

Rachana Thapa Magar

Assistant in Nursing

Career summary

A hard-working professional with a genuine desire to help others. I am quite well in providing a degree of care that is specific to each case, and my ability to immediately form relationships with residents supports me in this goal. In addition, a diligent and self-motivated care assistant who is empathetic and understanding, with a strong dedication to caring for others. I am a friendly, physically fit who genuinely loves working with people and making a positive difference to their lives. I have an ability to successfully encourage residents to be involved and independent as much as possible. I would like to pursue a career as AIN that helps me to learn professionally and give residents the highest level of comfort and treatment. I'm sharing my interest in joining this organization's team to offer the best of my skills and knowledge. I am sure that I will be an outstanding and valued team member working towards the same aim of providing quality care for residents. And I'm currently looking for a suitable position with a progressive employer who rewards hard work and commitment.

Work Experience

Assistance in aged care placement – Beecroft Nursing Home, Beecroft NSW 2119

Sandwich Artist– Subway, NSW

Key duties:

- Perform duties like bedpan changes, diapering, emptying drainage bags and bathing.
- Assist residents with daily activities like bathing, dressing & transferring using assistive devices.
- Answer the signal lights and bells from residents.
- Change bed cover, clean and prepare resident's room.

Duties and Responsibilities

- Assisting patients with activities of daily living such as bathing, dressing, grooming, and toileting.
- Determining a patient's needs.
- Maintaining a clean and safe working environment.
- Serving meals to patients and then monitoring their eating habits. ➤ Providing meal supplements and fresh drinking water as needed.
- Keeping patient's rooms and equipment clean, neat and orderly.
- Observing a resident's health concerns and reporting abnormalities to the charge nurse.
- Generally assisting with patient's overall comfort. ➤ Carrying out a range of housekeeping duties.
- Arranging and supervising activities designed to enhance physical, social, and emotional wellbeing.
- Assisting with household duties such as tidying and cleaning.

Academic qualifications

Bachelor in Business Administration- KIST College(Nepal)
Completed

Certificate III in Individual Support- Tred College, Macquarie Park NSW
Completed

Masters In Nursing- Western Sydney University, Parramatta, NSW
Running

Key skills

Report writing Maintaining records
IT skills, Cleaning

Patient care
Assisting carers

PROFESSIONAL SKILLS

- Able to work with other health and social care professionals to draw up care plans for residents.
- Can work with all kinds of people in situations which can be stressful or emotionally draining.
- Having a respectful approach to residents.
- Able to relate to people from a wide variety of cultural and social backgrounds.
- Good knowledge of basic health care and hygiene standards.
- Calmly dealing with anxious or aggressive residents.
- Can think quickly & solve problems as they arrive.
- Able to quickly build relationships with residents.
- Preparing accurate shift and bedside reports.
- Skilled in caring for clients of different ages.
- Learning new things

PERSONAL SKILLS

- Having a warm and engaging personality.
- Patient with a sense of humour.
- A respectful approach to residents.
- Always working to health and safety guidelines.
- Remaining calm under pressure.
- Ability to use own initiative.
- Have good stamina and both physical and emotional endurance.
- Excellent team working skills and the ability to use your own initiative.
- Tactful in sensitive situations.
- Able to work long and stressful shifts.
- A friendly & caring approach to all areas of work.

REFERENCES

Available on request.

CONTACT DETAILS

Rachana Thapa Magar

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Certifications

- Certificate III in individual support
- First Aid and CPR
- NSW Police Check
- Vaccination certificate
- Working with Children Check