

## **Resume - Binita Thapa**

Binita Thapa

Phone: 0420217092 | Email: binitathapa23@yahoo.com

Location: Sydney, NSW

### **Professional Summary**

I am a compassionate and skilled Assistant in Nursing with over five years of hands-on experience supporting patients across hospital, aged care, and disability settings. My expertise includes personal care, infection control, patient monitoring, and fostering emotional well-being. I am committed to delivering respectful, person-centered care while adhering to best clinical and safety practices. I work effectively both independently and within multidisciplinary teams, ensuring a high standard of care for all individuals I support.

### **Core Qualifications**

- Certificate IV in Aging Support
- Certificate IV in Disability
- First Aid & CPR Certification
- Manual Handling & Fire Safety Training
- Food Safety and Hygiene Certificate
- Health and Safety in the Workplace

### **Core Skills**

- Personal Care & Hygiene Support
- Infection Control (Hand Hygiene, PPE Use)
- Monitoring Vital Signs, BGL, ECG
- Communication & Documentation

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- Patient Mobility & Manual Handling
- Emotional & Behavioural Support
- WHS & Safety Compliance
- Team Collaboration & Handover

### Education and Training

- Certificate IV in Aging Support Lead College
- Certificate IV in Disability Lead College
- Foundation Studies University of Technology Sydney (2018-2019)
- Manual Handling & Fire Awareness Forensic Hospital, 2018
- School Leaving Certificate Ministry of Education, Nepal (2012)

### Professional Experience

#### Assistant in Nursing | Wagga Base Hospital (Present - Casual)

- Provide 1:1 special care for patients with mental health needs, dementia, delirium, or fall risks.
- Perform visual observations, vital signs, BGL, ECG, and bladder scans.
- Manage IDC catheter care and output recording.
- Follow infection control and hygiene protocols.
- Maintain patient dignity and therapeutic relationships.
- Conduct shift handovers and assist with mobility and personal care.

#### Assistant in Nursing | Kareena Private Hospital (2019 - 2021)

- Delivered daily personal care including bathing, dressing, and toileting.
- Monitored and recorded patient conditions and vital signs.

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Disability Support Worker | Maple Community Services (2020 Jan 2023)

- Supported clients with mental health challenges in daily routines.
- Created and reviewed care plans with mental health professionals.
- Assisted with emotional regulation, medication management, and community engagement.
- Maintained documentation and ensured a safe, inclusive environment.

Assistant in Nursing | Westhaven Pvt Ltd (2024 Jan 2025)

- Supported young clients with disabilities in daily living and recreational activities.
- Encouraged independence and emotional well-being through tailored support.
- Collaborated with families and professionals for holistic care delivery.
- Managed challenging behaviours and promoted safe social inclusion.

Operating Room Assistant | Wagga Base Hospital (Past)

- Supported surgical teams with OR turnaround, equipment prep, and patient transport.
- Maintained stock and sterile environments.
- Responded to emergencies with calm and swift action.

Other Work Experience

- Catering Assistant Lark Ellen Aged Care
- Kitchen Assistant Good Food Restaurant (2018)
- Casual Cleaner Western Sydney University
- Production Assistant Honest to the Goodness, Alexandria
- Staff Nurse Shahid Gangalal Hospital, Nepal (2015-2016)

Additional Skills

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- Leadership and team coordination
- Stock management and ordering
- Computer skills: Microsoft Office, Excel, XLSTAT for Mac

### References

- Manisha Mudvari Team Leader (Available on request)
- Suresh Bastola Registered Nurse (Available on request)
- Tammy Service Manager (Available on request)
- Kelly Nurse Unit Manager (Available on request)

### Declaration:

I hereby confirm that all the information provided is accurate to the best of my knowledge.

Sincerely,

Binita Thapa