

# RAJIBA SAPKOTA

Assistant in nursing

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Russell street, strathfield, 2135, NSW



## SUMMARY

Dedicated and compassionate Assistant in Nursing seeking to contribute nursing skills and compassionate care to a healthcare facility. Eager to assist healthcare professionals in providing excellent patient care and support

## EDUCATION

### Trinity college

Pluse two passed in science subject  
2018-2020

### Crown institute of higher education

Bachelor in information technology  
2022-2025

## SKILLS

- Proficient in providing basic patient care, including bathing, grooming, and feeding
- Skilled in taking vital signs and documenting patient information accurately
- Excellent communication skills, both verbal and written
- Ability to work effectively in a fast-paced healthcare environment
- Strong attention to detail and ability to follow instructions closely
- Compassionate and empathetic approach to patient care

## CERTIFICATIONS

1. certificate iv in aging support
2. manual handling

## PROFESSIONAL EXPERIENCE

### Assistant in nursing

thompson health care | 2023-2024

- Assist with activities of daily living, including bathing, dressing, toileting, and mobility exercises, ensuring patients' comfort and well-being.
- Conduct regular patient rounds, assessing vital signs, monitoring glucose levels, and documenting observations accurately in electronic medical records.
- Collaborate with the nursing team to develop and implement individualized care plans, addressing patient preferences, goals, and clinical needs effectively.
- Respond promptly to patient calls and alarms, providing timely assistance and reassurance to alleviate discomfort and anxiety.
- Participate in patient education initiatives, offering guidance on medication administration, wound care, and self-care practices to promote patient independence and recovery.
- Maintain a clean and organized patient environment, ensuring infection control standards are upheld and safety precautions are followed at all times.
- Act as a liaison between patients, families, and healthcare providers, facilitating communication and advocating for patient rights and preferences.
- Engage in continuous professional development through in-service training sessions, workshops, and seminars to enhance nursing skills and stay abreast of evidence-based practices.

### Assistant in nursing

Bayswater Gardens | 2022-2023(placement)

- Assist with patient transfers, positioning, and lifting using proper body mechanics and patient handling techniques to prevent injuries to patients and staff.
- Participate in ongoing education and training programs to enhance clinical skills and stay updated on best practices in nursing care.
- Demonstrate professionalism, empathy, and respect for patient autonomy and cultural diversity in all interactions with patients, families, and colleagues.