

KARINA R. DEPARIS

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PROFESSIONAL PROFILE

I am a dedicated and committed healthcare professional with a successful track record providing personal assistance and excellent care to the elderly, disabled, or people in recovery, helping them perform their day-to-day activities. My passion for people is the driving force behind my work, allowing me to implement personalized care plans aimed at developing individual capabilities, managing the impact of the individual's disability or health conditions, improving their health and well-being, and providing opportunities for social and community participation. I stand out for my strong ability to be a good listener and also for my excellent ability to exercise emotional resilience. I am also highly adaptable, having worked in a variety of healthcare settings, from hospitals to home care, and I am always eager to learn and grow in new environments.

KEY EXPERIENCE & STRENGTHS

- Strong experience providing exceptional support and care to clients and vulnerable people in accordance with their individual needs and goals.
- Experience supporting the elderly by assisting with personal tasks and daily activities, including preparing meals, administering medications and feeding.
- Experience working in a nursing home with 130 residents of different nationalities, showcasing my adaptability in assisting patients with a wide range of comorbidities, such as dementia and various disabilities.
- Extensive knowledge of lifter use, client mobility, walker/frame use, and fall prevention.
- Significant performance working as an Assistant in Nursing, proficiently following protocols and instructions to perform patient care tasks like bathing, toileting, and dressing patients, assisting with mobility and exercises, reporting the patient's condition to the Registered Nurse, changing bed linen, and simple wound care.
- Experience ensuring accurate and concise documentation in care planning and medical records, integrating patient care plans with other healthcare team members, ensuring the best possible outcomes, and documenting patient evaluations and interventions.
- Excellent knowledge of health, working as a nurse, which allows me to take temperatures and perform first aid.

PERSONAL SKILLS

- Empathy and compassion to connect with and support elderly clients.
- Patience in handling slow-paced tasks and repetitive activities.
- Clear and respectful communication with clients, families, and healthcare teams.
- Good manual handling practices.
- Keen observation to notice changes in clients' health or mood.
- Problem-solving abilities for quick thinking during emergencies.
- Fully vaccinated for COVID / FLU.
- NDIS member, working with children Checks, medication administration certificate.
- Proficient in the use of MS Office | Knowledge of information and data systems used in aged care (e.g. Lee Care).
- Advanced English | Native Portuguese.
- Availability to work anywhere in Australia.

ACADEMIC EDUCATION

- **Master of Health Services Management** | Kaplan Business School, Australia (Mar/2022 to Feb/2024)
- **Diploma of Leadership & Management** | Pacific Training Group, QLD, Australia (Mar/2021 to Dec/2022).
- **Certificate IV in Ageing Support** | Imagine Education, Gold Coast, Australia (Mar/2020 to Nov/2020).
- **Certificate III in Individual Support** | Imagine Education, Gold Coast, Australia (April/2019 to Dec/2019).
- **Bachelor's Degree in Nurse** | Unicentro, RS, Brazil (Feb/2007 to Feb/2011).

PROFESSIONAL EXPERIENCE

DEPARTMENT OF HUMAN SERVICES - DHS | ADELAIDE, AUSTRALIA (JUL/2024 TO CURRENTLY)

(<https://dhs.sa.gov.au/>)

POSITION: DISABILITY SERVICES OFFICER

- Work together to handle customer claims, answer questions from customers and request assistance when needed, adhere to established policies, laws.
- assistance with personal hygiene, assistance with activity, food preparation, grocery shopping, housework, and social event management while living with dignity.

THE QUEEN ELIZABETH HOSPITAL | ADELAIDE, AUSTRALIA (JUN/2022 TO SEP/2024)

(www.sahealth.sa.gov.au/)

POSITION: ASSISTANT IN NURSING

- Provide direct and indirect patient/client care, ensuring their comfort and well-being.
- Assist patients who require short-term support due to cognitive impairment or a state of confusion.
- Responsible for performing a diverse range of duties that require basic skills, knowledge, training and experience. These include setting up for meals, transferring, undertaking specific diversional therapy with the patient.

CARING FOR YOU | ADELAIDE, AUSTRALIA (JUL/2022 TO MAY/2024)

Nurse Agency (www.caringforyou.net.au/)

POSITION: ASSISTANT IN NURSING

- Responsible for various tasks, including personal care, building relationships with others, and following all policies and procedures under the direction of nurses to provide essential support when needed.
- Accountable for helping patients with hygiene, such as using the bathroom, bathing, brushing the teeth and dressing, also assisting patients with meals by feeding them, monitoring general health and vital signs and reporting to responsible nurse.

ASHMORE RETREAT | GOLD COAST, AUSTRALIA (SEP/2019 TO FEB/2022) | (<https://www.infin8care.com.au/>)

POSITION: PERSONAL CARE WORKER

- Responsible for maintaining the residents' dignity while assisting with personal care, including bathing and dressing, ensuring that each resident feels valued, heard, and comfortable, and is well-fed.
- Accountable for assisting with daily activities, empowering residents to stay active, helping them practice general recreational activities, keeping their bodies and minds active and engaged.
- Oversee the health of residents by assisting with treatments under the supervision of a registered nurse.

UNIMED HOSPITAL | RS, BRAZIL (JUL/2014 TO MAY/2017)

Latin American robotic surgery reference (<https://site.unimedlitoral.com.br/>)

POSITION: NURSE

- Provide and coordinate patient care, educate patients and the public about various health conditions, and advise and emotionally support patients and their families.
- Responsible for observing and interpreting patients' symptoms and communicating them to physicians, as well as monitoring patients' condition and assessing their needs to provide the best possible care and advice.
- Liable for maintaining excellent hygiene and safety, including inspecting facilities, decontaminating equipment, sanitizing surfaces, and preparing beds, all to ensure the patients well-being.

KEY ACHIEVEMENTS:

- I started my activities as a nurse (standard). Due to my high performance and dedication, I was promoted to materials supervisor, and soon after, I moved on to coordinating surgical teams, staff shifts.

MARIETA KONDER BORNHAUSEN HOSPITAL | RS, BRAZIL (JUN/2011 TO MAY/2014)

One of the largest and most advanced public hospitals in Brazil (<https://www.hospitalmarieta.org.br>)

POSITION: CLINICAL NURSE

- Accountable for administering oral and intravenous medications, collecting blood for tests, measuring blood pressure, assessing and dressing wounds, monitoring healing progress, and playing a key role in educating patients on wound care techniques to prevent infection and promote healing.

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- Responsible for ensuring accurate and concise documentation in care planning and medical records, integrating patient with other healthcare team members (doctors, pharmacists, therapists, and social workers), ensuring the best possible outcomes, and documenting patient evaluations and interventions.