# RESUME

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## **Objective:**

I am looking for a full time employment for the post of Assistant in Nursing. I wish to have my career which employs my skills and expertise fully to join the organization which values enthusiasm, professionalism, and commitment to perform significant responsibilities and opportunities.

#### Trainings:

- First Aid Training
- CPR Training
- Skilled Birth Attendant (SBA)
- Infection Prevention Orientation

### **Certificates:**

- Police certificate
- · First Aid and CPR Certificate
- · Certificate IV ageing with medication

#### Personal Attributes:

- · Problem-solving and multi-tasking skills
- Strong work ethics, exceptionally reliable
- And hardworking
- Excellent organizational, prioritization, and time management skills
- Good communication, interpersonal.
- Ability to work well in a team.
- Independently with minimal supervision.

#### **Professional skills:**

- Compassionate and empathetic approach to caregiving.
- Proficient in providing personal care assistance, including bathing, dressing, and grooming.
- Ability to support individuals with mobility challenges, including using mobility aids and transferring techniques.
- Excellent communication skills of interacting with clients, their families, and healthcare professional.

- Strong problem-solving abilities to address unexpected situations and challenges effectively.
- Patient and calm demeanour to provide reassurance and emotional support to clients.
- Knowledge of ageing and disability rights and advocacy to ensure client's needs are met.

## **Experiences:**

-Staff Nurse in Doti District hospital in Nepal (28th April 2019 to 16th January 2020).

-Assisitant in nursing at NYAYA Health Nepal (19th January to 31st July 2020).

- Worked as staff Nurse in Covid 19 hospital (Health post in Nepal) (17<sup>th</sup> October 2020 to 17<sup>th</sup> April 2021.)

- Working as staff nurse in Seti Zonal Hospital Nepal (21st May 2021 to January 2025).

**Placement:** Cheltenham house Thompson Health Care (120 hours) [144 Beecroft Road (Entry via Murray Road) Beecroft NSW 2119] [22<sup>nd</sup> June 2025]

- Helped long-term care facility nursing personnel with patient care tasks.
- As needed assisted them with eating, moving, and walking.
- Kept tenants' living quarters tidy and orderly while also seeing to their comfort.
- Recorded observations and offered suggestions for meetings on care planning.
- Helped put residents' educational and recreational activities into action.

## <u>Availability:</u>

Any time Full working Right

**References:** 

<u>Nirajan Prasai</u> Shristi Lamsal