

# PABITRA PANDEY

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## PROFESSIONAL SUMMARY

Compassionate Nursing Assistant adept at bathing, grooming and feeding elderly and disabled patients. Familiar with medical terminology and procedures.

## SKILLS

- Diet and Nutrition
- Household Management
- Blood Pressure Measurement
- Vital Signs Collection
- Mobility Support
- Dressing Assistance
- Privacy and Confidentiality
- Fluid Measurement
- Feeding Assistance

## WORK HISTORY

AIN | Beresford Hall - Rose Bay, NSW

11/2022 - Current

- Remained alert to problems or health issues of clients and competently responded.
- Planned, prepared and served meals and snacks according to prescribed diets.
- Monitored and maintained cleanliness, sanitation, and organization of assigned station and service areas.
- Determined specific needs and provided most appropriate level of services for patient well-being.
- Recognized and reported abnormalities or changes in patients' health status to case manager.
- Helped to coordinate enjoyable activities for residents, including game, dance, singing, card tournaments, exercise classes and make over session.
- Assisted in general ward, special ward (dementia ward) and palliative care ward.
- Learned the basics of assessing patients' vital signs under the guidance of Registered Nurse
- Assisted other staff for taking records of residents' blood pressure, temperature, pulse and respiration rates.

AIN (Study Placement) | Heiden Park Lodge - Carramar, NSW 09/2022 - 10/2022

- Assisting resident with daily living activities such as showering, bathing, dressing, grooming and toileting, feeding etc.
- Preparing resident for appointment and outing.
- Residents' daily documentation using Lee care.
- Report any changes in resident behavior or health to RN in charge or care manager if required so.
- Knowledge of using equipment as per residents care needs.
- Redirecting and intervention of behavior, observation and monitor.
- Provide high energy high protein diet and other supplements as per dietician to the residents.
- Develop residents' care plan including assessment, evaluation and nursing diagnoses.
- Provide assistance and support to nursing team and leisure and life style team.
- Schedule residents' appointment and transport residents for errands and doctor appointments.
- Personalized games and activities as per their social profile to engage the residents.
- Full knowledge of covid preparedness such as, correct use of PPE, hand hygiene donning and doffing, use of disposal items, disposal of infectious wastes in yellow bins, monitor and swab as per health department guidelines.

## EDUCATION

Australian Ideal College - Sydney, NSW  
Certificate IV in Ageing Support

Cube Institute - Rockdale, NSW 10/2022  
Certificate III in Individual Support : (Ageing & Disability)

Rambhadevi College of Science - Butwal, Nepal 05/2019  
Higher Secondary: PCL General Medicine

## REFERENCES

Anita Panthi - AIN (Heiden Park Lodge)  
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Shila Prajapati - RN (Beresford Hall)  
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