

**PRAKASH KHANAL**

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Committed to outperform in a multicultural healthcare setting.

## **PROFESSIONAL SUMMARY**

I am a caring, energetic, and ambitious person who has developed a mature responsible approach to any task that I undertake, or situation that I am presented with. I am committed to quality, always act with integrity and is constantly striving to be the best at whatever I do.

## **OBJECTIVE**

To Secure a position as an Aged Care professional where I can utilize any healthcare education and training to provide high-quality care to elderly people. To use and grow my skills, knowledge, and experience to provide high-quality care to patients and make a positive impact in there lives.

## **QUALIFICATION**

- **Certificate III in Age care (January 2025)**, Australian Community and Management College, Sydney
- **Bachelor of Science in Medical Laboratory Technology (2013-2017)**, School of Health and Allied Sciences, Pokhara University, Nepal

## **WORK EXPERIENCE**

- **AIN Carer** (13 March 2025- Till date): Anglicare Brian King Gardens, Castle Hill, NSW, 2154
- **AIN Placement** - 120 hours practical placement in Thompson Health Care, Oran Park House, Thompson Road Oran Park NSW 2570

## **RESPONSIBILITIES**

- Providing physical and emotional support to residents and families, while providing services to residents with terminal conditions.
- Following age care policy and procedures in administering care to residents.
- Maintaining a safe and clean patient environment

- Assisting in showering and other personal hygiene of the resident.
- Assisting residents in the toilets and making them comfortable at all times.
- Providing care for elderly residents, managing acute to chronic health issues, and assessing and evaluating individual patient requirement.
- Making beds and maintaining tidiness of the resident's surrounding.
- Feeding the residents.
- Gaining information on Food and Fluid Balance chart.
- Gaining knowledge on Stool chart, documentation of behavior or other necessary progress in resident's activities.
- Knowledge of infection control.
- Manual Handling.

## **SKILLS SUMMARY**

- Compassionate and patient-focused approach to care
- Demonstrated ability to learn and adapt to new work environment quickly.
- Occupational Health & Safety Training and knowledge.
- Strong knowledge of geriatric care and the needs of seniors.
- Proficient in managing patient care documentation and medical records.
- Ability to think critically and reflect on experiences.
- Knowledge of hospital or aged care policies.
- Hard working and reliable. Honest and trustworthy.
- Friendly and able to listen effectively.
- Time management and strong team work abilities.

## **CERTIFICATIONS**

- First AID certificate
- CPR and Manual handling certificate

## **TRAINING**

- Manual handling
- Food safety and Hygiene, Infection control
- Fire safety
- Hand Washing
- Donning and Doffing of PPE

## **ACHIEVEMENTS:**

- Acknowledged for exceptional dedication and commitment to improving resident well-being.
- Implemented innovative solutions resulting in increased efficiency in care delivery.

**REFERENCES**

Available upon request

Thank you for considering my application. I am eager to bring my healthcare education and training, as well as my passion for caring for seniors, to your team at the Aged Care facility. Please do not hesitate to contact me if you require any further information.