

# Shobna Josephine Nath

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## Personal Statement

I currently work as a Physio Therapy Assistant at Middlemore Hospital in Auckland. I am an enthusiastic and driven caregiver, with 12 years of experience. Furthermore I have also worked as a support worker in the community. I am compassionate, energetic and helpful, always willing to listen to my patient's needs. As a New Zealand Citizen originating from Fiji, I have proven I am able to adapt to different environments and communicate with a wide variety of people. I prefer working in an environment where performance can be measured and encouraged, as it brings out the best in me. I am capable of working under pressure and am always determined to achieve tasks with the resources available to me. I am proud of what I have accomplished in my career so far, motivated to learn and take on further responsibilities and leadership roles.

## Skills and Strengths

- Manual handling
- Hoist competency
- Medication competency
- Computer skills, including Microsoft Office
- Chart documentation
- NZ drivers license (full license)
- Multi-tasking with precision
- Ability to work within a team
- Excellent communication and interpersonal skills
- Leadership qualities
- Time management
- Flexible and adaptable
- Rehabilitation skills

## Work History

### Physio Therapy Assistant

**2016-Present**

Middlemore Hospital, Auckland, New Zealand.

Responsibilities: rehabilitating patients under Acute Stroke Unit, helping them to undergo rehab activities.

### Support Worker (Secondary Job)

Presbyterian Northern

Enliven, Counties Manukau, New Zealand.

Responsibilities: Assisting Clients with Personal Cares, Meal Prep and Medication Prompt

**Senior caregiver (NZQA Level 4)**

**2011-2016**

Bupa- Erin Park Rest Home & Hospital, Auckland, New Zealand.

Responsibilities: Caring for patients in high-level hospital care and at rest home level care, including patients with dementia and spinal cord injuries. Aiding patients with personal cares, hoisting and manually handling, feeding- including PEG feeds, facilitating prescribed exercise programs, charting and documentation, simple dressings and administering medication.

**High needs caregiver (NZQA Level 3)**

**2009-2011**

Kate Sheppard Home and Hospital, Christchurch, New Zealand.

Responsibilities: Caring for patients in high-level hospital care and at rest home level care. Aiding patients with personal cares, hoisting and manually handling, feeding, facilitating prescribed exercise programs, charting and documentation, simple dressings.

**Support worker (NZQA Level 3)**

**2007-2009**

Ali's Home Health Care, Christchurch, New Zealand.

Responsibilities: Community support worker, assisting clients with personal cares, dressing, hoisting and manually handling, shopping, meal preparation.

### **Academic Record**

Healthcare Level 4 NZQA	Academy of Vocational Studies (CAG) New Zealand	2014
Healthcare Level 2 and 3 NZQA	Career Force, New Zealand	2009-2013
Fundamentals of Caregiving	Caregivers Services International, Fiji	2006
Certificate in Information Management	New Zealand Pacific Training Centre, Fiji	2006
Fiji School Leaving Certificate	Pundit Vishnu Deo Memorial High School, Fiji	1990-1992

### **Achievements**

- Bupa Personal Best Award – Bronze 2011
- Nurses' Union Delegate- New Zealand Nurses' Organisation 2014-Present
- Certificate in Mary Kay Cosmetics

## Referees

Natalya Solimow  
Senior Physiotherapist  
Middlemore Hospital  
0211070221

Shanmugam Babu  
Senior Physiotherapist Assistant  
Middlemore Hospital  
0212383456

Joy Nimmo  
Enrolled Nurse  
Erin Park Rest Home & Hospital  
0276487369

Ola Kupis  
Senior Care Giver  
Erin Park Rest Home & Hospital  
09 2146039