

# FARHANA YASMIN RIM

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## OBJECTIVE

Sympathetic and dedicated Support Care Worker, with over 7 years experience in care industry with deep insight into assuring quality of care, by maintaining the safety standards with my profound abilities, knowledge, and highly nursing skills to measure health outcomes against specified patient's plans of care. Work effectively with collaboration with other health professionals as a team to increase the quality of patients' life on a daily basis.

## EDUCATION

- 2018: OHS Principal & Manual Handling, TAFE SA, Port Adelaide.
- 2018: Diploma in Enrolled Nursing, TAFE SA, Port Adelaide.
- 2012: Certificate III in Aged Care, Enable College
- 2009: Certificate II in Business, TAFE regional
- 2008: Bachelor in Accounting, Eden Girls College, Dhaka, Bangladesh.

## EXPERIENCE

### Personal Care Assistant

BELLA VISTA GARDENS PTY LIMITED, NORWEST, NSW | 29<sup>TH</sup> JUNE 2021- 18<sup>TH</sup> NOVEMBER 2022

- Assisted patients with ADLs maintaining safe hygiene procedures during pandemic period.
- Working effectively in High-Care, Respite & Dementia Care unit & continues support towards residents mental & psychological needs.
- Working effectively with residents with complex behavior, mental illness & physical disabilities, providing holistic care & genuine empathy for their psychological wellbeing.

- Working closely with The Lifestyle Team to enhance residents quality of life by engaging them with in house activities, gardening, bus trip, going to hairdressers, Giving therapeutic massage & taking them to social events.

## Personal Care Worker

ESTIA HEALTH, GOLDEN GROVE, ADELAIDE, SOUTH AUSTRALIA | JUNE 2015 - MARCH 2020.

- Patients general ADLs including assisting with showering, bathing and bed washes, and help patients in oral hygiene including cleaning dentures and brushing teeth.
- Observation of skin integrity and reporting to RN about skin condition if any significant changes.
- Patient Meals including preparation of table over the bed, safe positioning of the patient to receive the meal, assist with cutting up the foods and opening packages, refilling the jugs or drinks.
- Therapeutic communication including maintaining confidentiality, privacy, and dignity of patients and report patient concern/complaints to RN.
- Documentation including bowel chart, skin integrity, and mandatory report to any minute incidents including behavioral, verbal, physical etc.

## Personal Care Worker

LONGRIDGE AGED CARE, NARACOORTE, SOUTH AUSTRALIA. | MARCH 2011- MARCH 2014

- Residents general ADLs and maintain skin integrity and report to RN if any changes.
- Resident toileting including assisting residents to toilet, providing bedpan/bottle, maintaining intake/output chart, urinalysis and reporting to RN if any changes.
- Answer call bells in a timely manner .
- Maintain infection control standards and keep the sluice room, resident's general area, and sink area clean and tidy.
- Worked as Physio assistant. Encouraged physical activity to maintain a healthy lifestyle.

## KEY SKILLS & ATTRIBUTES

- Punctual and reliable.
- Ability to work as part of a team.
- Good communication and interpersonal skills.
- Good organisational ability and time management skills.
- Genuine interest in Health Care work.
- Genuine interest to work with people with disabilities with empathy & willing to help.

## CLINICAL REFERENCES

- Name : Sharan Harsharanjeet (Clinical Care Manager)  
Mobile : 0296726155  
Email : sharsharanjit@bellavistagardens.com.au  
Facility : Bella Vista Gardens, Norwest NSW 2153
- Name : Emina Vatres (Registered Nurse)  
Mobile : 0414620375  
Facility : Estia Health, Golden Grove, Adelaide, SA.
- Name : Vicky Shah (Enrolled Nurse)  
Mobile : 0403347208  
Facility : Southern Cross Care, Largs Bay, Adelaide, SA.