

# SHANTI POUDEL

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**Address:** unit 5/67 Dora Street Hurstville, NSW 2220

## **CAREER OBJECTIVE:**

I am a friendly, flexible and punctual person currently seeking an opportunity to help people to improve their quality of life. I am caring, charming, compassionate, and responsible person with strong commitment to provide quality care service so that people can be assisted with maximum dignity and comfort. A committed hard-working person with a strong work ethics, strong desire to succeed in any role and dedicated to all tasks. Courteous, polite, and well-spoken with highly efficient and excellent organizational skills. Honest, dedicated and passion for providing the highest standards of hospitality and service to the guests.

I am an extremely organized, calm, hardworking patient professional with health care skills and have passion for providing quality health care and humanitarian services.

## **ACADEMIC QUALIFICATIONS:**

**High School (+2, Management ) June 2015- April 2017** New Life Secondary School, Bardaghat Nepal

**Bachelor of Business Studies (BBS) Aug 2017- Apr 2022** New Life College Bardaghat Nepal  
Affiliated to Tribhuvan University

## **CERTIFICATES**

- **Police Clearance**
- **Certificate IV in Ageing Support with 120 hour of clinical placement clearance** •
- Current flu vaccine proof**
- **COVID-19 Vaccination**

## **SKILLS**

- Good verbal and written communication skills.
- Manual Handling
- Competent in use of Computer programs used in a healthcare setting. •

### Medication

- Ensure the personal hygiene with relation to the resident and working place. •

### All the basic nursing procedures

- Empathy
- Resilience
- Teamwork
- Leadership
- Critical thinking
- Collaboration
- Ethics and confidentiality
- Patient advocacy

## **PLACEMENT IN THOMPSON AGED CARE (120 hours), WAHROONGA**

- Assisting residents with their personal and hygiene care needs such as showering, toileting, grooming, dressing, shaving, oral care, feeding and serving foods.
  - Observing and recording changes in resident's behavior pattern along with sleeping patterns and food and fluids intake.
  - Demonstrates the basic principles of manual handling and using a hoist for transferring residents from bed to wheelchair, water chair, turning from back to side in bed using a slide sheet.
  - Assisting in repositioning the reduced mobility patients every 3-4 hrs to prevent from pressure injury and soreness.
  - Assisting to fit the catheter bag and emptying indwelling urinary catheter
  - Establishing therapeutic relationships with residents and nurses on duty to delivered the basic needs of the resident.
  - Worked with dementia residents closely to minimize their behavior. • Complete documentation including care notes towards the end of shift along with proper handover
  - Accompanying clients with ADLs such as showering, toileting, grooming and walking. •
- Keeping the client's room well organized and tidy, preparing food and feeding clients.
- Encouraging clients to involve in community participation such as playing video games, watering the garden, taking them for a walk, watching movies, painting

- Promoting independent living and emotional support to clients and safeguard personal belongings
- Safeguard a client's property and personal belongings
- Complied with all company-specific guidelines and performed hands-on nursing care to patients under RN supervision.
- Wiped down the equipment with proper cleaning products after each patient transport to reduce instances of infection.
- Answered call lights and supported patient comfort and safety by adjusting bed rails and equipment.
- Employed mobility devices and various equipment to lift patients from chairs to beds, following all safety procedures to avoid injuries.
- Documenting each change of the residents, such as shower, bowel motion, skin tear, bruises, change in the resident behavior in progress note.

### **KEY SKILLS and ATTRIBUTES**

- Physically fit and able to lift, move and care for residents adequately. Knowledge of using manual handling procedures and lifting equipment to help with a resident's mobility • Good hygiene skills (for instance, food handling, handwashing) and active listening. • Ability to work within a team as well as on own initiative and also have good verbal and written communication skills.
- Can manage priorities under pressure; fully aware and respectful of residents' rights, as well as their religious and cultural beliefs.
- Ability to work with health and safety guidelines and can remain calm in difficult situations and support others at the same time.
- Committed to personal and professional development.
- Know other languages like; Hindi and Nepali besides English.

### **AVAILABILITY**

(Monday/ Wednesday/ Thursday/Friday/Saturday/Sunday

### **REFERENCES:**

Name: Rangita Chaudhary

Company Name: Hardi Aged Care

Position: Assistant in Nursing

Mobile Number: 0420435657

Email id: [cranjita44@gmail.com](mailto:cranjita44@gmail.com)

Name: Kim Le

Company Name: Thompson Aged care

Position: Registered Nurse

Mobile Number: 0468354685

Email Id: [Kimloanthile@gmail.com](mailto:Kimloanthile@gmail.com)