

Anisha Dahal

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ASSISTANT IN NURSING

Objective

A dedicated and compassionate professional with hands-on experience in aged care facilities, including placement as an Assistant in Nursing. Skilled in maintaining a clean, safe, and supportive environment for elderly residents. Seeking to contribute to a team-oriented environment where I can apply my knowledge, interpersonal skills, and commitment to high-quality care.

Experience

Housekeeping

Nov 2024- Present

Montefiore Residential Care - Hunter Hills, NSW

- Maintain a clean and safe environment to support residents' health.
- Assist in infection control by disinfecting high-touch surfaces identified by nurses.
- Assist with laundry services, ensuring clean clothes and linens for residents.
- Promptly clean spills or hazards as directed by the nursing team.
- Communicate with nurses about any hygiene or maintenance concerns.
- Support nurses in creating a comfortable and dignified space for residents.
- Work alongside nurses to uphold health and safety standards in the facility.
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Assistant in Nursing (Placement)

Jan 2025- Feb 2025(120HRS)

Uniting Bruce Sharp Lodge -Rockdale, NSW

- Assist residents with personal care tasks such as bathing, dressing, and grooming.
- Help residents with mobility, including transfers and using mobility aids.
- Monitor residents' health and report any changes to the nursing staff.
- Provide assistance with meals, including feeding and ensuring dietary needs are met.
- Administer medication or ensure residents take their prescribed medications as directed.
- Follow infection control protocols to maintain a clean and safe environment.
- Offer emotional support, comfort, and companionship to residents.
- Document care activities and observations accurately in residents' records.
- Collaborate with nurses and healthcare professionals to provide coordinated care.
- Assist with cleaning and maintaining a safe, hygienic environment for residents.

Education

Bachelor of Science in Geology

2022

Tribhuvan University, Nepal

Training:

- First Aid Training
- CPR Training

Certificates

- Police certificate
- First Aid and CPR Certificate
- Hand Hygiene Hand Dermatitis
- NDIS Worker Orientation Module
- Basics of Infection Prevention and Control for aged care
- Covid Vaccine Certificate (3 doses)
- Flu Vaccine 2024

Personal Attributes:

- Strong problem-solving and multi-tasking abilities.
- Highly reliable, with a strong work ethic and dedication.
- Excellent organizational, prioritization, and time management skills.
- Effective communicator with strong interpersonal skills.
- Capable of working well both independently and as part of a team.
- Able to work efficiently with minimal supervision.

References:

Available upon request