

# MELINA SHRESTHA

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## Summary

Highly compassionate and dedicated healthcare professional with over 4 years of international experience as a Registered Nurse, including work in Adult Intensive Care unit and general ward, currently gaining valuable practical experience as an Assistant in Nursing in Australian aged care. Proven ability to provide high-quality, person-centred care, with a strong foundation in patient support, vital sign monitoring, and hygiene maintenance. Adaptable, quick to learn, and deeply committed to patient safety, dignity, and respect. Eager to build a long-term career in Australia's healthcare system, leveraging international experience, cultural sensitivity, and a strong work ethic to contribute positively to patient well-being.

## Skills

- **Patient-Centred Care:** Personal Care, Activities of Daily Living (ADLs) Assistance, Mobility Support, Emotional Support, Companionship, Documentation, Confidentiality.
- **Clinical Support:** Vital Sign Monitoring, Feeding Assistance, Fluid Intake Monitoring, Hygiene Maintenance (bed linen, incontinence aids, personal clothing), Infection Control, Medical Supply Management, **Medication Assistance (as per AIN scope)**.
- **Communication & Teamwork:** Collaborative Care Planning, Reporting Changes in Patient Condition, Interdisciplinary Teamwork, Active Listening, Empathy, Cultural Sensitivity.
- **Safety & Compliance:** Workplace Health and Safety (WHS), Manual Handling, First Aid, CPR, Adherence to Protocols.
- **Core Nursing Principles:** Individual Support, Aged Care, Nursing Practice, Clinical Practice, Acute Care, **Intensive Care Support (foundational understanding)**, Immunisations (awareness).

## Career History

**Assistant in Nursing Placement** | Thompson Health Care *July 2025 – Present*

- Provided direct resident care, assisting with daily living activities (bathing, dressing, grooming, toileting) and ensuring patient comfort and dignity.
- Supported patient mobility through safe transfers, repositioning, and ambulation, promoting independence.

- Monitored and accurately recorded vital signs, promptly reporting any changes to nursing staff.
- Offered compassionate emotional support and companionship, fostering a positive environment for patient well-being.
- Assisted with patient feeding and meticulously documented food/fluid intake, contributing to nutritional care.
- Maintained high standards of patient hygiene and cleanliness, including bed linen changes and infection control.
- Collaborated effectively with Registered and Enrolled Nurses to support individualized care plans and ensure comprehensive patient support.
- Maintained accurate and confidential patient records, documenting care provided with attention to detail.

**Registered Nurse** | Dhulikhel Hospital, Nepal *February 2021 – September 2024 (3 years 8 months)*

- Provided comprehensive nursing care to a diverse patient population in an acute care setting, including experience in the Adult Intensive Care Unit (AICU).
- Administered medications safely and accurately according to prescribed orders.
- Conducted thorough patient assessments and developed individualized care plans.
- Managed patient admissions, discharges, and transfers efficiently.
- Educated patients and their families on health conditions and treatment plans.
- Collaborated with multidisciplinary teams to ensure holistic patient care.
- Maintained accurate and detailed patient medical records.
- Responded effectively to medical emergencies and provided critical care support.

## Education

**Certificate IV in Ageing** | Advance College *Completed: 2025*

**Bachelor of Nursing** | Kathmandu University *Completed: 2020*

## Licences & Certifications

- **Manual Handling Certificate** (Current)
- **CPR First Aid Certificate** (Current)
- **Registered Nurse** – Nepal Nursing Council (Current)

## References

**Anjana karki** *Registered Nurse Thompson Health care, Oran Park*

Contact Number: 0247052100

**Zeba Ali** *Assistant in Nursing Thompson Health care , Oran Park*

Contact Number: 0469799236

