

**Name: Kripa Sapkota**

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## **Personal Summary**

Dedicated, compassionate, and Medication-Competent Assistant in Nursing (AIN) and third-year Bachelor of Nursing student with extensive hands-on experience across aged care, surgical, medical, mental health, and critical care settings. Skilled in medication administration, patient care, and clinical support, with a strong commitment to maintaining patient dignity, privacy, and safety. A proactive and dependable team player, focused on delivering high-quality, person-centered care in diverse healthcare environments.

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## **Clinical Placements**

- **Bupa Aged Care, St Ives, NSW**  
*(120 Hours – AIN Certificate Placement)*
  - **Leigh Place Aged Care, Roselands, NSW**  
*(Student Registered Nurse)*
  - **Canterbury Hospital, NSW**  
*(Surgical and Medical Wards – Student RN)*
  - **Prince of Wales Hospital, Randwick, NSW**  
*(Mental Health ICU – Student RN)*
  - **St George Hospital, Kogarah, NSW**  
*(Ambulatory Care Unit – Student RN)*
  - **St George Hospital, Kogarah, NSW**  
*(Intensive Care Unit – Student RN)*
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## **Employment History**

### **Assistant in Nursing (Medication Competent)**

*Bupa Aged Care, St Ives | June 2022 – Present*

- Administer medications safely and accurately to the residents, following organizational policies and procedures.
- Assist residents with activities of daily living (ADLs) including showering, toileting, dressing, eating, and mobility support.
- Monitor vital signs, Blood Glucose Levels (BGL), and perform input/output charting, reporting any abnormalities to RNs.
- Support wound care management, pressure injury prevention, and pressure area care.

- Maintain accurate documentation and uphold residents' rights, confidentiality, and dignity.
- Collaborate effectively within multidisciplinary healthcare teams to deliver holistic, high-quality care.

### **Lifestyle Officer**

*Bupa Aged Care, St Ives | 7 Months*

- Designed and implemented recreational programs tailored to residents' interests to enhance their quality of life.
- Promoted social engagement and emotional well-being in aged care settings.

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### **Key Skills and Competencies**

- **Medication Administration:** Competent in medication handling and administration in aged care settings.
- **Clinical Skills:** Vital signs monitoring, BGL testing, wound observation, manual handling.
- **Patient Care:** Assistance with ADLs, repositioning, pressure care management.
- **Communication:** Clear, respectful communication with patients, families, and healthcare teams.
- **Time Management:** Ability to prioritize tasks effectively in fast-paced environments.
- **Cultural Sensitivity:** Respect for diversity and individualized patient care needs.
- **Infection Control:** Skilled in hand hygiene, PPE usage, and COVID-19 protocols.
- **Health and Safety:** Adherence to Work Health and Safety (WHS) and Manual Handling standards.

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### **Education and Credentials**

- **Bachelor of Nursing** (*February 2023 – Current*) – **3<sup>rd</sup> year Nursing Student**  
*Western Sydney University (WSU), Parramatta Campus*
- **Certificate III in Individual Support (Aging and Disability)**  
*Australian Education and Training Institute (AETI), Rockdale, NSW*

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### **Certificates and Training**

- Medication Competency Certificate
- First Aid Certificate (*Valid until 18/04/2026*)
- Australian Police Clearance Certificate (*Current*)
- Respiratory Fit Test Card (*Current*)
- My Health Learning e-Learning Modules:
  - Hand Hygiene
  - Hazardous Manual Tasks
  - Work Health and Safety

- COVID-19 Residential Care and PPE Training
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## References

- **Tina Kaushal Prakash (RN)** – Canterbury Hospital  
*Contact: 0406 509 787*
- **Moses Majak Gum (RN/NUM)** – Canterbury Hospital  
*Contact: 0499 299 499*
- **Gurinder Gill (RN/Placement Facilitator)** – Leigh Place Aged Care  
*Contact: 0430 308 573*
- **Reshma Gurung (RN)** – Bupa Aged Care  
*Email: reshmagurung335@gmail.com*
- **Sabina Gurung (RN)** – Bupa Aged Care  
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