

ADITI GAUTAM

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Personal Summary

I'm compassionate and dedicated certified Nursing Assistant with over 7 years of experience in providing patient focused care in Hospitals and Residential aged care facility. Proven ability to assist with daily living activities, personal hygiene and maintain patient comfort. Skilled in monitoring vital signs, documenting patient behaviour and communicating effectively with residents, staffs and families. Seeking to leverage my expertise in patient care and my passion for helping others in a challenging and rewarding Nursing Assistant role.

Work Experience and Skills

- **Nursing Assistant / Leisure & Lifestyle Officer (April 2022 to till date)**
St. Basil's Homes Kogarah
 - **Patient Care & Support:** Proficient in providing direct care patient care including bathing, feeding and mobility assistance.
 - **Medical Terminology:** Comprehensive understating of medical terminology used in patient records and communication with healthcare professionals.
 - **Vital Signs Monitoring:** Skilled in monitoring and recording vital signs, such as blood pressure pulse and temperature.
 - **Infection control:** Knowledgeable about infection control protocols to ensure a safe and clean environment for residents.
 - **Communication & Teamwork:** Ability to effectively communicate with residents, families, and health care teams to ensure understanding and cooperation.
 - **Empathy & Compassion:** Demonstrated ability to provide emotional support and understanding to residents during difficult time.
 - **Problem - solving:** Aptitude for identifying issues and implementing solutions in high stress situations.
 - **Leisure and Lifestyle activities:** Diversional therapy including physical, emotional, cognitive, social and spiritual needs activities. Able to run group activities and individual activities. Capable of doing care plan, life stories, sun downing programs and dining experience for residents. Others activities like Bingo (English and Greek), Cooking (bakery, pan cakes, Waffle and cupcakes) Drinking (Greek coffee & Greek Frappe, Smoothie, fresh juice), Beauty Treatment(Nail design , Nail polish, Mehndi arts, Threading)

- **Nurse Assistant (2018- 2021)**

Lumbini Medical College & Teaching Hospital Limited

- Assess patient's conditions, record their medical histories and pre-screening of symptoms and health.
- Worked in Emergency, and ICU department of hospital.
- Able to insert Catheter tube, insulin needles, blood pressure and diabetic test.

Training and Certifications

- Registered Nurse in Nepal Nursing Council
- Certificate III in Individual Support Ageing & disability
- CPR & First Aid
- Fire and Emergency
- NDISWC
- Police check
- WHS

Education

- Currently studying Bachelor of Community service
- Diploma in Nursing Completed in 2017 from Nepal.

Reference

Available on Request.