

Aastha Thapa

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Objectives

Dedicated and compassionate Assistant Nurse with a passion for elderly care and a solid foundation in providing personal care services. Seeking a position in aged care where I can utilize my clinical skills, empathy, and strong work ethic to enhance the quality of life for residents. Eager to contribute to a supportive and respectful care environment while continuing to learn and grow within the healthcare field.

Capabilities

- Excellent team worker.
- Good communication skills.
- Outstanding organisational, multitasking, and problem-solving abilities.
- Strong interpersonal skills
- Punctual and team player
- Strong knowledge of Microsoft Office programs (Word, Excel, PowerPoint)

Education

- **Certificate III in Individual Support** (Ageing & Disability) from **StudyWise College** RTO 45579
- **Bachelor of Nursing** (Starting on Feb 2025)

Trainings

- Manual Handling and first aid and CPR
- Infection Control and Hand Hygiene
- Dementia Handling
- Elder Abuse Training
- WHS Training
- Cultural Diversities Training
- Incident/Accident/Hazard Management Training
- Continence Management and Assessments

Professional Experiences

Position: Assistance in Nursing (March 2024-June 2024)

Company: Bayswater Gardens ([65StAlbansStieet,AbbotsfoídNewSouthWales2046](#))

Duties & Responsibilities

- Maintained personal hygiene of residents by grooming, manicuring and providing oral care, continence management and as per residents need of care.
- Assisted residents with challenging behaviors, by establishing good communication.
- Assisted resident's mobility, by assisting with walking, use of wheelchairs and other mobility aids such as lifters, hoist.

- Supported and assisted residents with food and fluids as required.
- Performed other duties within scope of preparation and as directed.
- Assisted residents with feeding and other daily activities.
- Reported in progress notes and provided relevant information to respected RN for holistic assessment and care planning.
- Assisted individual residents to attend recreational preferences.
- Assisted in bed making and tidying work areas in a manner agreed to by the resident and as directed.
- Maintained effective communication and teamwork with staff members.
- Aware of practices and maintains a safe environment including Fire Safety, Evacuation, and Emergency Procedures as per facility.
- Recognize health and environmental hazards and reports damages, faults and problems, using appropriate incident reporting.
- Helping residents in participating in recreational activities.
- Providing quality care to residents according to the care plans.
- Reporting of any incidents of injuries or falls to the duty in charge, nurse, and supervisors.
- Maintained resident's dignity and privacy.

References

Santosh Pathak
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Trainer

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RN (Bayswater Garden)