

RESUME

Name: Anushka Dahal

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Objective:

Dedicated and enthusiastic aged care person, providing excellent care for elderly peoples. Committed to fostering a warm, nurturing and encouraging environment for aged peoples, while working closely with their families and programs to ensure that all needs are met. Outgoing, resourceful, and compassionate with skill in schedule maintenance, companionship, a daily living support. Passionate about patient quality of life.

Trainings:

- First Aid Training
- CPR Training

Certificates:

- Police certificate
- Certificate IV Individual Support (Ageing/Disability)
- First- Aid Certificate

Professional skills:

- Ability to work successfully with others on collaborative projects and efforts.
- Productive worker with solid work ethic to exert optimal effort in successfully completing tasks.
- Organized and effective communicator with the ability to learn quickly and develop expertise to produce efficient contributors to the organization.
- Honest, sincere, hardworking, polite, and dedicated.
- Capable of handling patients.
- Skills for patients' care.
- Working within scope of practice.
- Performs own duty of care.

Education:

- Completed PCL Nursing in Medical Nursing in Medical Institute Lahan
- Certificate IV in Ageing Support
- Bachelor of Community Services, 2023, Torrens University, Sydney Australia

Experiences:

- Worked as Nursing Volunteer in Medical ward department in Pathari Hospital Nepal
- Worked as Registered Nurse (Staff Nurse) in Emergency department in Bijayapur Hospital Nepal
- Monitored and recorded patient condition, vital signs, recovery progress and medication side effects.
- Administered oral, intramuscular and IV medications to patients and monitored responses.
- Answered patient questions and provided take-home materials for further information.
- Communicated effectively with physicians and provided support during surgical procedures.

- Recorded patients' medical history, vital statistics and test results in electronic medical records.
- Facilitated transition to home care by providing patients with continued care information and discharge instructions.
- Evaluated patients to develop and update treatment plans while anticipating day-to-day needs.

▪ ***Care Worker (2023 August- 2023 September), Colombia Aged Care, Sydney***

As a part of my Certificate IV in Individual Support Ageing program, I had to work as a care worker where I was involved with the elderly. During my work placement, I had to tend to the elderly, make sure that they were fed well, feed those who could not feed themselves, help in cleaning them and play games with them. It was during this period I realized the importance of this job and the greater purpose that it serves to the life of people who have laid the foundation of the very society that we live in.

1. *Support Foundation Pty Ltd*

- Co-ordinated and assisted elderly clients in the community and within residential care with daily chores such as feeding, personal hygiene and housekeeping.
- Assist with medications.
- Record keeping

References:

Prajjwal Adhikari

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