

CHRISTIAN BRYAN DE VERA PALMA

PERSONAL CARE WORKER | NURSE ASSISTANT

St Leonards NSW 2065 | 0434 037 801 | tianbrypalma.12@gmail.com

VISA Status: Australian Permanent Resident with unlimited work entitlements.

PROFILE

Experienced personal care worker/nurse assistant with eight (8) years of dedicated service in the aged care sector in Singapore and in Australia. My career experience forged me to become a compassionate and caring person. I have developed to be a reliable and collaborative person. My willingness to learn is what I take pride of and I am a person that can go beyond my daily work. Committed and passionate about delivering exceptional care and contributing to positive outcome to aged care residents upholding relevant safe practices guided by the Aged Care Quality Standards.

WORK EXPERIENCE

- **Assistant in Nursing/Personal Care Worker**

June 2022 – July 2024

Oryx Communities The Queenslea
1 Shenton Rd, Claremont WA 6010

Key Responsibilities:

1. Assisting residents in their Activities of Daily Living and implementing tasks and workloads efficiently, completing work on time as guided by the care plan of the residents.
2. Supports and assists residents with mobility, continence, food and fluids.
3. Ensures the resident's privacy, dignity and respect are maintained at all times. Respecting their identity, choices and preferences.
4. Assisting residents with challenging behaviours, by participation in the development and implementation of an individually designed management plan.
5. Working with the multidisciplinary team in providing individualised and person-centred care to residents. Assists the nursing team by observing, documenting and reporting promptly any changes in the condition of the residents.
6. Ensures that no resident experiences loneliness and boredom by participating in leisure and recreational activities of resident's choice.
7. Following the organisation's policies, procedures, guidelines, and safe practices based on the Aged Care Quality Standards.
8. Participate and attend all mandatory trainings and learning programs as part of professional improvement.

- **Nurse Assistant**

February 2018 – March 2022

Orange Valley Nursing Home
Woodlands Singapore 709368

Key Responsibilities:

1. Assisting in daily living and personal care activities of the residents.
2. Assisting in transferring residents with mobility issues and ambulation of residents with walking aids.
3. Ensuring that all reports in relation to all aspects of resident care management was accurately documented.
4. Performing tasks such as simple dressings and colostomy care. Accompanying residents with their medical appointments.
5. Maintaining safe work practices and ensuring a safe working environment which met required standards.

- **Nurse Assistant**

February 2014 – February 2016

Man Fut Tong Nursing Home
Woodlands Singapore 738507

Key Responsibilities:

1. Provide and assist aged residents in performing their activities of daily living.
2. Execute nursing care plan that is responsive to resident's specific needs and preferences.
3. Perform daily assessment and documentation of resident's physical and cognitive status.
4. Participated as a member in three work teams: Continence, Dysphagia and Oral Care Management Team.
5. Demonstrate empathy and support to the clients when necessary.

ACHIEVEMENTS AND RECOGNITION

GEM AWARDEE

(Going the Extra Mile)

Oryx Communities – The Queenslea
August 2022

GEM AWARDEE

(Going the Extra Mile)

Oryx Communities – The Queenslea
July 2023

Recognised as a Team Player
nominated by colleagues.

Oryx Communities – The Queenslea
February 2024

EDUCATION

BACHELOR OF SCIENCE IN NURSING

June 2007 – April 2011

University of Pangasinan

Arellano St. Dagupan City Philippines

*Registered Nurse (Philippines),

Acquired date: 02 September 2011

DIPLOMA IN COMMUNITY SERVICES

July 2022 - July 2024

Lead College PTY Ltd

13/15 Leila St, Cannington WA 6107

PERSONAL QUALIFICATION

- Able to adjust in a fast-paced environment.
- Willingness to learn new things to gain knowledge.
- Hardworking, reliable, passionate and collaborative person.
- Working well with people from different cultures, encouraging and building rapport.
- Good communication skills. Able to speak and write in English.
- Knowledge of basic operating systems such as Microsoft Word, Excel and PowerPoint.

PROFESSIONAL DEVELOPMENT

- Code of Conduct for Aged Care 2022 (*online*)
- Manual Handling for Disability (*online*)
- Work Health and Safety – Aged Care Quality Standard 8 (*online*)
- Dignity and Respect in Aged Care – Aged Care Quality Standard 1 (*online*)
- Elder Abuse – Aged Care Quality Standards 8 (*online*)
- Serious Incident Response Scheme: SIRS 2022 (*online*)
- Infection Prevention and Control – Aged care Quality Standard 3 (*online*)
- Food Services for Vulnerable Person – Aged Care Quality Standard 4 (*online*)
- Advocacy – Aged Care Quality Standard 6 (*online*)
- Bullying and Harassment – Aged Care Quality Standard 7 (*online*)
- Cultural Diversity and Safety – Aged care Quality Standard 1 (*online*)

REFERENCES

Dadoma Sherpa

Registered Nurse

(Oryx Communities)

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