

SAMIKSHYA ADHIKARI

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CAREER OBJECTIVE

Compassionate, punctual and enthusiastic team player with strong academic result looking for a position of Assistant in Nurse. I have ability to work with independently and able to coordinate a multidisciplinary team. I am ready to relocate as soon as possible and is keen to join a company that has a fast paced but friendly working environment.

EDUCATION

Bachelor of Nursing (Graduate Entry)

June 2023- Ongoing

University of New England, Sydney, NSW, Australia.

B.Sc. Nursing

2015-2019

PR College of Nursing, Bangalore, India. (Achieved First Division Average)

Higher Secondary Education (Faculty: Science)

2013-2015

Pokhara Higher Secondary School, Nepal. (Achieved First Division Average)

CLINICAL PLACEMENTS

- 1) ESI Hospital, Indiranagar, Bangalore.
- 2) Republic Hospital, Richmond Circle, Bangalore.
- 3) Shanbagh Hospital, Basaveshwaranagar, Bangalore.
- 4) Rural Maternity Hospitals, Bangalore.
- 5) Spandana Psychiatry Hospital, Bangalore.
- 6) PHC, Mahalakshmi Layout, Bangalore.

EMPLOYMENT HISTORY

1) Assistant in nursing (3 October 2023- Ongoing)

Royal Rehab, Ryde, NSW.

Work Description-

- Monitoring vital signs of the patients and notify any changes in the patient's condition to the registered nurse.
- Work in a team to deliver safe and efficient care based on patient's needs and assist them on ADLS.
- Assessing basic skin integrity and maintaining the patients pressure points.
- Strictly follow the infection prevention techniques and report any incidents.
- Create and maintain a safe environment for the patients to ambulate.
- Assisting in transferring of patients using manual handling techniques.
- Provide bowel care to the patients.
- Using observational skills to build therapeutic rapports with the patients.
- Comply with the regulations and procedures of the rehab.

2) Student Nurse Placement (20/05/2024- 02/06/2024)

Lismore Base Hospital (Mental Health Department), Lismore, NSW.

Work Description-

- Conducting comprehensive mental state assessments.
- Administer of medications under supervision and monitor their effects.
- Preparing patients for Electro Convulsive Therapy and assess them post therapy.
- Developing care plans that address holistic care approach.
- Provide therapeutic support through counselling, cognitive-behavioural therapy, and other evidence-based practices.
- Maintaining accurate and confidential patient records.
- Assisting patients in developing skills for daily living and reintegration into the community.
- Working to de-escalate situations and ensure patient and staff safety.
- Working collaboratively with the multi-disciplinary health care team to achieve the desired patient outcomes.

3) Student Nurse Placement (06/05/2024- 19/05/2024)

Prince of Wales Hospital, Randwick, NSW.

Work Description-

- Conducting initial and ongoing assessments of patient's conditions, including vital signs and pain level.
- Assist in developing and implementing individualized care plans for patients.
- Administer medications as prescribed under supervision and monitor their effects.
- Prepare patients for surgery.
- Assist in the care and management of wounds, including dressing changes and monitoring signs of infection.
- Ensure documentation is up-to-date and complies with healthcare regulations.
- Follow strict infection control protocols.
- Communicate effectively to ensure coordinated and comprehensive patient care.

4) Student Nurse Placement (18/9/2023 to 15/10/2023)

Presbyterian Aged Care, Ashfield, NSW.

Work Description-

- Ensuring safe medication administration, best practice wound care and pressure area care.
- Providing clinical support to the residents.
- Implementing and practicing infection control.
- Working collaboratively with the multi-disciplinary health care team to achieve the desired patient outcomes.
- Providing high-quality Person-Centered Care to the residents and ensuring care and administration documentation is completed in a compliant way.
- Performing nursing interventions and procedures in accordance with the organisation's policies and procedures.

5) Assistant in Nursing Placement (June 2023)

Bupa Villages and Aged Care, Ashfield, NSW.

