

PRASHNA SHRESTHA

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COPPER DRIVE, CATHERINE FIELD NSW 2557

OBJECTIVE

Motivated and compassionate individual seeking a healthcare assistant position to leverage my caregiving skill and knowledge. Committed to creating a positive impact in the lives of patients by offering personalized support, care, and respect. Aiming to provide high quality care and support in the health care section as a team and maintain a good working environment.

SKILL & KNOWLEDGE

- Communication Skill
- Organization and Time Management
- Computer skill
- Adaptability
- Problem Solving
- Infection Control Training
- Basic First Aid Training
- Manual Handling Training

EXPERIENCE

Placement in Thompson Health Care (Oran Park House). 2024/01-2024/02 Achievements:

- Writing notes and keeping a logbook of daily interaction and progress
- Recognized and reported abnormalities and changes in patient's health status to supervisor or RN.
- Followed safe lifting techniques and individual resident lifting instructions.
- Provide emotional support and promoted independent living to residents.
- Keeping resident's rooms organized, tidy, and well-stocked.
- Supporting residents in a way that maintains confidentiality, dignity, and privacy.
- Safeguard a resident's property and belongings.

Dhulikhel Sunrise Resort, Nepal (2022-2023)

- Receiving visitors at the front desk by greeting, welcoming, directing and announcing them appropriately.
- Answering screening and forwarding incoming phone calls.
- Receiving and sorting daily mail as well as keeping updated records of office expenses and costs.

EDUCATION

Feb 2024-Current	Master of Business Analytics Macquarie University, Sydney
2018-2022	Bachelors of Business Management Nepal Commerce Campus with GPA 3.55
2024	Cert III in Ageing and Disability Support (ETC College Pty Ltd, Sydney) Certificate in First Aid (ETC College Pty Ltd, Sydney)

REFERENCE

- Rajya Shrestha (Clinical Lead), Carrington Aged Care, Grasmere NSW
0452455856 appsrajya@yahoo.com
- Uddhab Pokharel (Director), Encourage Training College, Auburn NSW
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