

# KARIN SHRESTHA



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Brisbane, QLD 4000



[Bold Profile](#)

## PROFESSIONAL SUMMARY

Experienced and empathetic aged care professional with a proven ability to provide high-quality support and companionship to elderly individuals. Skilled in personal care, medication administration, mobility assistance, and fostering emotional well-being. Strong communicator adept at building trust and rapport with clients and families. Known for maintaining dignity and respect in all interactions while ensuring compliance with safety and care standards. Passionate about improving quality of life for aging individuals and committed to creating a safe, nurturing environment tailored to their needs.

## SKILLS

- Patient care
- Reliable team player
- Direct patient care
- Collecting vital signs
- Bathing assistance
- Compassionate
- Alzheimer's and dementia care
- Basic life support
- Vital signs monitoring
- Bedside manner
- Safety precautions
- Electronic charting
- Patient-focused care
- Compassionate caregiver
- Feeding assistance
- Documenting behaviors
- End-of-life care
- Positioning patients
- Transfer techniques
- Maintaining privacy
- Trustworthy companion
- Light housekeeping
- Preparing meals
- Toileting assistance

## ACCOMPLISHMENTS

successfully provided personalized care plans for over 20 clients, improving their quality of life and maintaining their independence.

## WORK HISTORY

### Alzheimers Queensland - Assistant In Nursing

*Brisbane • 08/2024 - Current*

- Transported patients between rooms and appointments or testing locations.
- Answered call lights and supported patient comfort and safety by adjusting bed rails and equipment.
- Provided high-quality personal care services such as bathing, grooming, dressing, and feeding to ensure patient dignity.
- Improved patient care quality by monitoring and recording vital signs, fluid intake, and output.
- Promoted good oral and personal hygiene by aiding patients with shaving, bathing, and teeth brushing.
- Reduced fall incidents by implementing safety measures like bed alarms and proper positioning techniques.
- Helped clean and prepare patient consultation rooms to maintain hygiene standards
- Documented patient conditions and care provided, ensuring accurate health records for informed medical decisions.
- Self-motivated, with a strong sense of personal responsibility.
- Worked effectively in fast-paced environments.
- Skilled at working independently and collaboratively in a team environment.
- Excellent communication skills, both verbal and written.
- Worked flexible hours across night, weekend, and holiday shifts.

### Alzheimers Queensland - Assistant in Nursing

*Upper Mt Gravatt • 01/2022 - 11/2023*

- Transported patients between rooms and appointments or testing locations.

CERTIFICATIONS

- First Aid Certification
- Certified Nursing Assistant (CNA)

- Maintained patient stability by checking vital signs and weight and recording intake and outtake information.
- Answered call lights and supported patient comfort and safety by adjusting bed rails and equipment.
- Prevented pressure ulcers development through frequent turning, repositioning of patients, and diligent skin assessments.
- Provided high-quality personal care services such as bathing, grooming, dressing, and feeding to ensure patient dignity.
- Improved patient care quality by monitoring and recording vital signs, fluid intake, and output.
- Promoted good oral and personal hygiene by aiding patients with shaving, bathing, and teeth brushing.
- Maintained a clean, safe environment by sanitizing surfaces, changing linens, and disposing of waste properly.
- Helped patients with self-feeding and assisted feeding, based on individual needs.
- Provided emotional and psychological support to patients and their families, fostering positive healthcare experience.
- Supported patients with personal care tasks to preserve dignity and promote independence.
- Self-motivated, with a strong sense of personal responsibility.
- Worked effectively in fast-paced environments.
- Skilled at working independently and collaboratively in a team environment.
- Proven ability to learn quickly and adapt to new situations.
- Excellent communication skills, both verbal and written.
- Worked well in a team setting, providing support and guidance.
- Demonstrated respect, friendliness and willingness to help wherever needed.

LANGUAGES

English		Nepali
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Professional Working		Native or Bilingual