

Subas Timalisina

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Availability: Full-Time

Visa type: 485 (Temporary Graduate Visa)

Professional Objective

To secure employment in an area that is consistent with my experience and education within an organization where I can learn, develop and contribute to the growth and success of the organization.

Key Nursing Competencies

- Sound academic results and clinical assessments.
- Positive feedback from facilitators, patients and the staff I worked with for working hard to enhance my knowledge.
- Good time management skills, prioritizing care, by being proactive to solve issues to provide quality care to patients, able to give a comprehensive handover and to provide safe and effective care all the time.
- Excellent communication skills developed through dealing with a wide range of age groups and socio-cultural backgrounds. This includes the ability to empathetically convey information to patients and their families, writing progress notes and care plans, and communicating with multidisciplinary teams.
- Participation as an active team member and to make a professional relationship with other team members based on trust and mutual respect. My understanding of being a part of a healthcare team is to work as a group, to encourage each member to give suggestions and to share their ideas to solve problems effectively and to provide safe person centered care.
- Experience and successful application of safe practice (OH&S) methods and the understanding of quality based accreditation program Equip.
- A willingness to learn and apply myself to all new areas of nursing as learning is a lifelong process.

Educational Qualifications

- Bachelor's Degree in Business Studies, (2015-2018) Tribhuwan University, Nepal.

Professional Training and Placement:

- Certificate III in aging Support (Visa Pathway, Kogarah, NSW) Medical Prompting
- First Aid training
- Manual handling
- Fire and safety
- Bullying and harassment
- Elder abuse

Attributes

- Good communication skills, quick learner, friendly, passion to speak with different kinds of people, flexible, positive 'can do' attitude, able to liaise with managers and colleagues in courteous manner.
- Can comply with workplace occupational health & safety standards & maintain an environment of comfort & safety of the residents & staff.

- Can ensure safety of patients and advocate for the rights of patients. Provide emotional support and give empathy to the resident.

Work Experiences

- 120 hours of placement at Bupa, Clemton park
- Duties and Responsibilities as Assistant in Nursing (AIN):
- Assisting residents with activities of daily living such as bathing, dressing, grooming, and toileting.
- Assisting residents to walk and use a wheelchair.
- Using different types of lifter/hoist and transporting residents around from one place to another. Determining resident's needs.
- Keeping resident's rooms and equipment clean, neat and orderly.
- Generally assisting with residents' overall comfort according to the nursing care plan.
- Taking and recording a resident's temperature, blood pressure, pulse and respiration rates. Updating resident's records.
- Serving meals to residents, assisting them in eating and monitoring their eating habits. Observing a resident's health concerns and reporting abnormalities to the team leader/Registered nurse.
- Ensuring the privacy and dignity of residents always.
- Ensuring confidentiality of all resident related information.
- Referring all enquiries, concerns and complaints by residents and/or their representatives to the Registered Nurse or Nurse In charge.
- Documentation (I-care, ACFI, Weight Tracking)

Worked 1 Year from Carehaven(nursing agency), worked in different parts of ACT as well as NSW regional.

Worked for we care agency for 7 months.

Cleaning experience: Worked as cleaner for more than 3 years in Demio Company. 2 years in Sydney and 1 year in Canberra(1 constitution place)

COMPUTER SKILLS: Have a good knowledge of Computer

References

Samar Bakhtiar(Trainer and Assessor) Address= 14- station street Kogarah Mobile= 0416379235

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