

## PROFILE

A dedicated and compassionate individual passionate about making a meaningful impact in healthcare. I am committed to providing top-tier care, respecting patient dignity, confidentiality, and independence. With a strong desire to grow professionally, I aim to enhance my skills and contribute positively to the healthcare sector.

NAME: Upasana Thapa Magar

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- **Excellent communication skills with active listening and the ability to convey information clearly**
- **Time management and organizational skills for efficient task prioritization**
- **Skilled in patient care tasks including bed making, taking vital signs, and assisting with admissions and discharges**
- **Experience in administering IV lines and other medical procedures**
- **Respectful, positive, and service-oriented with a compassionate approach to care**
- **Reliable, trustworthy, cooperative, and friendly with a strong team-oriented mindset**
- **Flexible and adaptable to work various shifts, including nights, weekends, and holidays**
- **Diligent and committed to providing the highest standard of care in all situations**

## •REFEREES

**Nirajan Prasai, Training Manager/ Trainer, Oscar Training Centre, 0451995201,**

Email: [prasainiranjan2014@gmail.com](mailto:prasainiranjan2014@gmail.com)

**Sita Chhetri Khadka, Registered Nurse, Marion Leichhardt Uniting, 0411484025**

Email: [schhetrikhadka@uniting.org](mailto:schhetrikhadka@uniting.org)

## EDUCATION

**Running 2nd years of Bachelor in Nursing in Australian Catholic University, Blacktown**

**Complete Proficiency level of certificate (PCL) in Nursing at Advance Study of Health Science Pvt.Ltd, Butwal Rupandehi Nepal**

**CERTIFICATE IV in Individual Support (Ageing and Disability), Oscar Training Centre, Rockdale**

## WORK EXPERIENCE

**Lumbini Zonal Hospital in Nepal (2022-2023)**

**Active Support Worker/ Register Nurse/ Medicator -**

**Worked as a registered nurse in Psychiatric ward -**

**Worked as a registered nurse in general ward - [Key responsibilities](#)**

- Administered medications and managed patient prescriptions
- Assisted with patient admissions, discharges, and transfer processes
- Proficient in establishing IV lines and maintaining vein access
- Performed bed making and ensured patient comfort -
- Monitored vital signs and provided routine assessments -
- Familiar with common medical conditions and healthcare terminology
- Skilled in dealing with patients with mental health conditions and those who are mentally deteriorating -
- Supported patients in daily activities and promoted their independence
- **Complete 3 weeks of Assistance in Nursing placement in Stella Maris aged care at Cronulla, NSW**
- **Complete first years of nursing placement in Stella Maris aged care at Cronulla, NSW**
- **Complete Second Year 160Hours 1st placement in Norwest Private Hospital at Norwest, NSW as a Student Nurse.**
- **Worked as a Home Care Worker in Right at Home (8months)**
- **Working in Montefiore Hunter Hill as AIN**
- **[Key responsibility](#)**
  - Assisting patient with their personal care needs such as showering, toileting and dressing.
  - Assisting with daily living activities (ADL's) -
  - Delivering person centred cares.
  - Monitoring, recording and reporting signs and symptoms change in resident's health.
  - Assisting patient with rehabilitation exercise, basic treatment and delivering medication.
  - Preparing rooms, sterile instruments, equipment's, and supplies, & ensure that stock supplies are maintained. -
  - Following therapy plans such as interventions to assist those with dementia and behavior problems.

**- Housekeeper (2023-2024) at Urban Rest**

**- [Key responsibilities](#)**

- **Clean and maintain patient rooms, bathrooms, and common areas**
- **Ensure cleanliness and hygiene standards are met at all times**
- **Change bed linens and make beds**
- **Disinfect and sanitize surfaces and equipment**