

ROJINA SUBEDI

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Career Objectives:

I am a dedicated and compassionate aged care professional with nearly one year of experience seeking a rewarding role in the aged care sector. I am highly motivated, detail oriented, and confident individual with a strong work ethic. I possess excellent communication, teamwork, and time management skills. I am a quick learner who adapts well to new environments, and I am committed to ongoing professional development. My experience working in aged care has equipped me with the ability to work confidently and confidentially in a sensitive environment. I am committed to provide person-centred care, ensuring the well-being and dignity of elderly residents.

EXPERIENCE

February 2023– March 2024

ASSISTANT IN NURSING, VITAL HOME HEALTH SERVICE(VHHS)

- Learned and demonstrated proper technique for assisting patients in walking with or without assistive devices.
- Delivered nursing-related services under supervision of Registered Nurse.
- Obtained wide range of information from nursing staff about patient conditions, treatment plans and suggested activities.
- Measured and recorded food and liquid intake and output and reported changes to nursing staff.
- Communicate effectively with patients, families, and healthcare team members to ensure optimal patient outcomes.
- Capacity to try to avoid panicking in tough spots while simultaneously being attentive, versatile and firm with residents.
- Administered drainage bag and tubing, leg strap and other procedures to insert and care for catheter.
- Helping Residents to do their daily activities like showering, Toileting, personal hygiene and so on.

Professional experience

Columbia Aged Care – Strathdale centre

October 2024 – Till Now

- Experience in providing personal care and support to elderly patients, including bathing, grooming, dressing, and toileting.
- Proficient in administering medications and following treatment plans under the supervision of registered nurses.
- Skilled in observing and reporting changes in patient's conditions to registered nurses and healthcare providers.
- Strong communication and interpersonal skills, with the ability to establish rapport with patients, families, and healthcare team members.
- Excellent time management and organizational skills, with the ability to prioritize tasks and manage multiple patient's needs simultaneously.
- Communicate effectively with patients, families, and healthcare team members to ensure optimal patient outcomes.
- Fostered a warm and supportive environment by engaging residents in meaningful activities and social interactions.
- Collaborated with a multidisciplinary team to develop and implement individual care plans.

-Demonstrated exceptional punctuality and attention to detail in all tasks.

SKILLS

- Nutrition and Diet
- Caregiver Relations
- Feeding Assistance
- Showering and Toileting
- Safety Standards
- Making individual patient care systems that take care of patients' physical, mental and social requirements.

- Output Monitoring and Reporting
- Activities of Daily Living ADL Support
- Electronic Recordkeeping
- Mobility Assistance
- Emotional and Social Support
- Vital Signs Collection
- Patient Care
- Infection Control
- Great relational abilities, capacity to understand gain occupants trust and certainty.

	<ul style="list-style-type: none">• Ready to focus on occupied jobs.• Works inside the extent of training.
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Education:

- Certificate III in Individual Support (Disability)
- Diploma of Community Services, Australian Harbour International College (Feb 2023-May 2024)

Certifications:

- Certified Aged Care Worker (CACW)
- Diploma of Community Services
- Manual Handling, First Aid and CPR Certification
- Hand Hygiene and Infection Control Certification

COMMUNITY SERVICES
CLINICAL PLACEMENT

INTERESTS

- Interest on Volunteer programs
- Like to play basketball.
- Like to read books and watch movies.

References:

Available upon request