




# ANUPA

# THAPA

 anupathapa72@gmail.com

 0415 791 952

 Hornsby, NSW 4109

## SKILLS

- Infection control
- Manual handling
- Ability to work independently.
- Patience and humorous
- Creative, organized, and flexible
- Friendly, courteous, and care oriented.
- Respect towards diversity and inclusive
- Solid written and verbal communicator
- Proactive and keen to learn.
- Punctual and efficient team player
- Documentation and records management

## EDUCATION

**Australian College of Health and Management**  
Sydney NSW • 01/2020

## PROFESSIONAL SUMMARY

A hardworking and passionate girl with a warm and friendly demeanour always. Team player who is acutely attentive to needs of the people. Punctual and avid multitasker. Can work with or without supervision and efficient. Have a never give up attitude and task focused. Can lead the team if necessary. Love to take new challenges and thrive under pressure.

## WORK HISTORY

### **Mona Vale View Care Community - Certified Nursing Assistant Intern**

*Mona Vale, NSW • 01/2020 - 01/2020*

- Employed mobility devices and equipment to lift patients from chairs to beds, following all safety procedures to avoid injuries.
- Gathered dietary information, assisted with feeding, and monitored intake to help clients achieve nutritional objectives and support wellness goals.
- Maintained best-in-class standards for individualized care in by continuously checking in with clients and providing care.
- Promoted good oral and personal hygiene by aiding patients with shaving, bathing and teeth brushing.
- Participated in different fun activities with clients to boost mood, improve overall memory and provide light entertainment.
- Delivered individualized care by providing daily care, documenting observations, and evaluating their needs.
- Complied with all company-specific guidelines and performed hands-on nursing care to clients under RN supervision.
- Wiped down equipment with proper cleaning products after each transport to reduce instances of infection.
- Maximized client's satisfaction by helping individuals carry out personal tasks such as dressing, walking, and chatting.

### **HammondCare, North Turrumurra- AIN**

*Lower North Shore, NSW • 02/2021 - Current*

***Cert III in Individual Support:***  
Nursing

**REFERENCES**

*Sushmita Khatri Bista (R.N.)*

- Hammond Care
- 0430560002
- [Smile\\_sushmita7@yahoo.com](mailto:Smile_sushmita7@yahoo.com)

*Manoj Regmi(R.N.)*

- Hammond Care
- 0424821981
- [Mregmi121@gmail.com](mailto:Mregmi121@gmail.com)

- Assisted residents with mobility equipment, helping with food and fluids, maximising a resident's physical function through rehabilitation, and maintaining domestic aged care arrangements.
- Provided basic care and personal care to clients with the added experience of assisting with some clinical care alongside RNs.
- Observed residents around any health or behavioural changes and document and report the changes.
- Followed therapy plans such as interventions to assist those with dementia and behavioural problems.
- Maintained accurate and detailed patient records.

**CERTIFICATIONS**

- First Aid
- CPR
- Police Check
- Flu Vaccine