

ALISHA PARAJULI
0432256826
mail.alishaparajuli@gmail.com

Career Objective

Dedicated and compassionate professional with experience in aged care and support. Skilled in providing personal care, and emotional support, and ensuring the well-being of elderly residents. Committed to delivering high-quality, patient-centred care while maintaining professionalism and empathy.

Education

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| 1. Certificate IV in Individual Support
Aussieglobe Academy | November 2024- January 2025 |
| 2. Bachelors in Radiological Imaging Techniques
Sharda University, Greater Noida, India
CGPA: 8.7 | October 2017 - December 2021 |

Relevant Experience

Position: Assistant in Nursing (Placement Student) Bupa Aged Care, Ashfield, NSW	December 2024 – January 2025
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Responsibilities:

- Used lifters (hoists) and mobility aids to safely transfer residents, ensuring comfort and safety.
- Assisted residents with personal care, including showering, sponging, dressing, and grooming.
- Maintained hygiene standards to prevent cross-contamination and infection.
- Supported residents during mealtimes, ensuring proper nutrition and emotional well-being.
- Documented care activities, contributing to continuity and quality of care.
- Observed and learned how to document vital signs, bowel movements, mealtime intake, and other resident care details in Leecare software under supervision.
- Gained insight into medication administration processes for residents.

Position: General Service Assistant Pathways Killara Gardens, Killara, NSW	February 2024 – April 2024
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Responsibilities:

- Prepared and served meals tailored to residents' dietary requirements, including puree, mince-moist, and solid food options.
- Ensured compliance with food hygiene and safety standards during preparation and serving.
- Assisted residents during mealtimes, fostering an engaging and pleasant dining experience.
- Collaborated with care teams to document and adjust dietary needs as part of individual care plans.

Position: Radiological Imaging Intern Bir Hospital, Kathmandu, Nepal	September 2020 – December 2021
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Responsibilities:

- Cooperated diagnostic imaging equipment, including X-Ray, CT, and MRI machines.

- Acquired practical experience in a COVID-unified hospital, adhering to infection control protocols, including PPE usage, hand hygiene, and sanitization.
- Demonstrated empathy and effective communication in handling patients' concerns during medical procedures.
- Actively participated in workshops and training sessions to stay updated on medical advancements.

Additional Professional Experience

Position: Education Consultant

April 2024 – Dec 2024

Aussizz Migration and Education Consultants, Rockdale

Responsibilities:

- Developed strong organizational and administrative skills by managing student records and documentation.
- Provided high-quality customer service, effectively addressing inquiries and resolving issues.

Position: GSM Documentation Officer

March 2023 – Jan 2024

Professional Visa and Education Services, Sydney

Responsibilities:

- Demonstrated meticulous attention to detail in preparing and reviewing documentation.
- Maintained efficient workflows in high-pressure environments to meet deadlines.

Position: Frontend Developer Trainee

January 2023 – March 2023

Broadway Infosys, Kathmandu, Nepal

Responsibilities:

- Gained proficiency in HTML, CSS, and React.js while developing teamwork and technical skills.

Skills

- Comprehensive knowledge of aged care practices
- Expertise in personal care, hygiene support, and infection control
- Proficiency in using mobility aids like lifters and hoists
- Strong communication and interpersonal skills
- Time management and multitasking abilities
- Experience with administrative systems like SharePoint, Monday.com, Kondek and Office 365.

Referees

1. Anjali Pandey

Registered Nurse, Bupa Aged Care

Email Address: pandeyanzaly301@gmail.com

Contact Number: 0449974177

2. Bibek Thapa Chhetri

Supervisor, Pathways Killara Gardens

Email Address: bibekthapachhetri114@gmail.com

Contact Number: 0482050948

Character & Declaration

I hereby declare that the above-mentioned information is correct to the best of my knowledge, and I bear the responsibility for the accuracy of the details provided.