

MANISHA POKHREL

AUBURN ,AUSTRALIA contact no- 0404621718, pokhrelleah@gmail.com

PROFESSIONAL SUMMARY

A well-mannered, polite and hard-working Nurse who is able to manage patient in clinical setting, train and educate to other health care professional and work closely with them. I have an awareness, understanding and commitment to the protection and safeguarding of residents under my care. I have hands-on experience and technical expertise required to contribute to the on-going support of both patients and careers alike. Right now, I would like to work for a successful nursing home that offers great opportunities for career development.

SKILLS:

Bedside Care

Judgement and decision making

Clear Communication

Critical thinking

Residents Personal Health Care and Hygiene

Time Management

Caring Companionship

Safety Procedures

Active Listening

WORK EXPERIENCE:

Assisting in Nursing

Advantaged aged care, Bankstown, NSW. August, 2023- till date

- Provide need basis personal hygiene care to the residents, changed their linens
- Assist residents for meeting their nutritional needs and feeding them
- Provide physical support and help them to transfer, lift and move to meet daily requirement
- Provide emotional support to residents and their family
- Answer the call bell and response them accordingly
- Monitor the vitals sign and report to concern person
- Record and document the progress note for up-to date and sharing information
- Assist the Registered nurse for any kind of help such as dressing and other clinical care
- Support physiotherapist and activity officer to transfer the resident for activity and exercise

Assistant in Nursing

Thompson health care, Mona vale, NSW. March 2023-August 2023

- Answer patient call signals, bells to determine patient needs
- Turn or reposition patient bedridden patients
- Provide physical support to patient to meet daily requirements
- Feed patient or assist patients to eat or drink and identify dietary restrictions, food allergies
- Lift or assist others to lift patient using manual handling lifters such as Sara steady, full hoist, standing lifters
- Document and report observations of patient behavior, complain and symptoms
- Provide complete bedside care including personal hygiene and daily living activities
- Restock room with personal hygiene items such as towels, washcloth, soap and necessary items
- Exercise patient who are comatose, paralyzed and restricted mobility

EDUCATION:

I. BSc NURSING / 2014

National Medical College and nursing campus, Tribhuwan University, Nepal

PROFESSIONAL QUALIFICATION

I. Certificate IV in Ageing Support –CHC43015

PERSONAL DETAILS:

Date of Birth: 29/08/1990

Nationality: Nepalese

Marital status: Married

Availability: 24/7 (Any time)

Residency Status: Student Subclass 500 Visa holder

Working Rights: Full time

REFERENCES

- I. Surya Niraula, RN
Thomson Health Care, Mona vale, NSW
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