

Surakshya Karki

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Personal Summary

Compassionate support worker with a Certificate III in Individual Support and background in physiotherapy. Dedicated in delivering high-quality care to residents, and helping them with daily tasks. Passionate about making a positive difference in patients' lives through attentive and respectful care. Bedside this, I am an inquisitive person who wants to learn and groom in the field of health care services.

Education and Certificates

- Certificate III in individual support (Ageing & Disability).
- Certificate of 'Quality, Safety and You' - NDIS Worker Orientation Module.
- Certificate of Basics of infection prevention and control in aged care.
- Certificate of Hand hygiene for clinical healthcare workers.
- Certificate of First aid and CPR and manual handling.
- Masters of Leadership and Management in Health Care, ACU, North Sydney (2024 July-till date)
- Bachelor of Physiotherapy, Kathmandu University, Nepal (2017-2023)

Experiences

Support Care Worker Volunteer (Glenwood Aged care home; Hall and Prior, Greenwich, NSW)

- Assisted with mobility needs and maintaining personal hygiene and manual handling.
- Supported showering, dressing, feeding and personal care needs.
- Followed safe lifting and transferring techniques to transport residents.
- Encouraged residents to participate in activities of daily living to enhance personal dignity.
- Assisted clients with maintaining good personal hygiene.
- Documentation and incident reporting.

Physiotherapist (Shree Ratnahari Memorial Asptal Pvt. Ltd., Nepal)

- Inpatient and outpatient physiotherapy services.
- Clinic management, supervision and documentation.
- Assessment, treatment planning and demonstration.
- Clinical and home services; Neurological, musculoskeletal and cardiopulmonary cases.

Skills

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| • First aid & CPR | • Documentation |
| • Strong & clear communication | • Care planning and decision making |
| • Respectful and compassionate | • Manual handling |
| • ADL assistance | • Attentive on safety and quality care |
| • Time management | • Dependable and responsible |
| • Team work | • Problem Identification |
| • Caring companionship | • Flexibility and adaptability |

References

Navneet Kaur

Registered Nurse and Supervisor, Hall and Prior

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Sirada Riyakul

Registered Nurse, Hall and Prior

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