

## ASHIM ARYAL

### ASSISTANT IN NURSING

#### PROFILE

I am a caring, energetic and motivate individual who is passionate on improving people's lives, caring them and making sure that every person under my supervision receives the highest level of care and attention. I am also a student nurse and I am comfortable to work and deal with older people, people with physical or learning disabilities and their families and careers that will offer me the opportunity to enjoy a rewarding career as part of friendly and supportive team. I can bring excellent value and dedication to the role of achieving organisational objectives.

#### CONTACT

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#### HOBBIES

Literature (Poem and story writing)  
Travel and exploring new places  
Singing  
Old currency collection and research about ancient/ different cultures/ cultural groups.

#### EDUCATION

##### Australian Community And Management College, NSW 2022

(Certificate III in Individual Support (Ageing/Disability))

##### Western Sydney University

**2022 March- 2025**

Bachelor of Nursing (2nd year- First Semester running)

#### WORK EXPERIENCE

Cleaning- Platinum carpet care, NSW

Food runner-Nara lounge, Pendle hill NSW

Assistant in Nursing- Brightstar Nursing Agency(March 2022- till date)

Also worked in remote area of NSW at Blakeney Lodge, Tumut  
Secondary level teacher( Nepal)- 2020 - 2021

#### PLACEMENT EXPERIENCE

Completed my clinical placement at Peakhurst lodge, 18-23  
Henry lawson Drive, Peakhurst ,2210, NSW

#### PROFESSIONAL SKILLS AND COMPETENCIES

- Maintain dignity and rights of clients.
- Willingness to learn new skills.
- Have experience to work in hospital setups.
- Computer documentation skill along with certain skill of medication administration.
- Knowledge of manual handling procedures and lifting equipment to help with resident's mobility.
- Assist in serenity, vitality and discovery facility.
- Serving meals to resident and helps them to feed if necessary and providing meals supplements as needed.
- Working with team and assisting resident with activities of daily living such as showering, toileting, dressing, grooming and feeding.
- Good hygiene skills (e.g., food handling, hand washing, etc.)
- Fully aware and respectful of resident's rights as well as their religious and cultural beliefs
- First aid skills
- Can manage priorities under pressure.
- Legal and ethical practice knowledge

#### SKILLS AND KNOWLEDGE

Fluent in English,Nepali and Hindi languages.

## REFERENCES

**Pabitra Adhikari (Registered Nurse)**  
**Sutherland Hospital, Sutherland, NSW**  
**0424300190**  
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