

DEEPA POKHREL

U 68 14-18 College Crescent, Hornsby, NSW 2077 |0466054258|deepapokhreldmk1995@gmail.com

Assistant in Nursing | Aged Care Assistant | Carer | Support Worker

A professional and experienced Assistant in Nursing, having solid experience working in Anglicare and Presbyterian Aged Care. Bringing a solid work ethic and smile to work each day, I am highly motivated to expand my knowledge and improve my skills. I have enjoyed every moment at Anglicare as well as Presbyterian Aged Care and gained an enriching caring and problem-solving skills.

VALUE OFFERED:

- Attention to details
- Communication
- Personable attitude
- Organized
- Manual Handling
- Dementia and Palliative Care
- Personal Care and CPR
- Knowledge of First Aid HLTID003 and infection control
- Teamwork and Problem Solving
- Knowledge of Residential Care Rules, Resident Privacy, Health and Safety
- Ability to use Microsoft office

WORK EXPERIENCE

Carer

Anglicare, Castle Hill, Sydney NSW

June 2019 – June 2024

- Provided care and support in general, dementia (Special Care Unit), and palliative care wards.
- Assisted residents with activities of daily living, including showering, bathing, dressing, grooming, and toileting.
- Served meals, monitored residents' eating habits, assisted with feeding when necessary, and provided nutritional supplements as required.
- Maintained a clean, safe, and comfortable living environment through thorough housekeeping and hygiene practices.
- Ensured residents' rooms and equipment were kept clean, neat, and well-organized.
- Prepared residents for appointments and outings and accompanied them when necessary.
- Observed, recorded, and reported changes in residents' health conditions and behaviors.
- Monitored all aspects of resident care, including diet, mobility, and physical activity.
- Completed and maintained accurate documentation, ensuring all records were up to date

and compliant.

- Updated residents' daily activity charts and care records regularly.
- Administered medications to residents in accordance with care plans and organizational policies.
- Maintaining and updating resident's daily activity sheet and chart.
- Providing medication to residents.

Carer

Presbyterian Aged Care, Sydney NSW

May 2021 – January 2023

- Delivered high-quality care in general, dementia (Memory Support Unit), and palliative care settings.
- Supported residents with daily living activities such as bathing, dressing, grooming, toileting, and mobility assistance.
- Assisted with meal service, monitored nutritional intake, and provided feeding support when required.
- Maintained a clean, safe, and supportive environment, ensuring resident comfort through regular housekeeping and hygiene practices.
- Prepared residents for medical appointments and social outings and provided accompaniment when necessary.
- Monitored and documented changes in residents' physical and emotional wellbeing, promptly reporting concerns to nursing staff.
- Kept accurate and up-to-date records, including care notes and daily activity charts.
- Collaborated with multidisciplinary teams to deliver person-centered care and enhance resident quality of life.

Trainee Assistant in Nursing

Tallwoods Corner Aged care, Wahroonga NSW

Mar 2019 to April 2019

(Completed 120 Hours of Placement from Tallwoods Corner Aged Care, Sydney, NSW)

EDUCATION AND CERTIFICATES

Certificate III in Individual Support and Ageing

Advanced College of Health – Burwood, NSW

May 2019

High School (Year 12) in Management

Higher Secondary Education Board - Nepal

September 2014 to October 2016

REFEREES

Available Upon Request