



Kalpna Awasthi

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4/7 ethel street, Burwood, NSW 2134

PROFESSIONAL SUMMARY

Trained aged care follows strict care standards to help patients recover from illnesses and injuries. Expertly manages pain and symptoms with safe and optimum treatment regimens. Cares about patients and goes beyond minimums to meet individual needs. Driven nursing professional with 3-4 year of experience in health care environments. Talented at conducting patient assessments, developing individualized care plans and implementing prescribed orders. Successful at delivering high-quality patient care to advance recovery goals and improve overall health.

WORK HISTORY

STAFF NURSE

02/2023 - 08/2024

Krishnarpan health care pvt.ltd | kathmandu, nepal

- Complied with quality healthcare standards to uphold hospital reputation.
- Provided first-class care across various wards and units for patients with complex medical needs.
- Established positive rapport with patients and families through active listening and compassionate care.
- Supported community health initiatives and delivered seminars targeted at specific patient groups.
- Managed care for post-operative patients through to discharge.
- Managed caseload of 20 clients, providing education, treatments, IV therapy, venipuncture and wound care.
- Planned and managed patient care in alignment with hospital standards of care.

HOME CARER

01/2022 - 12/2022

grandmother | dhangadi , nepal

- Read aloud to clients, offering mental stimulation and social companionship.
- Answered questions from clients, family members, and other carers.
- Adapted care activities in response to clients' mood, energy levels, and preferences.
- Planned client meal plans, shopped for ingredients and cooked meals.
- Involved clients in decision-making to promote independence.
- Transported and accompanied clients to appointments.
- Ran personal errands for clients and transported individuals to social gatherings.
- Completed laundry, ironing and dry cleaning.
- Maintained wheelchairs, walking frames, and hearing aids.

SKILLS

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|-------------------------|--------------------|
| • Dementia management | • Meal preparation |
| • Activity coordinating | • Nursing care |
| • Care home management | • Care management |

- Problem-solving
- Patient rehabilitation
- Health surveillance
- Blood glucose monitoring
- Patient handling and positioning

EDUCATION

Diploma of Higher Education | Nursing
Shradha institute of health science, Nepal

02/2019 - 03/2023

REFERENCES

References available upon request.