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Zahra Heshmatzadeh

Professional Summary

Developed thorough understanding of patient care and support in fast-paced healthcare environment. Skilled at monitoring patient conditions and assisting with daily living activities, ensuring comfortable and safe experience. Seeking to transition to new field, leveraging strong interpersonal and organizational skills.

Work History

Opal Aged Care - Nursing Assistant Intern

Toongabbie, NSW

01/2023 - Current

- Provided comfort care by repositioning bedridden patients to prevent bedsores.
- Assisted patients with daily hygiene tasks, including bathing and dressing.
- Exhibited strong teamwork by collaborating with healthcare staff to ensure optimal patient care.
- Demonstrated effective communication skills by interacting with patients and families.
- Improved patient satisfaction by providing compassionate and attentive care.
- Provided support during medical procedures, ensuring patient safety and wellbeing.
- Communicated effectively with diverse populations of patients, adapting communication style as needed for optimal understanding and rapport building.
- Assisted nurses with daily tasks, streamlining workflow for increased efficiency.
- Documented care actions by completing records and logs in medical software system.

Languages

English

Professional Working

Persian

Native or Bilingual

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Skills

- Patient care
- Basic life support
- Professionalism and ethics
- Cultural history
- Healthcare ethics
- Relationship building
- Drug administration
- Patient care and safety
- Personal hygiene support
- Infection control procedures
- Teamwork and collaboration
- Problem-solving

Education

05/2024

Tehran University

Bachelor of Arts: Business Management

12/2021

Western Sydney University

Sydney, NSW

Bachelor of Science: Nursing