

JHARNA NEPAL

📞 0406985944

✉ nepaljharna14@gmail.com

📍 Gosford, NSW 2250

SKILLS

- Infection control procedures
- Documenting behaviors
- Vital signs monitoring
- Physical assistance
- Catheter care
- Postoperative care

CERTIFICATIONS

- CPR and First Aid
- NDIS Worker Clearance
- Working with Children Check
- Infection Prevention and Control
- NDIS Worker Orientation Module
- NDIS Supporting Effective Communication
- Safe and Enjoyable Meal Module
- PPE Training

PROFESSIONAL SUMMARY

Outgoing AIN/ Support worker with experience of 2 years where served residents with disabilities and acute ailments. Well versed in assisting residents with daily living tasks. Committed to improving patient well-being through personal care and interactive engagement. Good communication with quick learning ability.

WORK EXPERIENCE

DISABILITY SUPPORT WORKER

Uperety Home Care

Gosford, NSW

August 2024 - Current

- Helped clients with hygiene, grooming and bathroom assistance to support daily living needs.
- Prepared or assisted with meal preparation to encourage client nutrition.
- Offered companionship and support to help clients develop competencies and foster inclusion.
- Administered medications and other treatments to maintain ongoing care plans.
- Organized community-based activities to promote integration and socialization.
- Collaborated with healthcare professionals to ensure a holistic approach to patient care.
- Liaised between patients, family members, and healthcare teams to improve communication.
- Worked with patients and families using individual, group, and family counseling skills.
- Maintained confidential records of client assessments, treatments, and progress.

PCA/PCW DISABILITY SUPPORT WORKER

Iffath Chowdhury

Bankstown, NSW

April 2022 - November 2024

- Assisted clients with activities of daily living such as bathing, dressing, grooming and toileting.
- Ensured safety of patients by monitoring environment and responding promptly to any emergency situations that may arise.
- Participated in recreational activities with clients such as reading books, playing cards or board games.
- Utilized adaptive equipment such as wheelchairs, walkers or canes as needed.
- Assisted with meal planning to meet nutritional plans.
- Coordinated patient care plans with doctors and registered nurses and communicated treatment steps to patients.
- Encouraged residents to participate in activities of daily living to enhance personal dignity.

REFERENCES

Available Upon Request

ASSISTANT IN NURSING

ST Basil's Homes (SIL)

Lakemba, NSW

July 2022 - April 2023

- Monitored resident's mental and emotional wellbeing and reported concerns.
- Completed daily shift reports for smooth and informative handovers.
- Administered medications as prescribed and documented resident's responses.
- Communicated with physicians, nurses and caregivers to support continuum of care.
- Responded immediately to calls from residents for assistance or treatment and alerted RNs to emergency situations.
- Documented and reported to nurses patient behavior observations, complaints, or physical symptoms.
- Followed safe lifting and transferring techniques to transport residents.

EDUCATION

DIPLOMA OF COMMUNITY SERVICES

Australian Health And Science Institute

Blacktown, NSW, NSW

April 2025

CERTIFICATE IV IN DISABILITY

International Institute of Education And Training

Lakemba, NSW, NSW

March 2024