



KHUSBU SAPKOTA

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OBJECTIVE

Seeking a job in a position as an Personal Care Worker (PCW) / Support Worker/ AIN that utilize my related skills, experience and qualification in nursing and a compassionate nature to provide excellence in resident care. Also highly known for maintaining safe, protected, tidy and orderly environment for clients. Having more than 1 experience as an Personal Care Worker and as Support worker with quadriplegic client.

EXPERIENCE

1 **Bharatpur samudhyak hospital ,nepal**

Registered nurse / feb2020- nov 2022

2 **cloverlea nursing home burwood, nsw, sydney**

Assistant in nursing /placement 120hours

3 **james milson village ,nsw,sydney**

Assistant in nursing/ Feb 2023- current time

- Cared for elderly patients within long-term centers; leveraged gentle persuasive approach to care for residents with dementia, challenging behavior, and Alzheimer's disease; leveraged Hospice Palliative Care training to care for hospice patients. Championed client/resident personal, psychological, emotional, and intellectual needs; counseled and provided companionship to residents.
- Resident Care
- Assisted residents to complete activities of daily living, including personal hygiene, feeding and toileting; helped residents to clean and maintain eyeglasses, dentures, and hearing aids.
- Provided preventative care to residents by positioning and applying skin care treatment, helped residents with ambulation, and transferred residents utilizing electric manual equipment and lifting devices.
- Performed routine wound management, medication administration, and specimen collection.
- Prepared and distributed beverages and snacks to residents; updated entries on nourishment supplements.
- Centre Maintenance

- Maintained facilities by cleaning and organizing general work areas, including nursing stations and closets.
- Cleaned and organized resident rooms; replaced soiled linen and removed trash from all rooms. Care Plan Development, Reporting, and Records Management
- Collaborated with personal support workers, nurses, nutrition specialist, physiotherapists, clients and families to define care needs and ensure delivery of high-quality service.
- Assessed resident well-being, including vitals, weight, and daily input/output; document and report changes in health status to supervising healthcare providers.
- Observed and reported residents behavioral, emotional, and physical statuses, documented restraint usage and related information.

Employment History

EDUCATION

Little flower school ,Nepal (2016) GPA 3.5

Balkumari college,nepal (2019) percentage: 75.6% (graduated as enrolled nurse)

encourage training centre, auburn, sydney (Certificate Iv in aging Individual Support (Aging and Disability))

Currently enrolled in bachelor in nursing in ACU, Sydney

AWARDS AND ACKNOWLEDGEMENTS

- Manual Handling
- Infection Control and Hand Hygiene Fire Safety: A Practical Approach
- WHS:Preventing Musculoskeletal Injury At Work H&S: Risk Management
- H&S: Supporting People To Move
- Individual support
- Incident/Accident/Hazard Management Training Continence Management and Assessments Preventing Dementia
- Driving license
- Covid full vaccination
- 'Quality ,safety and you'- NDIS Worker Orientation Module NDIS Working Check

Availability: All days in week

References: upon request