

Anusha Thapa

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Summary

Kind Caregiver with experience addressing physical and emotional needs. Familiar with scheduling and managing appointments, coordinating household support and offering caring companionship. Well-organized with medications and physically fit to handle any client need. Compassionate Personal Care Assistant with hands-on experience providing companionship and emotional support to residents. Well-versed in accurately documenting vital statistics and health metrics. Committed to creating positive rapport with patients and providing quality patient care.

Skills

- Meal Preparation
- Observational Skills
- Basic Housekeeping
- Documentation
- Progress Documentation
- Patient Management
- Compassionate Communication
- Records Management
- Time Management
- Medication Administration

Experience

CARER | 05/2023 - 11/2024

Advantaged Care - Sutherland, NSW

- Monitored health and well-being of clients and reported significant health changes.
- Maintained clean and well-organized environment for client happiness and safety.
- Helped clients communicate with loved ones by typing written messages and relaying verbal messages.
- Assisted with meal planning to meet nutritional plans.
- Recorded client status progress and challenges in logbooks and reports.
- Partnered with registered nurses and physiotherapists to provide care to patients.
- Contributed to case reviews of client status and progress.
- Organized recreational activities to promote physical and mental wellbeing of the clients.

CUSTOMER SERVICE CASHIER | 06/2023 - 10/2024

Angel Brows and skincare - Rouse Hill, NSW

- Welcomed customers, offering assistance to help find store items.
- Resolved customer complaints in a professional manner.
- Answered customers' questions and provided information on store procedures or policies.
- Stocked shelves, racks, cases, bins, and tables with new or transferred merchandise.
- Provided excellent customer service by helping customers locate items they were looking for.
- Assisted customers with locating merchandise within the store.
- Maintained clean and orderly checkout areas by sanitizing register belts, emptying trash cans and organizing candy racks.
- Organized items purchased by customers according to their type or size for easy retrieval during checkout.
- Processed customer payments quickly and returned exact change and receipts.
- Maintained current knowledge of store promotions to highlight sales to customers.

- Operated cash registers to process payments for goods and services.
- Performed daily opening and closing procedures such as counting money in cash drawers and checking bank deposits against total sales receipts for accuracy.

CERTIFIED NURSING ASSISTANT | 11/2023 - Current

St Sergius Aged care - Cabramatta, NSW

- Assisted patients with activities of daily living such as bathing, grooming, and dressing.
- Transported patients to treatment units, using wheelchair or strher.
- Served meals to patients in their rooms and assisted with feeding when needed.
- Maintained accurate records of patient care, condition, progress, or problems for review by medical staff.
- Collected specimens for testing purposes upon request from physicians or nurses.
- Performed housekeeping duties such as changing linens and cleaning bathrooms when necessary.
- Took temperature readings orally or rectally as instructed by the RN or MD.
- Monitored vital signs including blood pressure, pulse rate, respiration rate.
- Supported daily living activities by serving meals, feeding, ambulating and turning over and positioning patients.

ASSISTANT CARER | 11/2023 - 02/2024

IRT group - Berala, Nsw

- Monitored vital signs of clients and reported any changes to a supervisor or healthcare provider.
- Assisted with mobility issues including transferring from bed to wheelchair.
- Administered medications according to instructions provided by the doctor or nurse practitioner.
- Provided emotional support and comfort during difficult times for clients and families.
- Collected and recorded patients' blood pressure, pulse and respirations (TPRs) to evaluate and note basic health status.
- Monitored clients' activity levels and helped prevent sedentary behavior.
- Obtained sources of entertainment for clients to provide full and enjoyable daily activities.
- Organized oral medications for clients following dosage and schedule requirements.

Education and Training

Australia Catholic University - North Sydney | Bachelor of Science

Nursing

Languages

English:



Hindi:



Nepali:



Subekshya Bk Ramdam

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