



Prema Lama Waiba

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Ashfield, NSW 2131

SUMMARY

Assistant In Nurse (AIN)

Dedicated and compassionate nursing assistant seeking a position to utilize my strong Contact caregiving skills and medical knowledge to provide exceptional patient care in a dynamic healthcare environment. Proficient in assisting with daily activities, monitoring vital signs, and ensuring a safe and comfortable patient experience.

SKILLS

- Effective Communication and interpersonal skill
- Patient care and assistance
- Vital signs monitoring
- Medical equipment operation
- Medical record documentation
- Detail oriented
- Team-player
- Personal Care
- Daily Living Requirements
- Incident Reports
- Client Needs Assessment
- Disability Services

EXPERIENCE

Disability Support Worker

Sydney, NSW

Essential Home Care Solutions/Jul 2023 to Current

- Assisted clients with activities of daily living such as eating, dressing, and grooming.
- Provided emotional support to individuals with physical or mental disabilities.
- Monitored client progress and reported any changes in behavior or health conditions to supervisor.
- Communicated regularly with families of disabled individuals regarding care plans and updates.
- Provided assistance in the home environment including meal preparation and light housekeeping.
- Reported concerns to nurse supervisor to promote optimal care.

Assistance In Nurse (Placement)

Mossman, NSW

Bupa Age Care/Jun 2023

- Assisted registered nurses and medical staff in providing direct patient care, adhering to established protocols and care plans.
- Monitored and recorded vital signs such as temperature, pulse, blood pressure, and respiration rates accurately.
- Assisted patients with personal hygiene, bathing, grooming, and dressing, ensuring their comfort and maintaining their dignity.
- Provided support in mobility and ambulation, transferring patients safely using appropriate techniques and equipment.
- Assisted with feeding, administered medications, and documented patient intake and output.
- Maintained a clean and safe patient environment, following infection control and safety protocols.

Barista

Kathmandu, Nepal

Himalayan Java Cafe

- Customer Service and Cashier
- Making Cold and hot beverage.

TRAINING

- Manual Handling
- Infection Control and Hand Hygiene
- Dementia Handling
- Elder Abuse and WHS Training
- Cultural Diversities Training
- Incident/Accident/Hazard Training

CERTIFICATION

- Age Care Support Certificate IV

EDUCATION**HIGHER SECONDARY**

Makawanpur Multiple Campus (Affiliated to Tribhuvan University) Dec 2019

Hetauda, Nepal

Faculty: Humanities and Social Science

LANGUAGES

- English
- Nepali
- Hindi

HOBBIES

- Traveling and Trekking
- Reading
- Swimming and exercising

Reference provided upon request.