

# SUNITA PUDASAINI POKHAREL



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Sydney, NSW 2560

## PROFESSIONAL SUMMARY

A committed, highly motivated enthusiastic and empathetic nursing graduate aspiring to practice, acquire and improve skills to promote health across the nursing care continuum. Recognised as a competent team member, effective communicator critical thinker and dedicated to professionalism and collaborative within interdisciplinary teams to improve patient health outcomes.

## SKILLS

- Communication
- Cultural Competence
- Patient Confidentiality
- Ethical Decision Making
- Advocacy
- Dignity and Privacy Maintenance
- Work Health and Safety Protocols
- Safe Work Practices
- Direct Patient Care
- Activities of Daily Living
- Teamwork
- Active Listening
- Performance Improvement

## EDUCATION

### Charles Sturt University

Wagga Wagga, NSW • 12/2024

**Bachelor of Nursing:** Nursing

### Holmes College

01/2015

**Master of Professional Accounting  
and Business Administration**

## CERTIFICATIONS

- Basic First Aid, 2024
- Cardiopulmonary Resuscitation (CPR), 2024
- Mental First Aid, 2022
- Working with Children Check, WWC2402145V

## WORK HISTORY

### Baptist Care - Care Service Employee

Menangle, Sydney • 03/2024 - Current

- Improved resident's satisfaction by providing compassionate care and addressing individual needs.
- Maintained accurate records, ensuring proper documentation of resident's information and care interventions provided.
- Developed trusting relationships with patients through active listening skills, genuine compassion, and consistent follow-through on commitments made during conversations.
- Adhered to strict infection control guidelines, minimizing the spread of illness among resident's and staff members alike.
- Facilitated activities for residents, promoting engagement and social interaction within the community setting.
- Efficiently managed time and resources to ensure timely completion of tasks and responsibilities.
- Supported resident's physical needs by assisting them with daily living tasks such as bathing, dressing, grooming, eating, mobility assistance along with other similar tasks.
- Contributed to the development of individualized care plans for optimal residents outcomes.
- Ensured timely communication of relevant resident's updates with other members of the healthcare team, fostering a coordinated approach to care delivery and enhancing overall effectiveness.
- Demonstrated adaptability by effectively managing diverse resident's populations with varying levels of care requirements.
- Promoted a positive atmosphere for patients, families, and staff by maintaining effective communication and collaboration skills.
- Assisted in training new employees, sharing expertise and best practices for quality care provision.
- Actively sought out feedback from supervisors and colleagues to continuously improve personal performance within the role.
- Enhanced resident's safety with diligent attention to detail and adherence to protocols.
- Participated in ongoing professional development opportunities to maintain up-to-date knowledge of industry best practices and

- National Police Check, NSWPF-2022-27392
- Hand Hygiene/ Infection control

standards of care.

- Participated in quality improvement initiatives by providing suggestions on enhancing care services to better meet patients' needs and expectations, thus positively impacting overall patient satisfaction levels.
- Provided emotional support for patients experiencing difficult situations, displaying empathy and understanding in all interactions.
- Collaborated closely with registered nurses while providing direct care which contributed towards better clinical decision-making processes resulting in improved care outcomes.
- Engaged patients in meaningful conversation, socialization, and activity while providing personal care assistance.

#### **Signature Care - Personal Care Assistant (Grade -4)**

*Wagga Wagga • 02/2023 - 03/2024*

- Maintained comparable job duties to those of the aforementioned role.

#### **Catholic Healthcare - Personal Care Assistant (Grade-2)**

*Wagga Wagga • 07/2018 - 02/2023*

- Maintained comparable job duties to those of the aforementioned role.

#### **Uniting Care -Mingaletta - Care Service Employee**

*Port Macquarie • 07/2016 - 05/2018*

- Maintained comparable job duties to those of the aforementioned role.

#### **Baptist Care - Care Service Employee**

*Marsfield, Sydney • 06/2014 - 06/2016*

- Maintained comparable job duties to those of the aforementioned role.

#### **Glenview Community Services - Residential Lifestyle Worker**

*Glenorchy, Tasmania • 08/2013 - 02/2014*

- Maintained comparable job duties to those of the aforementioned role.

#### **Bupa Aged Care - Personal Care Assistant**

*Tasmania • 09/2012 - 02/2014*

- Maintained comparable job duties to those of the aforementioned role.

## **CLINICAL PLACEMENTS**

- Sydney Southwest Private Hospital, Maternity Ward, 11/04/24, 11/29/24
- Wagga Wagga Base Hospital, Emergency Department, 02/05/24, 03/08/24
- Wagga Wagga Base Hospital, Rehabilitation Ward, 01/08/24, 02/02/24
- Narrandera Hospital, Medical/ Surgical, 11/27/23, 12/22/23
- Henty Hospital, Aged Care/ Medical, 01/16/23, 01/27/23
- Loreto Home of Compassion, Residential Aged Care Facility,

07/25/22, 07/29/22

- **Key Learning Outcomes of Nursing Clinical Placement:**

- Confidently conducted pre-admission checklists, and adult admission assessments and recorded them in electronic medical records (EMR) under the supervision of a Registered nurse (RN).
- Assessed clinical data of diagnostics tests and previously recorded information by collaborating with doctors, physiotherapists, nurses, dieticians, and social workers to help patients with their needs and provide general nursing care.
- Undertaking comprehensive resident assessment, developing a nursing care plan in consultation with the multidisciplinary team and evaluating the outcome.
- Undertaking holistic care including emotional, psychological and spiritual support.
- Under the supervision of senior nurses, successfully administered heparin and Insulin therapy, assessed pain levels, inserted NG tubes, as well as catheterization for female patients. Also, administered medication orally, subcutaneously, intravenously, and intramuscularly following the 5 rights of medication administration while being closely supervised by RN.
- Recognize the signs and symptoms of deterioration in patients' health and report them to the RN. Consequently, attended an education session whilst on work placement on recognizing the signs and symptoms in stroke patients.
- Observed colonoscopy surgery in the operation theatre, where I was able to provide comprehensive care to the patients following the surgery in the recovery unit by actively undertaking post-operative neuro observation every 15 minutes and monitoring the signs of distress, discomfort, and side effects of the procedure while making sure the patient was pain-free.
- Experienced in providing patient education and support, applying health literacy principles to ensure patients have the necessary information to make informed decisions.
- Assisted patients with simple wound dressing using a non-touch technique, measuring the wound, and checking the wound site promoting healing and preventing infection.
- Provides support to elderly people by assisting them with the activities of daily living in residential home care by showering, toileting, grooming, attending oral care, and making beds.
- Maintained a safe work environment by adhering to WHS procedure by safely undertaking manual handling techniques.
- Ability to educate patients and offer support, utilizing health literacy concepts to guarantee they have the knowledge needed to make an informed option about their care, and self-care techniques.
- Proficient in following infection control practice, hand hygiene, and clinical hygiene by taking care of myself, residents, and the people surrounding us.

## **AFFILIATIONS**

Australian Health Practitioner Regulatory Agency (AHPRA)

Registered Nurse (Division 1)