

MANISHA POKHREL

AUBURN ,AUSTRALIA contact no- 0404621718, pokhrelleah@gmail.com

PROFESSIONAL SUMMARY

A well-mannered, polite and hard-working person who have an awareness, understanding and commitment to the protection and safeguarding of residents under my care. I have hands-on experience required to contribute to the on-going support of resident. Right now, I would like to work for resident facility that offers great opportunities for career development.

SKILLS:

Bedside Care

Judgement and decision making

Clear Communication

Critical thinking

Personal Health Care and Hygiene

Time Management

Caring Companionship

Safety Procedures

Active Listening

WORK EXPERIENCE:

Assisting in Nursing

Advantaged aged care, Bankstown, NSW. August, 2023- till date

- Supporting residents with activities of daily living such as bathing, dressing and personal hygiene
- Assisting residents for meeting their nutritional needs, fluid and foods as require
- Provide physical support and help them to transfer, lift and move to meet daily requirement
- Provide emotional support to residents and their family
- Answer the call bell and response them accordingly
- Monitor the vitals sign and report to concern person
- Record and document the progress note for up-to date and sharing information
- Assist the Registered nurse for any kind of help such as dressing and other clinical care and reporting promptly any changes in the condition or wellbeing of residents.
- Supporting physiotherapist and activity officer to transfer the resident for activity and exercise

Assistant in Nursing

Thompson health care, Mona vale, NSW. March 2023-August 2023

- Assisting the residents for personal hygiene care to meet daily requirements
- Turn or reposition patient bedridden patients according to their need
- Provide physical support and emotional support to resident
- Assisting patients to eat or drink
- Assisting other staffs to lift residents using manual handling lifters such as Sara steady, full hoist, standing lifters
- Document and report observations of patient behavior, complain and symptoms
- Restock room with personal hygiene items such as towels, washcloth, toilet paper ,soap and necessary items
- Supporting recreational officer to mobilize the residents

PROFESSIONAL QUALIFICATION

I. Certificate IV in Ageing Support –CHC43015

PERSONAL DETAILS:

Date of Birth: 29/08/1990

Nationality: Nepalese

Marital status: Married

Availability: 24/7 (Any time)

Residency Status: Student Subclass 500 Visa holder

Working Rights: Full time

REFERENCES

1. Surya Niraula, RN
Thomson Health Care, Mona vale, NSW
0420394016, Mailsuryaniraula@gmail.com.
2. As required