

# Bikash Neupane

bikun18@gmail.com • 0410916906 • Artarmon, NSW 2064

## Summary

Driven to apply a strong work ethic and motivational skills to achieve goals, as well as employee and residents' satisfaction. Committed and driven professional with a unique blend of experience in both culinary arts and aged care sectors. My career journey has taken me from providing compassionate care at Estia Health and Bupa to bustling kitchens at The Belrose Hotel. This diverse background has honed my skills in both food preparation and patient support, allowing me to excel in different environments.

## Skills

- Effective team worker
- To be committed to the rights of elderly people
- Friendly, hardworking, punctual and consistently meeting goals
- Organized and deadline-oriented
- Excellent English, communication skills
- Analytical problem solver and improve efficiency
- Food Safety
- Customer Service

## Experience

### **Assistant in Nursing (AIN), Estia Health, Mudgeeraba, QLD 12/2018 - 02/2022**

- Assisting residents with activities of daily living such as bathing, dressing, grooming, toileting
- Taking and recording a resident's temperature, blood pressure, pulse and respiration rates
- Assisting residents to go to the appointments when needed and determining their needs
- Maintaining a clean and safe working environment
- Serving meals to the residents and monitoring their eating habits, providing meal supplements and fresh drinking water as needed
- Observing residents' health concerns and reporting abnormalities to the charge nurse
- Generally assisting with residents' overall comfort
- Carrying out a range of housekeeping duties
- Updating resident's records in the work log
- Helping residents to walk and use a wheelchair and also, transferring residents using required equipment.

### **Assistant in Nursing (AIN), Bupa Aged Care, St. Ives, NSW 03/2022 – 11/2024**

- Assisting residents with activities of daily living such as bathing, dressing, grooming, toileting
- Taking and recording a resident's temperature, blood pressure, pulse and respiration rates
- Assisting residents to go to the appointments when needed and determining their needs
- Maintaining a clean and safe working environment
- Serving meals to the residents and monitoring their eating habits, providing meal supplements and fresh drinking water as needed
- Observing residents' health concerns and reporting abnormalities to the charge nurse
- Generally assisting with residents' overall comfort
- Carrying out a range of housekeeping duties

- Updating resident's records in the work log
- Helping residents to walk and use a wheelchair and also, transferring residents using required equipment.

### **Cook, The Belrose Hotel, Belrose, NSW, (03/2023 – Current)**

Responsible for preparing, cooking, serving and storing foods like; pizzas, dessert, eye fillets, salads, etc. Keeping area clean and perform best food handling techniques. Receiving orders, storing them, checking stocks and help the team in many aspects to reach the company's goal.

## ***Education and Training***

**2018**

**Certificate III in Individual Support**

**Brisbane Aged Care College, Future Academy, Bowen Hills, QLD**

**2024**

**Certificate IV in Kitchen Management**

**Skyline International college, Burwood, NSW**

**2025**

**Diploma of Hospitality Management**

**Skyline International college, Burwood, NSW**

## ***References***

- Lynn Njongoro, Registered Nurse, Estia Health, [lynnnjongoro@ymail.com](mailto:lynnnjongoro@ymail.com), 0435126737
- Sin Ying Kwong, Registered Nurse, Estia Health, [ellie\\_kwong@hotmail.com](mailto:ellie_kwong@hotmail.com), 0487806858
- Asmina Kandel, Registered Nurse, Estia Health, [asmina.kandel@gmail.com](mailto:asmina.kandel@gmail.com), 0416877736
- Ronald Chivasa, Enrolled Nurse, Estia Health, [rchivasa@hotmail.com](mailto:rchivasa@hotmail.com), 0428459983
- Manju Chhantyal (R. Nurse), Bupa Aged Care, [chhantyal.manju@gmail.com](mailto:chhantyal.manju@gmail.com), 0450077126
- Ashish Rijal, Enrolled Nurse, Bupa Aged Care, [ashish.rijal98@gmail.com](mailto:ashish.rijal98@gmail.com), 0452398909
- Manoj Kharal, Chef de Partie, The Belrose Hotel, [manojkharal714@gmail.com](mailto:manojkharal714@gmail.com), 0426930098
- Nabin Gyawali, Chef, The Belrose Hotel, [gyawalinabin09@gmail.com](mailto:gyawalinabin09@gmail.com), 0406467567