

Khusbu sapkota
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Career Objectives

Seeking a job in a position as an Personal Care Worker (PCW) / Support Worker/ AIN that utilise my related skills, experience and qualification in nursing and a compassionate nature to provide excellence in resident care. Also highly known for maintaining safe, protected, tidy and orderly environment for clients. Having more than 1 experience as an Personal Care Worker and as Support worker with quadriplegic client.

Key Skills Summary

Analysis, strategy development and delivery from identified needs.
Building up relationships with clients.
Enthusiastic, knowledge-hungry learner and committed to excellence in my work.
Aiding client with daily personal care such as washing, dressing, and feeding themselves. Rapport and relationship management with lasting focus.
Giving palliative care to clients.
Conscientious go-getter who is highly organised, dedicated, and committed to professionalism.
Assisting with client's general comfort.

Education

Proficiency certificate level of Nursing (2016-2019) Balkumari college, Chitwan, Nepal
(Graduated as registered nurse in 2020.)
Certificate Iv in aging Individual Support (Aging and Disability) , encourage training centre, auburn, sydney
Currently enrolled in bachelor in nursing in ACU, Sydney

Experience

Cared for elderly patients within long-term centres; leveraged gentle persuasive approach to care for residents with dementia, challenging behaviour, and Alzheimer's disease; leveraged Hospice Palliative Care training to care for hospice patients. Championed client/resident personal, psychological, emotional, and intellectual needs; counselled and provided companionship to residents.

Resident Care

- Assisted residents to complete activities of daily living, including personal hygiene, feeding and toileting; helped residents to clean and maintain eyeglasses, dentures, and hearing aids.
- Provided preventative care to residents by positioning and applying skin care treatment, helped residents with ambulation, and transferred residents utilising electric manual equipment and lifting devices.
- Performed routine wound management, medication administration, and specimen collection.
- Prepared and distributed beverages and snacks to residents; updated entries on nourishment supplements.

Centre Maintenance

- Maintained facilities by cleaning and organising general work areas, including nursing stations and closets.
 - Cleaned and organised resident rooms; replaced soiled linen and removed trash from all rooms.
- Care Plan Development, Reporting, and Records Management
- Collaborated with personal support workers, nurses, nutrition specialist, physiotherapists, clients and families to define care needs and ensure delivery of high-quality service.
 - Assessed resident well-being, including vitals, weight, and daily input/output; document and report changes in health status to supervising healthcare providers.
 - Observed and reported residents behavioural, emotional, and physical statuses, documented restraint usage and related information.

Employment History

Bharatpur samudhyak hospital, Nepal (2020 December –2022november) as registered nurse.

Clover lea nursing home , burwood (120 hours placement)

James milson village

11 Gladstone Ave, Woolwich NSW 2110 Assistant in Nursing
16 January 2023 to august 20

Bossley Parkside community centre (opal)

Fairfield,nsw
August 10 2023 to current time

Training and license

Manual Handling

Infection Control and Hand Hygiene Fire Safety: A Practical Approach

WHS:Preventing Musculoskeletal Injury At Work H&S: Risk Management

H&S: Supporting People To Move

Individual support

Incident/Accident/Hazard Management Training Continence Management and Assessments

Preventing Dementia

Driving license

Covid full vaccination

'Quality ,safety and you'- NDIS Worker Orientation Module NDIS Working Check

References

As per request

Availability

Thursday,Friday, Saturday , Sunday