

Rohini Sonar

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UNDERGRADUATE NURSE

- ❖ Dedicated and compassionate nursing candidate with aged care and hospital experience. Highly organized and good team player. Dependable and fully committed to following rules and regulations. Passion for learning within a dynamic healthcare environment.

EDUCATIONAL ACHIEVEMENTS:

2015-2017 Registered Nurse from Nepal

2018 Certificate III in Individual support, Sydney

2018-2021 Diploma of community services,sydney

2021-2023 Diploma of early childhood care,sydney

2024

Bachelor of community health services,sydney

Objectives:

To obtain a challenging and rewarding role in aged care where i can utilize my skills and experience to deliver high quality care and support to elderly individuals.

KEY QUALITIES AND SKILLS:

- Great written and verbal communication and administration skills
- Can work with multidisciplinary team
- I believe in "Patient-centered Care"
- Great conflict management skills and team player/leader
- Stress management skills
- Ability to work independently and under supervision by RN
- Highly organized and great time management skill
- Good interpersonal skill, with a passion for caring to others
- Remain calm in emergency situations
- Excellent interpersonal and leadership qualities
- Strong attitude to become accustomed in the new environment immediately
- Proficient Microsoft and excel user

PROFESSIONAL EXPERIENCE:

Group Homes, Gordon, Australia

- 1 year work experience. Performed all functions related to daily livings (ADLs) activities. Conducted physical assessments (taken manual blood pressure, BSLs) administered medications under supervision of a Registered nurse, assisted clients with a physiotherapist exercises, manual handling (proper usage of standup and hoist lifter)
- Experience working in Mental health unit as a student nurse.

Homecare nurse Assistant, Bondi Junction

- Worked as a homecare nurse to provide support to a Dementia client. Assist with ADL's, toileting, feeding, shopping and travelling.
- Meal preparation
- Medication
- Entertainment
- Passive and active exercise

Support Worker, freedom care group in sydney

- Had a good experience in caring people who are physically and mentally disable, demented client, demonstrated physical and mental health support to provide holistic-approached care to the client.

Registered Nurse, Surgical ward, NEPAL

- Registered Nurse back home so, worked as a registered nurse in surgical ward for a six months. Demonstrated whole ward activities such as morning care, vital signs monitoring and recording, doctors round attending, professional medication, PEG feeding, NG tube feeding, Jejunostomy feeding, emotional support, massage therapy, taking blood sample, explaining all the investigative procedures to the patient and family members etc.

Assistant in Nursing(Carer), Bupa Age care , St Ives

- Bupa age care, is one of the finest aged care facility in Sydney where worked as a carer worker for more than 4 years. Dealing with old aged residents with or without disease conditions. Demonstrated morning care, medication assistance, social activities, lifestyle activities, ambulation, physical exercises, emotional support, feeding etc.collaborate with the care team to ensure effective communication and continuity of care.Develope and implement individualized care plans in collaboration with residents,families,and health professionals.

CERTIFICATES AND ACHIEVEMENTS:

- BSL- Basic life support
- First AID
- Manual handling
- Medication safety
- certificate III in Aged care
- Simple dressing
- certificate III in disability care
- Infection control

Currently, looking for best opportunity to apply my knowledge, skills and experience to provide Holistic-Approached Care to the physical and mental health service seeking people. My dedication explains my duty of care if I am given a chance.

REFEREES:

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Registered Nurse

Estia health, Australia

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Honey Maharjan

Registered Nurse

Bupa St Ives

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