

Bimala Shrestha

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CAREER OBJECTIVES

To utilize my experience as a Nurse Assistant in providing compassionate patient care, assisting with daily living activities, and administering medications under supervision, while diligently monitoring vital signs and ensuring a safe environment. With a proven ability to collaborate with healthcare teams and senior leadership, I aim to enhance the efficiency of healthcare delivery systems. I am confident in my capacity to drive organizational success by fostering quality performance and supporting the continuous improvement of patient care and operational outcomes in a dynamic healthcare environment

Skills:

- Health Monitoring
- Patient Care
- Support for Residents Communication and Collaboration
- Microsoft Excel, Word, PowerPoint
- Keep Record keeping and Reporting
- Safety and Infection Control

Certification:

- Certificate III individual support (ageing and disability), Support care worker
- NDIS Screening Check Certificate
- Working with Children Check Certificate
- Caregiver Support Services
- Home Health Aide
- Personal Care Aide
- Caregiver
- First Aid
- Manual handling
- 'Quality, Safety and You' NDIS Worker Orientation Module
- The Basics of Infection Prevention and Control
- Hand Hygiene Hand Dermatitis Online Learning Module
- Police Check Certificate
- Complete Vaccination Certificate.

Personal Skills:

- Critical Thinking
- Time Management
- Details Oriented
- Problem Solving
- Effective Communication

Driving/Car: Learning: Training for Provisional 1 Ongoing.

Work Experience:

❖ **L2 Carer, Reliant Health Care, Sydney Australia 2024/06~**

- Providing Personal care including showering, baths, shaving and oral hygiene.
- Supporting people with mobility issues and transfers using appropriate equipment.

- Preparation of meals and support with feeding and hydration.
- Supporting and administering medications as per the company's policies and procedures.
- Domestic care, to include housework, laundry, ironing and shopping task.
- To provide social care to clients include paying bills, collecting prescriptions and other social activities.
- Promotion of independence.
- Maintaining confidentiality
- Keep record all observations and medication.

❖ **Age Care Placement, Thompson Health Care, Oran Park (120 hours)**

- Patient Care: Assisting with Activities of Daily Living Mobility Support.
- Health Monitoring: Vital Signs Monitoring, Observation and Reporting.
- Support for Residents' Emotional Well-being: Social Interaction, Recreational Assistance.
- Communication and Collaboration: Communication with Residents, Collaboration with Healthcare Team
- Safety and Infection Control: Maintain a Safe Environment, Infection Control Practices
- Keep data recording.

❖ **Customer Service/ Front Desk at Gaamghar Restaurant, Campbelltown 06/2023 - 05/2024**

- Greeting Guests and Taking Orders
- Serving Food and Drinks
- Addressing Customer Inquiries and Ensuring Customer Satisfaction
- Checking in with guests during their meal to ensure they're satisfied.
- Handling billing, payments, and ensuring accurate transactions.
- Maintaining Cleanliness, Coordinating with Kitchen Staff

❖ **Nursing Assistant at Sinkanurse, April 2022 - March 2023 (1 year)**

- Roles and Responsibilities Coordinate nurses to complete their tasks like filing the records of patients.
- Help Patients with their activities dressing, bathing toileting and refreshing.
- Support dietary plans by helping with a meal plan and distributing it.
- Prepare the rooms for the doctor's roundup.
- Change bedsheets and clean the rooms of the patients.
- Encourage the patients for their mental and physical growth.
- Develop solid bonding with staff and patients.

❖ **Other Additional Experiences**

McDonald's- Customer service

Family Mart – Customer Service

Burger King- Front Counter

Interweb Network Pty. Ltd.- Customer service

Education

BSC in Microbiology

References

Available for verification.