

**Sudha Shrestha**  
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## **SUMMARY**

A caring, Versatile, compassionate, enthusiastic, energetic, committed and responsible individual with strong commitment to provide quality care so that the elderly can live with maximum comfort, dignity and independence defines me. Seeking a position as an Assistant in Nursing, where I will be able to utilise strong background in nursing and a compassionate nature to provide excellence in client's care and also maintain protected, safe, tidy, and orderly environment for consumers.

## **EXPERIENCE**

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**May 2021- Present     Assistant in Nursing in Southern Cross Care, Merrylands**

**January 2020- April 2020     Assistant in Nursing in Summit Care, Baulkham Hills**

- Assisting in activities of daily living of the residents.
- Supporting residents for using various aids.
- Use of manual handling techniques to transfer the residents, if required.
- Documentation of all the charts, including ACFI.
- Providing physical, mental, and emotional support as per need of the residents.
- Monitoring and reporting the health of the residents to the Registered Nurse.

**Sept 2019 -**

**December 2019     Disability Support Worker in Max Life care**

- Devise and implement interactive programs targeted at achieving each client's individual needs and goals
- Counsel clients psychologically to bring about positive attitudes and to ward off depression
- Assist with physical and mental exercises
- Ensured the safe and proper lifting and transferring of clients
- Assisted clients to perform a range of housekeeping functions and to develop their level of ability in all aspects of daily life

**Nov,2015 -  
June, 2019**

Worked as a Registered Nurse in ICU, Geriatric and various other departments in Bheri Zonal Hospital, Nepalgunj since Nov 2015 to June 2019 overseas.

## **EDUCATION**

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**July, 2019- June  
,2021      Master of Nursing(Professional studies)**  
Western Sydney University  
Parramatta

**2010-2014**  
**Bachelor of Science in Nursing**  
Rajiv Gandhi University of Health Sciences

## **SKILLS**

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- Able to think clearly in stressful situations.
- Knowledge of medical terminology.
- Knowledge about workplace health and safety.
- Manual handling skills.
- Good Knowledge of infection control
- Maintaining cooperative and productive working relationships with all members of a health care team.
- Having a lot of energy and able to deal with a physically demanding job.
- Able to work as part of a multidisciplinary healthcare team.
- Can communicate effectively with residents from diverse religious, cultural or social backgrounds.
- Can interpret non-verbal communication and verbal cues.

## **Certifications**

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- Certificate of Infection Control training-COVID 19
- Certificate III in Individual Support (Ageing)
- NDIS Worker Orientation Certificate