

**Name: SALINA POUDEL**

**Mobile number: 0403912008**

**Email: salinapaudel375@gmail.com**

**Home Address: Unit 102/15B Mary St, Auburn, NSW 2144**

**PERSONAL SUMMARY:**

I am a self-motivated, enthusiastic Nursing Assistant who can accomplish all assigned responsibilities with minimal supervision. As a focused and compassionate professional, I have extensive knowledge of nursing as I am an overseas Registered Nurse and I have experience in providing holistic nursing care as well as geriatric care. I am eager to offer my patients the highest level of comfort and care by maintaining dignity.

I am skilled enough to be an Aged Care Worker, good at providing support in personal needs and health management of the elderly to facilitate their activities of daily living.

**EDUCATION & CREDENTIALS:**

- **First Aid and CPR 2024** Supreme Education and Training Pty Ltd
- **Certificate IV in Ageing Support 2024** Australian Community and Management College
- **Masters of Health Service Management (Ongoing) 2022** Western Sydney University, NSW, Australia
- **Bachelor of Science in Nursing, 2015 to 2019** Ambika College of Nursing, Bangalore, India

## **WORKING EXPERIENCE:**

### **1. Nepal Medciti Hospital**

Registered Nurse: 19<sup>th</sup> September 2021 to 8<sup>th</sup> February, 2024

### **2. Neotia Getwel Healthcare Centre**

Staff Nurse: 1<sup>st</sup> January, 2020 to 5<sup>th</sup> March 2021

### **3. Housekeeping at The Sebel Hotel**

From March 20 (Still working)

#### **Professional Work experiences: -**

- Assisting patients with activities of daily living such as showering, bathing, dressing, grooming, and toileting.
- Determining a patient's needs.
- Maintaining a clean and safe working environment.
- Serving meals to patients then monitoring their eating habits and feeding them if necessary and providing meal supplements as needed.
- Keeping patients' rooms and equipment clean, neat and orderly.
- Observing a resident's health concerns and reporting abnormalities to the Registered Nurse.
- Generally assisting with patients' overall comfort.
- Updating patient records.
- Helping patients to walk, transfer, and use a different walking AID.
- Assisting with all housekeeping jobs, ADLs, and manual handling jobs.
- Assisted in the general ward, special ward (Dementia ward), and palliative care ward.

**Capability/ Skills:**

In my professional career, I have achieved some crucial skills while working as a Nurse which can help me provide patient care and support healthcare teams as well.

- Patient Care
- Safety and Infection Control
- Vital Signs Monitoring
- Empathy and Compassion
- Medical Understanding
- Record Keeping
- Teamwork
- CPR and First Aid

**References:**

1. Anju Dahal (Assistant in Nursing), Estia Health

Email: [anjudahal647@gmail.com](mailto:anjudahal647@gmail.com)

Phone number: +61 0403764255

2. Binita Kc ( Assistant in Nursing), Thompson Nursing Home

Email: [binitak710@gmail.com](mailto:binitak710@gmail.com)

Phone number: +61 0422928337

3. Sima Ale (Registered Nurse), Nepal Medicit Hospital

Email: [simaale4@gmail.com](mailto:simaale4@gmail.com)

Phone number: +977 9803193565