

**EDUCATION AND TRAINING**

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**CBD College****Sydney, NSW***First Aid Certification**[2022]***Mental Health First Aid Australia****Sydney, NSW***Certification of Accreditation**[2019]***Adept Training****Harris Park, NSW***Certificate IV in Aged Care Work - Medication Endorsed**[2009]***Mission Australia****Mt. Druitt, NSW***Certificate III in Aged Care Work**[2004]***PROFESSIONAL EXPERIENCE**

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**Warrah Society - Disability Services****Dural, NSW***Residential Care Worker**[2015 to Current]*

- Managed and planned activities for disabled residents to cater for different disabilities (i.e. cerebral palsy, autism, epilepsy and behavioural impairments), including planning and managing activities and outings involving transportation and close supervision. Also involves interacting with the families of the disabled residents.
- Administering medication, including packed meds, non-packed meds, eye drops and topical meds.
- Undertaking observations, including blood glucose levels, blood pressure, temperature checks, wound dressings and progress notes.

**Southern Cross Care - Marian Nursing Home****North Parramatta, NSW***Recreational Activity Officer & Certificate IV Medication**[2009 to 2021]*

- Managed and planned activities for dementia residents, including music and sensory therapy, bus outings, concerts, happy hours, as well as birthday and special occasion celebrations.
- Administered medication, including packed meds, non-packed meds, eye drops and topical meds.
- Undertook observations, including blood glucose levels, blood pressure, temperature checks, wound dressings and progress notes.
- Occasionally provided guidance and leadership to assistants in nursing when covering registered nurse shifts.

**Anglicare - Chesalon Nursing Home****North Parramatta, NSW***Assistant in Nursing**[2004 to 2009]*

- Personal care duties for residents.

**ABILITIES, SKILLS AND PERSONAL INTERESTS**

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- Ability to use various medical and observation equipment (e.g. nebulisers and oxygen therapy systems).
- Ability to manage and effectively respond to aggression from residents as well as other unexpected incidents.
- Ability to use computerised systems for monitoring residents, administering medication and recording notes.
- Team leader skills from coordinating assistants in nursing and recreational activity officers.
- Bilingual with an ability to fluently speak in English and Sinhalese.
- Quick learner resulting in consistent and accurate work performance, arising from involvement in regular professional development and annual training courses provided by my employer (e.g. infection control).
- Personal interests include cooking, gardening, reading, looking after pets (i.e. dogs and birds) and spending time with family.

**REFEREES**

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**Mrs Candy Hu***Senior Registered Nurse**Marian Nursing Home**0403 066 438***Mrs Nicy George***Senior Registered Nurse**Marian Nursing Home**0432 537 410*