

# Alisha Karki

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## SUMMARY

I am actively seeking an opportunity to contribute to the aged care sector. I have experience as a Patient Care Assistant (PCA) in various hospitals and a Certificate III in Aged Care. Also, I have developed strong communication, empathy, and teamwork skills, and am dedicated to enhancing the well-being and dignity of elderly individuals. Eager to apply my experience and further my expertise in creating a positive impact for those in need of support.

## Training/Certifications

- HLTAID011 First Aid
- HLTWHS005 Manual Handling
- Cert III in Individual Support

## EXPERIENCE

### ***Rockingham General Hospital***

#### ***Patient Support Assistant***

Nov 2024 – March 2025

Duties and Responsibilities:

- Assist patient with daily living activities, including personal hygiene and self-care.
- Supporting patients with mobility, assisting with meal delivery, sometimes helping with feeding and distributing drinks, while following dietary instructions provided by the nurse.
- Clean patient rooms /ensuites including beds, bed areas and medical equipment / medical fixtures, ward trolleys and chairs
- Remove dirty linen bags and waste from ward to central collection point.
- Dispose of sharp containers and replace with empty sharp containers.
- Assisting the nurse with patient turns as needed to ensure comfort, safety and proper positioning.
- Collect and deliver items, specimens and equipment.
- Making incident reports and taking part in work health and safety programs.

## ***Royal Perth Hospital- (Agency- Programmed Health Professionals)***

### ***Patient Care Assistant***

May 2024 - March 2025

#### **Duties and Responsibilities:**

- Supporting the patient with everyday tasks, such as personal hygiene.
- Assists nursing staff with patient care activities including patient transfers, turning, lifting, repositioning etc.
- Transferring patients into wheelchairs and hospitals beds within the Hospital
- Discharge cleaning of patient areas and ensure proper bed making.
- Clean patients' water jugs and distribute fresh water as needed.
- Refilling & restocking - toiletries, staff rooms, kitchens, trolleys, tilts, change rooms, and patient rooms.
- Collect and deliver items, specimens, and equipment as required.
- Making incident reports and taking part in work health and safety programs.

## ***Quadriplegic Center***

### ***Cleaner***

Jan 2024 – May 2025

#### **Duties and Responsibilities:**

- Cleaned and sanitized resident rooms, common areas and bathrooms according to established standards.
- Respecting the residents' concerns and maintaining their privacy before entering their rooms and performing cleaning tasks.
- Inform the nurses, seniors or supervisor if any hazards occur to ensure the safety of residents and people around us.
- Disinfected high-touch surfaces such as doorknobs, light switches and handrails.
- Emptied trash receptacles and replaced liners as needed.
- Restocked cleaning supplies and toiletries to maintain adequate inventory levels.
- Communicated effectively with supervisors and team members to coordinate tasks and addressing issues.

## **EDUCATION**

Milestone International College, Balkumari, Kathmandu, Nepal)

Higher Secondary Education

Jul 2012- Feb 2014

Kotdevi Public English Secondary School, Koteswor, Kathmandu, Nepal)

School Leaving Certificate

Jan 2011- Feb 2012

## **Skills**

Time management, Communication, Attention to Detail, Team Work, Problem solving

## **Language**

Nepali, English, Hindi

## **Reference**

Shraddha Silwal

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Bentley Health Service

Registered Nurse