

# Prabesh Thapa

Nursing Assistant

8/712 Princes Highway, Kogarah, Australia, 2217, 0424712271, Prabesht07@gmail.com

## Professional summary

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Nursing Assistant with over five years of experience providing compassionate care at aged care facilities, demonstrating expertise in patient care, and infection control. A good team player with effective communication, ensuring seamless collaboration with other healthcare professionals and family. Committed to supporting clients with complex needs and enhancing their quality of life through attentive and empathetic service.

## Employment history

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### Nursing Assistant, 2020 - Present

*Mark Moran at Little Bay*

- Provide compassionate patient care and assistance with daily living activities, while maintaining detailed medical records and coordinating with healthcare teams
- Closely monitor residents, document observations, and review care plans and report to RN if any changes.
- Partner with nurses and other allied health staff to deliver comprehensive patient care, assist with mobility, and maintain a clean, safe environment.
- Provide domestic services in the residential facility including food handling, laundry, cleaning and other tasks as instructed by the Care Leader / Registered Nurse

### Personal Care Worker, Sep 2022 - Present

*Catholic Health Care, Matraville, Sydney*

- Assist with daily activities, and implement personalised care plans while maintaining strict hygiene and safety protocols.
- Collaborate with nurses and healthcare professionals to deliver comprehensive resident care, participate in case conferences and care plan reviews
- Enhance resident well-being through the interventions for any resident with challenging behaviour and consistent documentation of health status changes.
- Actively engage with resident to enhance their mental, and emotional and well being.

### Nursing Assistant, Mar 2022 - Sep 2022

*Calvary Brighton-le-sands, Kogarah, Sydney*

- Provided compassionate care to elderly residents, assisting with daily activities while maintaining detailed medical records and coordinating with healthcare team.
- Maintain hygiene/safety practices in accompanying caring tasks.
- Establish communication rapport with families, staff and volunteers.
- Maintain appropriate hand washing techniques, and infection control measures for isolated patients during COVID outbreak.
- Assist nurses with reviewing the clinical care of relevant residents.

### Cleaner and Housekeeping, Sep 2019 - Apr 2020

*Majestic Age Care Service, Sydney*

- Maintained pristine cleanliness standards across multiple residential care units, ensuring compliance with health and safety protocols while supporting elderly residents' comfort.
- Highly prioritise and implement infection control measures.
- Restocking of cleanliness materials in respective areas of facility.
- Organised storage solutions, enhancing workplace efficiency while maintaining high cleanliness standards.

## Education

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### Bachelor in Electronics and Communication Engineering

*Khwopa Engineering College, Bhaktapur, Nepal*

## Courses

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### Certificate III in Ageing Support, Oct 2019 - Mar 2020

Advance College

### First Aid and CPR

## Skills

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Patient Care, Manual Handling, Infection Control, Documentation, ACFI, ECase, Team Leadership, Communication, Quality Improvement, Risk Management, MS Office, Healthcare Documentation.

## References

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Sarju Raut, Registered Nurse from Catholic Healthcare (0466464540),

Ashish KC, Registered Nurse Catholic Healthcare (0424394661),

Deepa Khanal, Clinical Educator ([dpa.khanal@gmail.com](mailto:dpa.khanal@gmail.com), 0423002102),

Dipshikha Pokhrel, Clinical Care Coordinator ([dpokharel@markmoran.com.au](mailto:dpokharel@markmoran.com.au), 0416892665).

## Languages

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English (*Highly proficient*), Hindi (*Highly proficient*), Nepali (*Native*).

## Hobbies

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Music, Movies, Photography, Technology, Community Service

## Additional information

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### Trainings

- Manual Handling
- Infection Control and Hand Hygiene
- Dementia specific training
- Elder Abuse Training
- WHS Training
- Cultural Diversities Training
- Incident/Accident/Hazard Management Training
- Continence Management and Assessments