

Mrs. Swastika Bhattarai

Address: Auburn, NSW, 2144

Email: swastikabhattacharai200@gmail.com

Mobile: 0411 626 145

Objective

Compassionate and dedicated Assistant in Nursing (AIN) with practical experience as a Carer at Bupa Aged Care and a First Aider at GF Security Event Services. I am seeking to enhance the quality of life for elderly residents by providing compassionate personal care, emotional support, and assistance with daily living activities. With a strong background in monitoring health conditions, administering medications, and fostering a positive environment for residents, I am committed to ensuring their dignity and well-being. Holding a Certificate IV in Ageing Support and unrestricted working rights in Australia, I am eager to contribute effectively to a collaborative healthcare team.

Education

Certificate IV in Ageing Support

SPES Education Pty Ltd, Punchbowl

22nd, August, 2024

- Acquired advanced skills in aged care, including comprehensive support for elderly clients, understanding of complex care needs, and leadership in care environments.
 - Enhanced knowledge of aged care policies, procedures, and regulatory compliance.
 - Gained knowledge about various types of care, including Personal Care, Palliative Care, Respite Care, End-of-Life Care, Acute Care, and SIRs (Systemic Inflammatory Response Syndrome) management.
-

Professional Experience

Carer

Bupa Aged Care (Part-time)

October 2024 – Present

Dural, NSW

- Assist elderly residents with personal care tasks such as showering, dressing, grooming, and mobility support, ensuring their dignity and comfort.

- Monitor and report changes in residents' health conditions to nursing staff, maintaining clear and accurate documentation for care plans.
- Provide emotional support and companionship to residents, fostering a positive and nurturing environment.
- Collaborate with the clinical team to ensure the optimal care and well-being of all residents, adhering to care standards and protocols.
- Administer medications as required, ensuring compliance with medication safety protocols and resident care plans.
- Maintain a clean and safe environment by supporting daily living tasks, including room maintenance and meal preparation assistance.

First Aider

GF Security Event Services (Freelance)

October 2024 – Present

Various Locations, Sydney, NSW

- Provide immediate first aid assistance and CPR at various sports events, ensuring the safety and well-being of athletes and attendees.
- Assess and manage minor injuries, including cuts, sprains, and bruises, while maintaining a calm and reassuring presence.
- Collaborate with event coordinators and medical personnel to ensure efficient emergency response and adherence to safety protocols.
- Maintain accurate records of incidents and treatments administered during events.

Assistant in Nursing (AIN)

Hardi Age Care, Seven Hills (Placement)

24th July – 15th August, 2024

- Assisted with daily living activities, including personal hygiene, grooming, and mobility assistance.
- Supported residents in maintaining their independence and dignity.
- Observed and reported changes in residents' conditions to nursing staff.
- Provided companionship and emotional support to residents, fostering a warm and trusting environment.
- Ensured residents' rooms and common areas were clean and safe.

Community Support Worker

Manavsewa Ashram (Human Service Ashram), Nepal (Volunteer)

19th February, 2021 – 7th August, 2022

- Provided essential care and support to elderly residents, including assistance with daily activities and personal care.
- Worked closely with other volunteers and staff to create a safe, welcoming, and nurturing environment for the elderly.
- Assisted in organizing recreational activities to improve the residents' mental and physical well-being.
- Supported the staff in maintaining cleanliness and safety standards within the facility.
- Gained valuable experience in handling the emotional and physical needs of elderly individuals in a culturally diverse environment.

Ayurvedic Health Assistant

Naradevi Ayurveda Hospital (Under Ministry of Health & Population, Government of Nepal), Kathmandu, Nepal (Internship)

19th March, 2017 – 3rd January, 2018

- Attended internal medicine, pediatrics, gyene & obs., Surgery, Lab, ENT, Acupuncture, and Panchakarma departments.
- Regular Medical stuff.

Skills

- **Elderly Care:** Expertise in providing compassionate care to elderly residents, ensuring their comfort and well-being.
- **Personal Care Assistance:** Proficient in assisting with daily activities, including bathing, dressing, grooming, and toileting.
- **Mobility Assistance:** Skilled in supporting residents with movement and mobility, including safe transfers and the use of mobility aids.
- **Meal Preparation and Feeding:** Experienced in preparing and serving meals while assisting residents with dietary needs and feeding, promoting nutrition and hydration.
- **Emotional Support:** Providing companionship, building strong emotional connections with residents, and offering social and emotional care.
- **Communication Skills:** Strong interpersonal skills, able to effectively communicate with residents, their families, and the healthcare team.
- **Team Collaboration:** Working closely with nurses and other healthcare professionals to follow care plans and ensure residents receive holistic care.
- **Observation and Reporting:** Monitoring and promptly reporting any changes in residents' health or behavior to ensure appropriate care interventions.
- **Health and Safety Compliance:** Ensuring a safe, clean, and hygienic environment for residents in compliance with health and safety standards.

- **Dementia Care:** Knowledgeable in providing care to residents living with dementia, offering specialized support tailored to their needs.
 - **Medication Assistance:** Assisting with medication administration under the guidance of registered nurses, following strict protocols.
 - **Time Management:** Efficient in managing time and multitasking to provide optimal care in a fast-paced environment.
 - **Compassionate Caregiving:** Passionate about delivering high-quality care that prioritizes residents' dignity, respect, and overall well-being.
-

Certifications

- **First Aid, CPR & Manual handling**
Nurse Training Australia, Burwood, NSW, 2024
 - **Working with Children Check (WWC)**
Service NSW, 2024
-

References

Will be provided upon request.

Declaration

I hereby declare that the information provided above is true and correct to the best of my knowledge and belief.