

# Sanaya Ghimire

Kogarah , New South Wales • +61 0405650922 sanaya04ghimire@gmail.com

Highly motivated and compassionate Assistant in Nursing (AIN) with the recent completion of rigorous training in Aged Care. Seeking a rewarding position within a reputable healthcare institution where I can apply my acquired knowledge and skills to deliver exceptional care to elderly patients.

## RELEVANT SKILLS

---

- **Patient Care:** Proficiently provide comprehensive assistance with daily activities, including bathing, grooming, toileting, and feeding.
- **Communication:** Exemplary verbal and written communication skills, fostering effective collaboration with patients, families, and multidisciplinary healthcare teams.
- **Empathy and Compassion:** Display profound understanding of the emotional and physical needs of elderly patients, ensuring their utmost comfort and well-being throughout their care journey.
- **Problem Solving:** Exhibit strong critical thinking and problem-solving capabilities to address and resolve complex issues that may arise in the care setting.
- **Adaptability:** Rapidly grasp new concepts and seamlessly adapt to dynamic environments, consistently demonstrating the ability to efficiently handle multiple tasks.
- **Teamwork:** Proven track record of being a valuable team player, working harmoniously with colleagues to provide comprehensive care and support to patient.

## AERALIFE /HERITAGE CARE BOTANY

---

- Collaborated with Registered Nurses and Personal Care Workers to deliver high-quality care to elderly residents.
- Assisted residents with activities of daily living, encompassing personal hygiene, dressing, and mobility, while maintaining utmost sensitivity and respect.
- Diligently monitored and documented patient vital signs, mental status, and general well-being to ensure timely interventions and appropriate care.
- Responded promptly to residents' needs and concerns, employing a compassionate approach to guarantee their comfort and safety.
- Upheld meticulous standards of cleanliness and organization, including regular bed-making, linen changes, and maintaining an orderly environment.

## EDUCATION

---

### **School Leaving Certificate (SLC)**

*Uttargaya Public English Secondary School*

GPA: 3.15

Nuwakot

May, 2004 - Apr, 2016

### **HSEB +2**

*Morgan International College*

CGPA: 2.96

Kathmandu

Oct, 2016 - Apr, 2018

### **Bachelors in Computer Application**

*Asian School of Management and Technology*

CGPA: 3.48

Kathmandu

Sep, 2018 - Jan, 2024

### **Masters in Data Science**

*Macquarie University*

Sydney

Jul, 2024 - Present

## TRAINING

---

- First Aid Training
- CPR Training
- Manual Handling

## CERTIFICATES

---

- Police certificate
- First- Aid Certificate
- Certificate III in age care and disability

## REFERENCES

---

- Susmita Sangroula  
0420682351  
[susmita.sangroula@heritagecare.com.au](mailto:susmita.sangroula@heritagecare.com.au)  
Residence Manager  
Aeralife/Heritage Care Botany

- Niranjan Prasai  
0451995201  
[prasainiranjan2014@gmail.com](mailto:prasainiranjan2014@gmail.com)  
Oscar Training Center
- Jasmine Chettri  
0414324509  
[Jasminechhetri070@gmail.com](mailto:Jasminechhetri070@gmail.com)  
Mark Moran, Little bay