

Skills

- Nursing Care
- Professional skills
- Interpersonal skills
- Teamwork
- Handling of residents
- Leadership skills
- Communication skills
- Time management

Professional Summary

As a compassionate and dedicated Assistant in Nursing (AIN) with 2 years of experience as an elderly caregiver at Galeshwar Ashram (elderly care) Nepal, and 6 months at Thompson Aged Care, I am committed to providing high-quality, person-centred care. With a Certificate III in Individual Support (Aged Care), I specialize in personal care, mobility assistance, medication monitoring, and meal support. I am skilled in observing physical and mental health, offering emotional support, and maintaining accurate care records. I thrive in collaborative environments, working closely with nursing teams to ensure the well-being, dignity, and safety of residents. I am passionate about making a meaningful difference in the lives of the elderly and am eager to grow professionally in an organization that values empathy, respect, and career development.

Work History

Assistant in Nursing

05/2024 - Current

Galeshwar Ashram and Thompson Healthcare – Dural, NSW

As an Assistant in Nursing at Galeshwar Ashram, I provided essential physical and emotional care to elderly residents.

- Provide physical care: assist with mobility, hygiene, and daily activities.
- Monitor vital signs and manage chronic conditions (e.g., diabetes, arthritis).
- Offer emotional support and companionship to reduce isolation.
- Ensure safety by implementing fall prevention and adapting the environment.
- Support medication adherence and provide health education on aging-related issues.
- Build trust through compassionate communication and cultural sensitivity.
- Advocate for elderly residents' rights to healthcare, comfort, and dignity.
- Assist in engaging residents in meaningful activities, promoting mental and emotional well-being.

As an Assistant in Nursing (AIN) at Thompson Age Care, I provide comprehensive support to elderly residents, assisting with daily activities such as personal hygiene, feeding, and mobility.

- Assisting patients with activities of daily living such as showering, bathing, dressing, grooming, and toileting
- Observing a residents' health concerns and reporting abnormalities to the Registered Nurse
- Assisting with patients' overall comfort, and helping patients to walk, transfer and use a different walking aid
- Showering, bathing, sponging
- Repositioning, pressure area and skin care
- Hair washing, shaving, mouth and denture care, eye, and ear care
- Assistance with toileting, provision, removal and cleaning of bedpans and urinals
- General ward ambulation and support mobilisation as per plan of care reinforce instructions on use of aids for

mobility or care as detailed in plan of care, where appropriate assist with positioning, posture maintenance and comfort

- Observe and report patient completion of and performance of tasks in line with care plan
- Set up and assistance with patient meals and fluids for assessed low risk patients
- Simple wound dressings
- Thompson Aged Care is aged care home which provides care to the residents by using effective nursing practice
- <http://agedcareconnect.com.au/dural-house-aged-care>

Education

Certificate III: Individual Support (CHC33015)

AUSTRALIA WIDE TRAINING INSTITUTE - Level 1, 54-58 Brookes Street, Bowen Hills , NSW

First Aid Training: (HLTAID011)

AUSTRALIA WIDE TRAINING INSTITUTE - Level 1, 54-58 Brookes Street, Bowen Hills , NSW

Cardio-Pulmonary Resuscitation Training: (HLTAID009)

AUSTRALIA WIDE TRAINING INSTITUTE - Level 1, 54-58 Brookes Street, Bowen Hills , NSW

Master of Arts: Health And Population

TRIBHUVAN UNIVERSITY - NEPAL

Placement 120 Hours

Thompson Healthcare - Dural, NSW

Personal Information

Date of Birth: 01/11/1988

References

- Deepak Sapkota , Registered Nurse (sapkota_deepak1988@hotmail.com)
- Preeti Mishra, Registered Nurse (unnaty_m@yahoo.com)
- Sapana Bhandari, Assistance in Nursing, sapnabhandari13@outlook.com

Availability

I am available to work across these varying shifts, including full-time and part-time roles, and I am open to flexible hours to best support the care needs of the residents."