

# ASHMITA SHRESTHA

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## **SUMMARY**

Compassionate and dedicated caregiver with the experience in hospital and clinical settings (nursing background in Nepal) in providing exceptional care to individuals with various needs. Seeking an opportunity to contribute my skills in providing daily living assistance, emotional support and to ensure a better quality of life for clients.

## **WORK EXPERIENCE**

- Cert IV Aged-care Placement at Ashfield Terrace Care Community, Sydney, Australia, 13<sup>th</sup> May, 2024 to 31<sup>st</sup> May, 2024
- Worked at “Grande International Hospital” as a Registered Nurse from 6<sup>th</sup> Nov 2019 to 29<sup>th</sup> Feb. 2024 in In-patient Department (Medical/Surgical Department) and Out-patient Department (Pediatric, Immunization and Wellness Centre)
- Worked at “Grande International Hospital” as a Registered Nurse from 9<sup>th</sup> Nov, 2014 to 22<sup>nd</sup> July, 2017 in In-patient Department [Post-operative Ward and Medical/ Surgical Department (Single Cabin)]

## **ACADEMIC QUALIFICATION**

- ETC College-Sydney, Australia  
Certificate IV in Ageing Support, 2024
- Yeti Health Science Academy-Kathmandu, Nepal  
Post Basic Bachelor of Nursing (PBBN), 2019.
- Shankarapur Academy-Kathmandu, Nepal  
Proficiency Certificate Level (Pcl Nursing), 2013.

## **ROLES**

- Assisting residents with performing basic tasks such as eating, showering, dressing and toileting when necessary
- Encourage all residents to get exercise and participate in schedule activities
- Engage in housekeeping tasks such as replacing linens on beds, cleaning rooms and removing and replacing trash bags
- Administer the medication
- Updating residents documentation and completing paperwork
- Working under the direction of Registered Nurses
- Manual Handling
- Performing skin checks and pressure injury care
- Protect and respect the privacy, confidentiality and rights of participants
- Work with dining room personnel to ensure that all residents get the correct meals and that all residents are able to eat

## **CERTIFICATE**

- Certificate IV in Ageing Support
- Valid NDIS worker screening check
- Fully vaccinated for COVID -19 and Flu vaccine
- Valid Police check

## **SKILLS**

- Have skills of caring according to need.
- Have skills of working with new people.
- Good communication and interpersonal skills
- Ability to provide physical and emotional supports to residents
- Knowledge of medical terminology and medication management

## **REFERENCES**

- Ms. Sharmila Gurung, Registered Nurse, Ashfield Terrace Care Community,  
Contact no. 0420831696  
Email: [sharmila.gurung3@opalhealthcare.com.au](mailto:sharmila.gurung3@opalhealthcare.com.au)  
[Sharmi\\_grg2002@gmail.com](mailto:Sharmi_grg2002@gmail.com)
- Ms. Purnima Shrestha, Registered Nurse, Ashfield Terrace Care Community,  
Email: [purnima.stha86@gmail.com](mailto:purnima.stha86@gmail.com)  
[purnima.shrestha@opalhealthcare.com.au](mailto:purnima.shrestha@opalhealthcare.com.au)
- Ms. Kabita Lama Tamang, Assistant In Nursing (AIN), Ashfield Terrace Care Community,  
Contact no. 0450653460  
Email: [aautarikabi@gmail.com](mailto:aautarikabi@gmail.com)
- Ms. Lal Devi Maharjan, Nursing Director, Grande International Hospital (GIH),  
Contact no. 9801202513
- Mr. Rabin Shrestha, Social and Community Care Worker, National Networks Plus,  
Contact no. 0401006432  
Email: [robbin.stha02@gmail.com](mailto:robbin.stha02@gmail.com)

## **AVAILABILITY**

Available on request (48 hours fortnight)