

# **SANGITA MEHTA**

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I am a nurse from Nepal, passionate about helping people and providing the best care. I want to work with AIN in Australia to support patients and communities. I am eager to learn, grow, and contribute to a caring team. My goal is to make a positive difference in healthcare.

## **EXPERIENCE**

### **Arcare Aged Care**

**10 December 2024 – Till Now**

- Assisted with patient mobility using a stander lifter and hoist.
- Provided personal care with sensitivity and professionalism.
- Managed challenging situations calmly and effectively.
- Ensured patient comfort and safety during daily activities.

### **Birat Nursing Home (Biratnagar)**

**January 2024 – July 2024 (7 months)**

- Cared for patients and ensured their safety and comfort.
- Helped doctors with treatments and monitored patients' health.
- Care plans and medicines to patients and their families.
- Kept medical records updated and followed hospital rules.

## **PLACEMENT**

### **Meadowbank Grove Care Community**

**17 November 2024 – 6 December 2024**

- Helped elderly residents with daily activities like bathing, dressing, and eating.
- Provided care and support to ensure their comfort and well-being.
- Assisted with mobility using hoists and standard lifters safely and effectively.
- Kept the environment clean and safe while following care guidelines.

## **EDUCATION**

### **Birat Health College (Biratnagar, Nepal)**

**June 2019-June 2023 (4 years)**

- Completed Bachelor of Nursing (BN) with comprehensive training in patient care, healthcare management, and clinical practices.
- Gained hands-on experience through clinical placements, developing skills in nursing, patient assessment, and medical procedures.

## **CERTIFICATE**

- Flu Vaccination Certificate
- Police Check Clearance
- COVID-19 Vaccination Certificate
- Certificate III in Individual Support (Australian community and management college)
- First Aid and CPR Certification
- Working with Children Check

## **SKILLS**

Patient Care, Support, Medication Administration, Wound Care, Mobility Assistance (Hoists & Standard Lifters), Documentation, Infection Control Communication & Collaboration