Work Description-

- Assist all the staff and work together in a team to provide safe and effective care as per need of the residents and assist them on ADLs.
- Performing basic procedures as assisting with meals consumption, monitoring nutrition, and recording bowel chart.
- Monitoring vital signs of the residents and informing any change in resident's condition to the RN.
- Observing basic skin integrity and doing pressure area care for the residents.
- Create and maintain a safe environment for the residents to ambulate. Assisting Manual handling techniques.
- Build therapeutic rapport with the residents using observational skills.
- Assisting in completing documentation and writing progress notes.
- Report incidences to a registered nurse and abide by the hospital's policies and procedures.

6) Registered Nurse (March 2021- July 2022)

Beni hospital, Myagdi, Nepal under Nick Simons Institute, NSI

Work Description-

- Actively engaging in handovers with the Clinical Care Team to ensure continuity of care across shifts.
- Medication administration, wound care, pressure area care and clinical support for the patients in accordance with Care Plan.
- Preparation of high-quality care plans, assessments and maintaining quality care documentation to reflect developing needs, considering physical, social and psychological requirements.
- Working collaboratively with the multi-disciplinary health care team to achieve the desired patient outcomes.
- Providing high-quality Person-Centered Care to the patients and ensuring care and administration documentation is completed in a compliant way.
- Performing nursing interventions and procedures in accordance with the organisation's policies and procedures.
- Participating in continuing education sessions, and relevant professional groups to promote patient advocacy, health promotion

and teaching.

- Counsel and prepare mothers for labour, childbirth and postpartum.
- Monitor and manage pregnant mothers during labour and childbirth and ensure timely intervention in case of emergency.
- Perform deliveries and assist the doctor in case of complicated deliveries.
- Assisting surgeons during surgical procedures.

7) Registered Nurse (December 2020- March 2021)

Matri Shishu Miteri Hospital, Batulechour, Pokhara, Nepal.

Work Description-

- Managing a care team to deliver the highest quality, person-first, care to the patients along with assessing, planning, coordinating, and evaluating care delivery needs of each patient in accordance with relevant policies and procedures of the organisation.
- Ensuring safe medication administration, best practice wound care, pressure area care and clinical support for the patients, in line with patient needs and organisational requirements.
- Preparation of high-quality care plans, assessments and maintaining quality care documentation to reflect developing needs, considering physical, social and psychological requirements.
- Implementing and practicing infection control.
- Working collaboratively with the multi-disciplinary health care team to achieve the desired patient outcomes.
- Actively engaging in handovers with the Clinical Care Team to ensure continuity of care across shifts.

8) Registered Nurse (November 2019 – May 2020)

Narayana Hrudayalaya Ltd., *Bangalore-560099, India.*

Work description-

- Establishing a caring and therapeutic relationship with patients demonstrating trust, respect and honesty.
- Managing the side effects of cancer treatments and helping manage pain.
- Administering prescribed medications, providing end-of-life care

and support to cancer patients.

- Performing nursing assessments and triage of patient care needs for new and ongoing patients.
- Maintaining quality, safety, and infection control standards.

PROFESSIONAL DEVELOPMENT

Medication Safety **July**
2023

Hand Hygiene Competency

Hand Hygiene Australia **July 2023**

Aseptic Technique **May 2023**

First Aid and CPR **May 2023**

Manual Handling **May 2023**

Clinical Training Skills (CTS) Training

National Health Training Center, Gandaki Province, Nepal
February 2022

COVID-19 Infection Control Training

Government of Nepal **August**
2021

Essential Critical Care (ECCT) Training

National Health Training Center, Gandaki Province **May 2021**

Comprehensive *Abortion Care / Safe Abortion Services (CAC/SAS) Training*

National Health Training Center, Gandaki Province
April 2021

Facility Based Integrated Management of Neonatal and Childhood Illness (FBIMNCI) Training

National Health Training Center, Gandaki Province **February**
2021

Skilled Birth Attendant (SBA) Training

National Health Training Center, Gandaki Province
December 2020

ADDITIONAL SKILLS

Excellent computer skills on Microsoft word, power point and excel. Excellent oral and written communication skills as demonstrated by score of 71 out of 90 in Pearson's test of English.

REFEREES

References will be provided if needed.