

Professional Summary

A well mannered, polite, hardworking with 6 years of experienced Care Assistant who is dedicated to high-quality patient care, efficient operations support, highly accurate, quality act with integrity and passion for learning and growing professionally in dynamic health care environment, where i can start my career that provides me a great opportunities to work in care development.

SKILLS**Health Care Skills**

- Risk management and confidentiality
- Medication training/ CPR Certified and current
- Dementia handling/ High care experienced
- Safety handling procedure/ Fire training
- Infection control and hand hygiene
- Hazard management training
- Patient chart documentation

Personal Skills

- Good Communication skills/ Interpersonal and effective team work
- Effective planning skills/ Quick thinker/ Innovative
- Quickly adapt new ideas/ Highly motivated/ Trustworthy
- Can do Attitudes and friendly behaviour

Work History as Care Assistant**Peter sinclair Gardens** – Hawks Nest, NSW

10/2019 till date

Estia Health – Tea Gardens, NSW

01/2020 till date

- Work on dementia high care and low care
- Work and communicate with RN to help with all aspect of the patients care and treatment.
- Determined specific needs and provided most appropriate level of services to ensure well-being.
- Documented residents' behaviour in terms of mental status, sleeping and eating patterns in medical record books.
- Recorded vital signs, such as temperature, blood pressure, pulse, or respiration rate, as directed by medical or nursing staff.
- Helped clients with hygiene-related tasks such as brushing teeth, bathing, grooming and toileting. Recorded patients' pulse, blood pressure and respirations (TPRs) to assess and document important health information
- Assisted with adequate nutrition and fluid intake

Pathways Killara Gardens – Killara, NSW

07/2017 to 09/2019

Catholic Healthcare St Paul's – Northbridge, NSW

06/2017 to 09/2019

Education

Bachelor of Science: Micro Biology, 03/2015

Trichandra College - Kathmandu, Nepal

HSEB: Science

Canvas International College - Kathmandu, Nepal

Accomplishments

Training Exposures from Pathways Killara ,Catholic Health care ,Estia Health and Peter sinclair Gardens

- Medication training
- Manual handling
- Infection control and hand hygiene
- demential handling
- Fire and safety training
- Incident/ Accident/ Hazard management training

Certifications

- **Certificate IV in ageing support** - *Advanced college of health, Burwood NSW*
- **First Aid and CPR** - *Advanced college of health, Burwood NSW*

References

Sapana Ranabhat , (Registered Nurse) Peter Sinclair Gardens

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John Louis Abelgas chan , (Registered Nurse) Estia Health

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