

KANCHAN LAMA

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Education

Bachelors of Nursing: Nursing 12/2024
Everest College of nursing - Sinamangal, Nepal

Pcl nursing: Nursing 12/2018
Hope international college

Professional Summary

A trustworthy carer who serves the individual needs of each client through close communication and well-coordinated support activities. Follow safety precautions when lifting, exercising, and travelling to prevent client discomfort or injury. Dedicated to providing the client with both physical and mental comfort. Candidate who is reliable and organized and who successfully manages many priorities. Supportive care, behavior monitoring of clients, and promotion of engagement in healthy activities as specified in the care plan. Finding and keeping a job that offers professional challenges and requires strong communication, time management, and problem-solving abilities gives me a joyful array of chances to offer my services and have an immediate, positive impact on the company.

Skills

Companionship and Emotional Support

Developing resident's trust

Strong customer service focus and an ability to prioritize

Great communication and listening skills

Highly Observant

Mobility Assistance

Accurate in the following order

Positive Reinforcement Methods

Aware of fire regulations and manual handling procedures

Ability to organize, plan and multi-process

Supporting daily living needs

Work History

Register Nurse: Staff nurse (awarded as best staff nurse)

Nepal mediciti Hospital, Nepal

2019-2024

Aged Care Worker (trainee)

2024

Ashfield Terrace care community: Ashfield, NSW

- Assisted residents with daily living tasks, promoting independence and dignity.

- Assisted with dressing guidance, grooming, meal preparation
- Assisted with feeding and monitored intake to help patients achieve nutritional objectives.
- Maintained a clean and safe living environment for all residents, ensuring their wellbeing.
- Turned and positioned bedbound patients to prevent bedsores and maintain comfort levels.
- Provided safe mobility support to help patients move around personal and public spaces.

Certifications

- Certificate III in Ageing and disability Support (Advance college, Burwood, NSW)
- Criminal History Check (NSW National Police Check)
- Working with Children Check (NSW Government)
- NDIS worker Check (NSW Government)
- First aid, CPR

Accomplishments

- Developed and maintained courteous and effective working relationships.
- Maintained excellent attendance record, consistently arriving to work on time.
- Quickly learned new skills and applied them to daily tasks, improving efficiency and productivity.
- Demonstrated respect, friendliness and willingness to help wherever needed.

Roles and Responsibilities

- Assisted in Nursing (Carer)-Under Supervision (Work Placement)
- Perform housework, assist patients with hygiene and self-care, and be a companion.
- Friendly and engaging with strong attention to detail.
- To be a deliberate role model, demonstrating healthy behavior for daily living and social interactions.
- To possess a gentle touch and caring attitude centered on treating people with dignity and respect.
- Offer attentive care to patients by managing health needs, helping with personal hygiene
- To monitor ongoing conditions with knowledge of documentation practice.
- Make sure the patients can attend activities or social events and outings.
- To organize and plan recreational, social or educational activities for older people
- To be able to perform lifestyle assessments of the residents to see what programs or activities they will benefit from and complete documentation of any changes to a resident's situation.
- Provide the care recipient with companionship and accompany them.
- To deal with emergencies and so, in addition, to become familiar with the rules of residents' safety and also possess the first aid skills required to be able to act in the event of a medical emergency.

Key Areas of Ability

- Hardworking and passionate with strong organizational skills eager to secure entry-level carer position
- High interpersonal and client service skills
- Dedicated and reliable Personal Care Worker with a strong record of elderly healthcare experience and strong attention to detail
- Highly honored with the spirit of empathy and respect to maintain open dialogue and trust.
- Highly motivated individual to create immeasurable success on a team
- Conscientious go-getter providing exemplary service to individuals in residential care environments with utmost respect and consideration

Hobbies and Interests

- Volunteering and community involvement
- Aged Care, Disability care and Childcare
- Participating in various work and reading books

Training

- Manual Handling or Moving and Handling of People
- Food Hygiene
- Emergency First Aid and CPR at Work

References

Shrisha Maharjan (RN)

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Pramila Thapa (RN): Ashfield Terrace care community, Ashfield, NSW

Phone: 0466801081

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Sabina Malla: Carer

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