
RABINA SIMKHADA

Strathfield, NSW 2135 ♦ 0406504653 ♦ simkhadarabina2@gmail.com

PROFESSIONAL SUMMARY

Compassionate and dedicated personal care assistant with hands on nursing experience, having completed placement at South heaven Nursing home and currently working through an Nursing agency. Skilled in providing high quality care to elderly residents, including assisting with daily activities, providing medication and emotional support. Passionate about improving the well-being and quality of life of residents through person centered care. Seeking a stable, long term position with one organization.

SKILLS

- Personal care assistance
- Effective communication & teamwork
- Ability to work under pressure
- Meal preparation and feeding assistance
- Adaptability and flexibility
- Dementia care
- Medical terminology
- Using medical equipment and technology
- Infection control and hygiene maintenance

WORK HISTORY

Assistant in Nursing, 12/2024 - Current

Healthcare HQ Pty Ltd – Chatswood, Australia

.Provided personal care and assistance to resident with various medical conditions

- Assists residents with daily living activities, including dressing, bathing and grooming
- Help resident with mobility, including transferring, positioning and walking
- Communicate effectively with healthcare professionals, residents and their families.
- Provide support with meal preparation and feeding, ensuring dietary requirements were met.
- Maintain a clean and safe environment by following hygiene and infection control protocols.
- Engage residents in recreational activities to enhance their mental and emotional well-being.
- Maintain resident record and report any changes in the resident's condition to the healthcare team .

Registered Nurse(RN), 01/2024 - 08/2024

PUSPANJALI HOSPITAL PTV. LTD – Chitwan, Nepal

- Delivered high-quality care to patients in medical & surgical wards, with a focus on elderly individuals
- Strong clinical skills in patient care, including hygiene support, medication administration, and wound management
- Provided compassionate and personalized care to dementia patient, ensuring their safety, comfort and dignity
- Collaborated with multidisciplinary teams to implement and evaluate care plans tailored to individual needs
- Followed strict infection control and hygiene protocols, ensuring a safe care environment
- Provided wound care management for a diverse range of surgical incisions, pressure ulcers, burns, or other wounds requiring skilled interventions.

EDUCATION

Vocational Education And Training(VET): Certificate IV in Ageing Support, 11/2024

VICTORIA HEALTHCARE COLLEGE - Sydney, NSW

PCL Nursing: Nursing, 12/2023

Bharatpur Hospital Nursing College - Chitwan, Nepal

Advance Diploma: leadership & Management, 04/2020

International College - Chitwan, Nepal

TRAINING AND CERTIFICATES

- High school certificate
- Certificate of Registered Nurse(Nepal)
- Advance diploma management certification
- Police check
- NDIS work screening check
- Certificate IV in ageing support
- First Aid and CPR certificates

AVAILABILITY

Available to work full-time and can start immediately based on organizational needs.

LANGUAGES

English

Nepali

Hindi

REFERENCES

1. RN Rita Tiwari (Catholic Healthcare, St paul's Northbridge)

Email: ritiwari@chcs.com.au

phone: 0420303035

2. RN Sujita karki (Opal Healthcare, Marsden park care community)

Email: sujitakarki45@gmail.com

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3. AIN Asmita Pandey(St. basils Randwick)

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