSW (2023 – 2026)

High School Diploma: Science Education

St. Xavier's college – Kathmandu, Nepal

Training

- First aid training
- CPR training

LANGUAGES

- Nepali (Native)- Fluent
- English – Fluent
- Hindi