

# **Romika Sharma**

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Compassionate and dedicated professional seeking a rewarding position in aged care and disability support. Skilled in providing personalized care, enhancing quality of life, and fostering independence for clients with diverse needs. Experienced in managing daily activities, and offering emotional support. Committed to delivering empathetic, respectful, and high-quality support services, while promoting dignity and well-being. Eager to contribute to a supportive team environment and make a meaningful difference in the lives of those in need.

## **EXPERIENCE**

### **Assistant in Nursing**

#### **Philips Homecare**

**February 2025**

- Provided residents with emotional support and companionship.
- Maintained clean and well-organized environment for the resident's happiness and safety.
- Observed patients for changes in physical, emotional, mental or behavioral condition and injuries.
- Followed care plan and directions to administer medication.
- Created safe and positive living situations for clients by communicating with family and other staff about concerns or challenges.
- Laundered clothing and bedding to prevent infection.
- Supported bathing, dressing and personal care needs.
- Reported concerns to nurse supervisor to promote optimal care.
- Recorded client status progress and challenges in logbooks and reports.

### **Team Member**

#### **Woolworths CFC, Mascot**

**June 2024 - Present**

- Ensured shelves were well-stocked and products were properly displayed.
- Assisted in rotating stock to ensure freshness and reduce waste.
- Managed product labeling and organization for easy accessibility

## **EDUCATION**

**Bachelor of Nursing** - currently studying at Australian Catholic University, North Sydney

## **TRAINING**

- Manual Handling
- Infection Control and Hand Hygiene
- WHS Training • Cultural Diversities Training
- Incident/Accident/Hazard Management Training
- CPR and First Aid

## **PERSONAL CARE EXPERIENCE AT PLACEMENT**

- Manage daily activities like clothing, grooming and toileting for residents.
- Assist residents with meals.
- Take and record resident vitals.
- Escort residents to and from activities and doctor's appointments
- Performed light housekeeping tasks.

## **PERSONAL ATTRIBUTES AND SKILLS**

- Hands on experience in providing short term care and associate transition.
- Providing confidentially, dignity and privacy to residents always
- Proficient in providing residents with both physical and mental stimulation.
- Kind-hearted and calm nature.
- Proficient in basic use of computer including Microsoft Office.
- Excellent in communication skills in written and verbal.
- Teamwork skills with demonstrated ability to work collaboratively as a part of multidisciplinary team.
- Attention to Detail.

## **PERSONAL DETAILS**

- Current address: 7-19 James street, Lidcombe, NSW, 2141
- Date of Birth: 14<sup>th</sup> of April, 2004
- Language known: English, Nepali and Hindi

## **INTERESTS**

- Working for the community and society
- Aged care, disability care and childcare
- Basic computers with administration roles

## **REFERENCES**

Available upon request