

## **PUJA POUDEL**

92 INGALL LOOP, CATHERINE FIELD, NSW 2557

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### **Career Objectives :**

Seeking a position of Assistant in Nursing in your organisation where I can utilise my academic qualification and work experience to become a valuable health professional and contribute to the success of my employer.

### **Summary of Qualifications :**

- Extensive experience in the health care sector.
- Ability to work successfully with others on collaborative projects and efforts.
- Productive worker with solid work ethic to exert optimal effort in successfully completing tasks.
- Organised and effective communicator with the ability to learn quickly and develop expertise to produce efficient contributions to the organisation.

### **Education :**

- School Leaving Certificate, Gajurmukhee Secondary Boarding School, Kathmandu Nepal (2007)
- Proficiency Certificate Level, National Vision Nursing college, Kathmandu Nepal (2007-2010)
- Certificate III in aged care, Einstein college, Melbourne (2015)
- RSA & RCG course, Catch training, Campbelltown (2023)

### **Professional Experience:**

**Shree Birendra Hospital(Nepal)-** From Feb 22, 2011 to July 29, 2011

Position: Staff Nurse

Duties:

- Admission and Discharge procedures including (Documentation of valuables in the valuable's book of the clothing and apparel book for patient on transfer to another institution or when deceased).
- Assisting patient with active and passive exercises.
- Care of death body.

- Care of Pre and Post Operative patients including pre- operative check lists and postoperative observations and Weighing a patient and taking Vital sign and daily Bowel recording.
- Glucometer readings and urinalysis.
- Dressing, Fluid and electrolyte balance.
- Oral Hygiene, pressure area penile and perianal area care.

**Health Support Systems(Nepal)** - From 21st June 2011 to 16th December 2012 Position: Home Nurse

**Health Care Centre(Nepal)-** From 2012 January 15 to 2014 July 16  
Position:Staff Nurse

**Alkira Garden,Miranda NSW** -From Sep 2016 to Dec 2017

Position:AIN

Duties:

- Assisting residents with their ADL's such as Showering, Feeding and toileting (bedpan, urinal, commode)
- Pressure area care
- Experience of assisting residents with dementia
- Assess and monitor residents with palliative care
- Knowledge of ACFI ( incontinence, bowel, behaviour, sleeping, sight chart, nutrition chart)
- Closely follow all manual handling and complying with OHS (Moving, positioning and transferring residents with the use of mechanical lifting devices and aids)
- Applying TED stockings
- Ensuring Infection control practices and WHS policies and procedures
- Measuring patient height and girth
- Restocking linen trolleys and organising resident's belongings
- Maintaining a safe environment, keep ward tidy and store equipments appropriately
- Report to RN about the resident's disorder and incident
- Taking vital signs, weight
- Maintain Team work spirit

**H1 Healthcare (nursing agency)-** From may 2018 to July 2018

Position:AIN

Duties:Same as above

**UNITING WONTAMA-** From 19 July 2021 to 07 nov 2021

Position: AIN

Duties :same as above

**Other Work Experience:**

**Chris O'Brien Lifehouse-** From Sep 2015 to July 2016

Position:Cleaner

**White spot pty. ltd-** From May 2015 to Sep 2015

Position:Cleaner

**Harris farm market** -From sep 2018 till oct 2021

Position:Cashier/Supervisor

**Award :**

Staff Incentive award 2nd Quarter

Alkira Garden

8th June 2017

**INTEREST:**

- Reading books
- Travelling
- Watching Documentaries about nature and variety of cultures

**References:**

Sanjay Munankarmi

Manager, Harrisfarm Market

0466809935

Sangeeta Balaya Shrestha

RN, Liverpool hospital

0405167176

Laxmi poudel

RN, Vital health home services

0413794107