



SMRITI KHANAL

CONTACT

 (+61) 049 393 7092

 Smritikhanal888@gmail.com

Dedicated and compassionate caregiver with a strong desire to provide high-quality care and support to elderly individuals. Seeking a position in aged care to utilize my skills, empathy, and experience to enhance the well-being and quality of life for seniors.

SKILLS

- Personal Care and Hygiene Assistance
- Medication Administration
- Vital signs monitoring
- Dementia care
- Communication and interpersonal skills
- Empathy and compassion
- Customer Service
- Problem Resolution
- Calm and Professional Under Pressure
- Customer Relationship Management (CRM)
- Computer Skills
- Proficiency in CPR for adults, children, and infants, adapting techniques as needed.
- Quick decision-making and prioritization in emergency situations.
- Coordination with emergency services and application of basic life support measures.

CERTIFICATIONS

- Cert IV in Aging Support and Disability with Medication Unit.
- HLTAID0011 Provide First Aid
- HLTAID010 Provide basic emergency life support
- HLTAID009 Provide cardiopulmonary resuscitation
- PCL Nursing (Registered Nurse of Nepal)

ACADEMIC QUALIFICATIONS

- SLC (School Leaving Certificate)**
Kapilvastu Madhyamik Vidyalayain, Nepal (2014)
- PCL (Nursing)**
Advanced Study of Health Sciences , Nepal (2020)
- Bachelor in Community Services**
Torrens University Australia , Australia (2024)

EXPERIENCE

- Registered Nurse**
Universal College of Medical Sciences & Teaching Hospital, Bhairahawa, Nepal (2021-2023)
- Record medical history and symptoms.
- Administer medications and treatments.
- Collaborate with teams for patient care.
- Perform diagnostic tests.
- Monitor patients' health.
- Provide support and advice to patients.
- Operate medical equipment.
- Advocate for the health and well-being of patients.
- Provide basic bedside care.
- Maintain inventory.

- Uniting Bruce Sharpe Lodge**
110 Frederick Street, Rockdale, NSW 2216, Australia- 120 Hours (Student Placement)
- Understanding and application of legal, ethical considerations, and individualized care planning.
- Assist residents with activities of daily living (ADLs) such as bathing, dressing, grooming, and toileting.
- Monitor and record vital signs, and report any changes to the nursing staff.
- Provide emotional support and companionship to residents, fostering a positive atmosphere.
- Assist with feeding, and maintaining a clean and safe living environment.
- Assisted with mobility and transfers for residents with limited mobility.
- Organized and participated in recreational activities to promote social engagement and mental stimulation.
- Hands-on experience in administering first aid, responding to real-life emergency scenarios.
- Immediate life support response and CPR intervention in various situations.

Availability: Full Time

REFERENCES

Mr. Niranjan Prasai
(Placement Manager)
P : (061) 045 199 5201
E : Studentoscar2020@gmail.com

Mrs. Manju Budathoki
(CSE)
P : (061) 047 016 5476
E : Shreemanju1@yahoo.com