

Ritu Mahara

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Nursing professional

Implementing assistance skills and build strategies to achieve expectation of an organization.

Key areas of ability

- Rapport and relationship management with lasting focus.
- Enthusiastic, knowledge as well as committed to excellence in my work.
- Hardworking and fast learner to a new environment of work.
- Highly motivated self-starter who takes initiative with minimal supervision.

Education

Masters in Earth and Environmental Science at the University of Wollongong , Wollongong, NSW from 2024 to now

Completion of Bachelor in Science (Geology) from Tri Chandra Multiple College, Kathmandu, Nepal in the year 2020.

Completion of 10+2 in Science from Kathmandu Bernhardt College, Kathmandu, Nepal in the year 2016.

- School Leaving Certificate from Shree Janakalyan Secondary School, Arghakhanchi, Nepal in the year 2014.

Trainings

- Manual handling
Aussieglobe Academy
- First aid management and CPR
Aussieglobe Academy

Certifications

- Certificate IV in Ageing support
Aussieglobe Academy
- First Aid and CPR

Aussieglobe Academy

- NSW Police Check

Work Placement

- Turramurra House Nursing Home (Thompson Health Care)
34 Curagul Rd, Turramurra NSW 2074

Work Experience

AIN Placement at Turramurra House Nursing Home, Turramurra (January 2025)

Key responsibilities

Provide personal care and assistance with daily living activities to individuals with disabilities, ensuring dignity and respect.

Foster a supportive and empowering environment that promotes client independence and inclusion.

Assist clients with maintaining a clean and safe living space, including light housekeeping and meal preparation.

Support clients in accessing community resources, transportation, and social activities, promoting social engagement.

Administer medications and monitor health conditions as directed by healthcare professionals.

Maintain accurate and detailed records of client progress, care plans, and any incidents, ensuring compliance with organizational standards.

Demonstrate sensitivity and respect for cultural diversity, personal preferences, and individual needs.

Communicate effectively with clients, their families, and the care team to ensure continuity of care.

Respond promptly to emergencies and crisis situations, providing appropriate care and intervention.

Uphold ethical standards and maintain confidentiality of client information.

Adhere to health and safety regulations to ensure the well-being of clients and yourself.

Skills

Proficient in providing personal care and support to individuals with disabilities, enhancing their quality of life.

Strong ability to foster a positive and empowering environment that promotes client independence.

Excellent communication skills, both verbal and non-verbal, with clients, families, and the care team.

Competent in administering medications and monitoring health conditions under healthcare professional guidance.

Skilled in maintaining accurate records, ensuring compliance with care plans and organizational policies.

High level of cultural competence, demonstrating sensitivity and respect for diverse backgrounds and individual preferences.

Strong crisis management skills, with the ability to respond to emergencies effectively and calmly.

Adept in following health and safety regulations, ensuring a safe environment for clients and colleagues.

Achievements

Highly appreciated at my work placement for my quick learning attributes.

Highly appreciated by the trainer for my performed work.

Interest

Aged care, Disability care.

Work for the community and society

Home care

Computers and technologies.

References

Available upon request