



# SUSMA THAPA

Ingleburn , Sydney NSW | 0451242590 | susmathapabh@gmail.com

Compassionate PCA, who is Registered Nurse in Nepal is dedicated in providing high quality, person-centered care for individuals in need, enhancing their quality of life and well-being, with a warm heart, a friendly smile, and a can-do attitude.

## EXPERIENCE

JUNE 2023

### PERSONAL CARE ASSISTANT, BAYSWATER GARDEN AGED CARE

- Providing Personal Care (showering, feeding, toileting, hygiene assistance, cleaning)
- Manual handling, safe transferring by the use of wheelchairs, hoists
- Providing emotional support and companionship
- Accurate records and documenting all activities like bowel in accordance with BUPA policies
- Reporting any changes to the resident condition or behavior to the appropriate person on shift
- Engaging residents in different activities to teach social behavior and coordination
- Changing incontinence and continence pads of dependent and independent residents during changing bed sheet and pads

DEC 2022

### STAFF NURSE, BIRAT MEDICAL TEACHING HOSPITAL NEPAL EMERGENCY DEPARTMENT

- Providing immediate medical attention, such as those with severe injury, trauma, or acute-onset symptoms.
- Administered medications with precision and care, prioritizing patient safety and adhering to prescribed dosage and administration routes.
- Successfully performed cannulation procedures, ensuring optimal vein selection and minimizing patient discomfort during intravenous therapy.
- Demonstrated proficiency in catheter care, maintaining strict hygiene protocols to prevent infections and ensuring patient comfort.

## EDUCATION

MARCH 2023

### GLOBAL EDUCATIONAL INSTITUTE

*Certificate III in Individual Support (Ageing/Disability)*

MARCH 2019 – DEC 2021

### NEURO HEALTH COLLEGE

*Diploma of Nursing*

COMPLETED 2018

### SUNSHINE ENGLISH SECONDARY BOARDING SCHOOL

*High School Level Education*

## SKILLS

- Compassion and empathy
- Creative problem-solving
- Active listening
- Personalized care planning
- Technology proficiency
- Team Player
- Communication skills
- Phone Skills

## CERTIFICATIONS

- Current Police Check
- Covid 19 Vaccination Record
- Flu Vaccine

## VOLUNTEERING EXPERIENCE

Volunteered with Dibyashowri Youth Red Cross Circle

- Provided support to seniors in need during COVID 19
- Helped people in social and community participation

## Languages

- English
- Nepali
- Hindi

## Availability

I am available full-time and possess a valid working visa, enabling me to commit fully to the responsibilities of the role. Additionally, I offer flexibility in my availability for shifts. My commitment to providing quality care extends to my willingness to adapt to varying schedules, ensuring continuity of service and support for patients.

## REFERENCES

### **Bishnu Shrestha**

Assistant in Nursing (Widdon)

Contact No.: 0452519294

### **Niraj Siwakoti**

Endorsed Enrolled Nurse

Contact No.: 0450684445

### **Anita Gaire**

Aged Care Worker

Contact No.: 0403999298

