

Anjila Bhattarai

Sydney, NSW 2174 | 0493709796 | anzeebhattarai85@gmail.com

Education

Proficiency Certificate Level Nursing (Staff Nurse)

Norvic Institute of Nursing Education, Maharajgunj, Kathmandu Nepal
December – 2013 (Graduated).

Bachelor of Nursing Science (Adult Health Nursing Major)

Nepalese Army Institute of Health Sciences, College of Nursing, Tribhuvan University
July – 2022 (Graduated).

Registered as a Nurse in Nepal Nursing Council: 10th March 2014

Employment History

Therapy Assistant

Profound Care Pty Ltd
28th October 2023 to Ongoing

Disability Support Worker

Care Forum PTY LTD
10TH August 2023 to Ongoing

Registered Nurse

Gokarneshwor Municipal Hospital
Gokarna-4, Jorpati, Kathmandu, Nepal
Government of Nepal
From 15th -May-2022 to 25th July-2023

Registered Nurse

Dhuwakot health post
Nilkantha Municipality-14, Dhading
Government of Nepal
From 14th -feb-2016 to 21st -jan-2019

Roles and Responsibilities

- Assist therapists in implementing therapy programs for clients, including physical therapy, occupational therapy, and speech therapy.

- Support clients during therapy sessions by providing guidance, encouragement, and assistance with exercises and activities.
- Monitor and record clients' progress, behaviors, and responses to therapy interventions.
- Prepare therapy rooms and equipment, ensuring cleanliness and safety standards are maintained.
- Collaborate with therapists and other healthcare professionals to develop individualized treatment plans for clients.
- Communicate effectively with clients and their families, providing information, guidance, and emotional support as needed.
- Maintain accurate and confidential client records, including progress notes, treatment plans, and assessment reports.
- Delivering high-quality care in accordance with the resident care plan in place to fulfill each person's requirements and improve their quality of life.
- Helping individuals with their daily needs, personal hygiene, mobility, and diet.
- Maintain professional and efficient communication with the nursing team.
- Establish deep relationships with our residents' families.
- Managed inpatient and outpatient cases, holistic patient care, medication and performed admission and discharge procedure.
- Provided patient care and education to patients with acute and chronic illnesses, including basic mental health services.
- Assessed, planned, implemented, and evaluated nursing care for assigned patients.
- Administered medications and treatments according to physician orders.
- Monitored vital signs, administered injections, naso-gastric tube insertion and feeding, cannulization, performed ECG, provided vaccination and immunization services, and aided with medical procedures and managed various treatment and care interventions.
- Collaborated with physicians, nurses, therapists, social workers, and other healthcare professionals to develop individualized treatment plans for each patient.
- Utilized critical thinking skills to assess clinical situations quickly and accurately.
- Updated charts throughout shifts with current, accurate information to maintain strict recordkeeping standards.
- Collected lab specimens, ordering, and interpreting diagnostic tests and lab results.
- Interpreted and evaluated diagnostic tests to identify and assess patient's condition.
- Carried out a leadership and management role in clinical and hospital related issues.
- Maintained personal and team compliance with medication administration standards and patient care best practices.
- Advocated for patients by supporting and respecting basic rights, values, and beliefs.
- Performed triage assessments of walk-in patients in a clinic setting.
- Responded to emergency situations with speed, expertise, and level-headed approaches to provide optimal care, support, and life-saving interventions.
- Administered oral, IV and intra-muscular medications and monitored patient reactions.

- Maintained a safe environment for all patients by adhering to infection control policies and procedures.

Training & Certificates

- Certificate III in Ageing
- CPR and First Aid
- Certificate of Registration in Nepal Nursing Council
- Advanced cardiac life support (ACLS)
- Maternal and neonatal health (MNH)
- PMTCT of HIV
- Helping babies breathe (HBB)
- Insertion and removal of Intra Uterine contraceptive device (IUCD)
- Skilled Birth Attendant (SBA)
- Rural obstetric Ultrasound (ROUSG)
- Medical Abortion
- Leadership and Master of Ceremony

References

Upon request