

## **KOMAL BHUJEL**

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Phone: 0451955889

## **OBJECTIVE**

I am a capable professional who is analytical, versatile, well organized, hardworking, visionary, and self-motivated who is searching for a workplace where I can develop, promote, and assist with a specific focus on providing quality care and support to Golden Agers (elderly) from various nations. I'm looking for a career as an Aged Care Worker in a demanding healthcare facility setting where I can use my strong knowledge and abilities in basic nursing assistant procedures and processes to provide great care to patients while working under the supervision of a Registered Nurse.

## **KEY SKILLS AND RESPONSIBILITIES**

- Excellent time management abilities with a high attention to detail leadership qualities.
- Team management skills obtained via teamwork.
- Quick learner with a "can do" attitude.
- Team-player with good coordination skill.
- Exceptionally reliable, discreet, and ethical.
- Professional who is detail-oriented, efficient, and well-organized.
- Using basic computer software (MS Office, Power Point) is a must, as is being aware of Occupational Health and Safety regulations.
- Exceptionally well-organized, having the capacity to complete tasks independently and successfully.

## **CORE STRENGTH**

- Excellent communication abilities, both verbal and nonverbal.
- A person who is self-assured, punctual, sociable, enthusiastic, and flexible.

## **SKILLS**

- Communication skill
- Time management skill
- Multitasking skill
- Problem solving skill

### **Leadership skills**

- Able to work independently and make decision promptly. Also guided and supervised new staffs.

### **Teamwork skills**

- Able to work with colleagues and help each other finishing task of the day and follow instructions of supervisor.

## **EDUCATION**

- **Bachelors of Business Major in Management**  
MIT, Sydney, Australia
- **Certificate III in individual support (ageing/disability)**  
Sydney, Australia
- **High school study in management**  
Global College of Management, Baneshwor, Kathmandu, Nepal

## **CERTIFICATES**

- Fire and emergency training, Sydney
- Infection control and hand hygienic training, Sydney
- NDIS Workers Check (NDISWC number:- 76734310)

## **WORK EXPERIENCES**

### **Food Assistant Service (March 2022 - Present)**

**Regis Aged Care Service.  
Rosebay, NSW, Australia**

#### **Responsibilities**

- To maintain safe clean work environment in a health care setting.
- To prepare and serve meals according to nutrition and hygiene standard, kitchen.
- To serve foods and meals quickly and efficiently at appropriate temperature.
- Basic knowledge of food preparation techniques including allergies/intolerance, supplements and texture modified.

### **Care giver (May 2020 to June 2021)**

**Pasupathi Bridha Ashram  
Kathmandu, Nepal**

#### **Responsibilities**

- Assist clients for personal care (showering, dressing, grooming, and assistance in feeding, mobilization).
- Communicating effectively with clients and their families about their care and support needs.
- Encourage and participate with clients in recreational activities.
- Recording and reporting.
- Provided need-based care using nursing theory.

## **REFERENCE**

Prabha Dahal Personal Care Assistant at Thompson Health Care, Boronia House, address

Contact no. 0416804448

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