



ANUJA THEENG



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10/23-25 Doodson Avenue,
Lidcombe, NSW, 2141

SKILLS

- Personal care expertise: Hygiene, grooming, and daily living assistance.
- Compassionate communication with elderly clients.
- Medication administration and management.
- Culturally sensitive care practices.
- Health monitoring and vital sign recording.
- Proficient documentation in electronic health record systems.
- Collaborative teamwork within healthcare settings.
- Quick and adaptable problem-solving skills.
- Strict adherence to safety protocols and infection control measures

CERTIFICATION/ TRAINING

- First Aid & Manual Handling Training
- CPR Training
- Police Certificate
- Working with Children Care
- Certificate IV in Aging Support(with Medication)

PERSONAL ATTRIBUTES

- Volunteering in healthcare or elderly care.
- Reading about health, aging, and medical advancements.
- Active community involvement in relevant events.
- Interest in service providing sector
- Engaging in creative pursuits like art or music

REFERENCES

Pramisha Mahato
Registered Nurse, Bupa Willoughby
Email: pramisha.mahato@bupa.com.au
M: 0451 277 988
Rashmi Shrestha

Anjana Moktan
Registered Nurse, St.Ives, Estia Health
Email: anjana.moktan123@gmail.com
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Bicky Rajak
IT Manager, Star Hospital, Nepal
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MY PROFILE

A dedicated and reliable individual with a strong background in aged care support, particularly as an Assistant in Nursing (AIN). Possesses a thorough understanding of aged care principles and practices. Currently providing compassionate care, assistance, and support to elderly individuals. Demonstrated experience in collaborating with diverse communities and adapting to various environments. Skilled in offering personal care, companionship, and facilitating client engagement. Previous roles include working with reputable organizations in the aged care sector. Committed to upholding the highest standards of care while respecting individual needs and preferences

OBJECTIVES

I am currently seeking part-time employment for the position of Assistant in Nursing, aiming to align my skills and expertise with a role that values enthusiasm, professionalism, and commitment. I am passionate about contributing fully to an organization that offers significant responsibilities and opportunities, particularly in the field of aged care. My dedication to this sector stems from a genuine passion for providing compassionate and comprehensive support to the elderly, and I am eager to bring my enthusiasm and skills to a team that shares a commitment to excellence in care for older individuals

PROFESSIONAL SKILLS

- Collaborative team player with successful project experience.
- Productive worker with a strong work ethic for task completion.
- Organized and quick learner, effective communicator.
- Proficient in Microsoft Word, Excel, PowerPoint, and Outlook.
- Honest, sincere, hardworking, polite, and dedicated.
- Capable of patient handling and skilled in patient care.
- Works within defined scope of practice, ensuring a sense of duty of care

EXPERIENCES

- Worked as AIN at Bupa Willoughby
- Worked as an AIN at St.Ives, Estia Health
- Worked as an Volunter at Womens Movement Nepal
- Worked as an IT Support Worker at Star Hospital

EDUCATION

■ 2017-2020 | ISLINGTON COLLEGE, KATHMANDU
BACHLEOR'S IN INFORMATION TECHNOLOGY AND IT SECURITY

■ 2023-2026 | ASIA PACIFIC INTERNATIONAL COLLEGE, AUSTRALIA
MASTERS OF INFORMATION TECHNOLOGY