
Rachana Nepal

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CAREER OBJECTIVE

I am a caring, compassionate, and responsible individual with a strong commitment to providing quality aged care so that the elderly can live with maximum dignity, comfort and independence.

Seeking a position as an Assistant Nurse utilizing strong background in nursing and a compassionate nature to provide excellence in resident care. Established record of reliability and creating positive rapport with patients, family, and staff. Planning to study nursing in few years.

CERTIFICATES AND LICENSES

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|----------------------------|------|
| • Cert IV in Aging Support | 2022 |
| • First Aid and CPR | 2022 |
| • Manual Handling Training | 2022 |
| • Police Check | 2022 |

PLACEMENT EXPERIENCE

Burwood Clover Lea Nursing Home

8-24th November 2022

- Assisting participants in daily activities like showering, grooming and dressing
- Preparing food and assisting in feeding
- Engaging and communicating with participants
- Encouraging and helping participants for their rights
- Assist participant to maximize their physical and mental well-being.
- Provide companionship, emotional support and promote independence and community participation.
- Observe or examine residents to detect symptoms that may require medical attention, such as bruises, open wounds, or blood in urine and feces
- Have a good knowledge of proper manual handling such as using lifter to transfer resident on and off the beds.
- Reporting and record keeping in accordance with organization policies.

“Assistant In Nursing”

at

Sir Moses Montefiore Home. (Randwick)

Roles and Responsibilities

As an AIN at nursing home, I work in different facilities and do below roles and responsibilities that are assigned to AIN.

- Assist all staff and work together in a team.
- Help patients with daily activities such as meals, hygiene and dressing.
- Supervise patients with diminished capacity and monitor safety hazards.
- Change bed linens or make beds.
- Test and chart vital signs including blood pressure, temperature, blood sugar levels.
- Measure and record food and fluid intake and urinary and bowel movement output, reporting changes to medical or nursing staff
- Observe or examine residents to detect symptoms that may require medical attention, such as bruises, open wounds, or blood in urine and feces.
- Have a good knowledge of proper manual handling such as using lifter to transfer resident on and off the beds.
- Respect the confidentiality of participants as well as other team members.

ACADEMIC DETAILS

Diploma leading to bachelor’s in community service in SBDI College.

St Lawrence college, Nepal

- Management 2020-1021

TRAININGS

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- Correct use of PPE
 - Hand hygiene and cough etiquette
 - COVID-19 scenario PPE
 - Infection prevention and control
 - Manual handling
 - First Aid and CPR
 - Mental Health First Aid

SKILL HIGHLIGHTS

- Knowledge of carrying out nursing plans in accordance with instructions
- Knowledge of providing residents with both physical and mental stimulation
- Thorough understanding of problems related to aged residents in terms of attitude and patience.
- Familiar with established nursing and patient care practices and standards
- Physically fit and able to lift patients.
- Kind and patient
- Happy disposition always
- Competent and willing to take any tasks.
- Keen and interested in learning new skills.
- Proactive and attention to detail
- Able to work with minimal supervision or as part of team as required.
- Medication Administration
- Assessment and vitals
- Documentation and charting

CONCLUDING STATEMENT

I got positive feedback from residents and supervisors for my hard work and care I provide. I am up to date with e-learning provided by the workplace which contributes to my continuing professional development (CPD) points.

REFERENCES

References made available upon request.