

ASHOK POUDEL

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40 Glenair St, Templestowe Lower, VIC 3107

Professional Summary

A dedicated and compassionate qualified healthcare worker with an extensive experience in providing individualized quality care and support to elderly and vulnerable residents. Have been involved in assisting with daily living activities with an exceptional nursing care. NDIS number is 53512191.

Work Experience

Adina care | Cootamundra, NSW, Australia

March 2024-July | Full time

Care services employee/Assist in Nursing

Ryman Healthcare | Melbourne, Australia

April 2023-Sep2023

Personal Care Assistant

Rosewood Garden | Melbourne, Australia

March 2023-Sep 2023

Personal Care Assistant

CUMBERLAND VIEW AGE CARE | Melbourne, Australia

DEC 2022-March 2023

Personal Care Assistant

Camberwell Garden, Menarock life, aged care services | Melbourne, Australia

Feb 2021- Sep 2022

Personal Care Assistant

Role

- Assist residents with their personal hygiene care needs I.e., showering, toileting, grooming, etc.
- Assist residents with feeding and mobility support.
- Provide companionship, support, engage residents in the recreational activities.
- Monitor residents specially associated with high-risk fall, any bruises or abrasions in their body and report to the nurse in charge.
- Support residents mentally, emotionally, and psychologically.
- Documentation of vital charts of the residents and report to the in-charge.

Skills

- Good communication skills
- Time management and flexibility
- Eye for detail and accuracy
- Customer services and satisfaction
- High sales volume ability
- Relationship management
- Knowledge on Microsoft office package
- Team-oriented

Competencies

- ❖ Understanding and preventing dementia
- ❖ Understanding of aged care standards
- ❖ Working With Children Check (WWC)
- ❖ First aid and CPR training certificate
- ❖ Manual handling certificate
- ❖ Infection control training for covid-19

Education

- **Certificate 3 in Individual support**, Melbourne City College, Australia
- **Bachelor of Pharmacy**, Pokhara University, Nepal

- **Masters in health services management**, Australia

Relocation

Willing to relocate if offered something suitable role with opportunities