
ALINA ADHIKARI
Adhikarialeena51@gmail.com

NURSING PROFESSIONAL

Implementing nursing skills and building strategies to exceed expectation of Stakeholders

PROFESSIONAL PROFILE

- ◆ Completed 120 hours placement at **BUPA AGE CARE, MOSMAN**
- ◆ Completed studying and work placement as a **Certificate III in Individual Support (Aging and Disability)** caring elder and disable people with proper documentations.

KEY AREAS OF ABILITY

- Analysis, strategy development and delivery from identified needs
- Traditional care and commitment to organizational targets
- Communication nucleus with depth of cultural awareness
- Rapport and relationship management with lasting focus
- Enthusiastic, knowledge-hungry learner and committed to excellence in my work
- Highly motivated self-starter who takes initiative with minimal supervision
- Conscientious go-getter who is highly organized, dedicated, and committed to professionalism
- Resourceful team player who excels at building relationships with customers and colleagues
- Productive employee with solid work ethic who exerts optimal effort in successfully completing tasks

HIGHER EDUCATION

- ◆ Graduate Diploma in Nursing – Kathmandu Institute of Technological Science, Nepal (April 2015 to June 2018)

TRAININGS

- ◆ Manual Handling
- ◆ Infection Control and Hand Hygiene
- ◆ Dementia Handling
- ◆ Elder Abuse Training
- ◆ WHS Training
- ◆ Cultural Diversities Training
- ◆ Incident/Accident/Hazard Management Training
- ◆ Continence Management and Assessments
- ◆ Vital Signs

CERTIFICATIONS

- ◆ **Certificate III in Individual Support (Aging and Disability)**
- ◆ **Basic Life Support (BLS) Training**

PROFESSIONAL EXPERIENCE

- ◆ Age care worker
- ◆ Breast Feeding Counsellor
- ◆ Home Care Nurse
- ◆ Staff Nurse

PROFESSIONAL REFEREES

- ◆ Santosh Pathak (Trainer)
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Phone: 0420688574/0282830401
- ◆ Merina Adhikari (Registered Nurse)
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Assistant In Nursing- Under Supervision (Work Placement)

- To establish rapport with families, staff and volunteers and facilitates communication between
- To protect the rights of residents and ensure care provided maintains resident's dignity and privacy.
- To respect the confidentiality of residents as well as other team members
- To understand the internal/external complaints mechanism
- To have an understanding and commitment to Continuous Quality Improvement
- To attend the personal needs of the resident including all activities of daily living, social emotional support in accordance with the care plan and at the direction of the Supervisor Care Leader / Duty Nurse
- To provide opportunities for residents to participate in meaningful activities.
- To support resident's choice/decision making
- To provide domestic services in the residential facility including food handling, laundry, cleaning and other tasks as instructed by the Care Leader / Registered Nurse
- To report and document any changes in resident's health and well-being.
- To maintain hygiene/safety practices in accompanying caring tasks
- To demonstrate an ability to complete appropriate Incident/Hazard Reports
- To have awareness of practices and maintains a safe environment including Fire Safety, Evacuation, and Emergency Procedures
- To maintain the workplace equipment and environment
- To recognize health and environmental hazards and reports damages, faults and problems, using appropriate incident reporting
- To fulfill duties as allocated and prepared to alter routines to meet the changing needs of the residents.
- To work cooperatively as a team member and supports new and less experienced staff
- To maintain appropriate hand-washing techniques
- To follow correct Manual Handling Procedures

Key Responsibilities as an AIN:

- To maintain WH&S standards
- To provide training and support to the new staffs
- To maintain proper chemical handling procedures
- To maintain proper cleaning and hygiene standards

ACHIEVEMENTS

- Highly appreciated for my hard work and efforts wherever I had worked
- Highly appreciated at my work placement for my quick learning attributes
- Highly appreciated by the management and the clients for my contributions and support

INTEREST

- Working for the community and society
- Aged care, disability care and childcare
- Basic computers with administration roles