

# Khusbu sapkota

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## Career Objectives

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Seeking a job in a position as an **Personal Care Worker (PCW) / Support Worker/ AIN** that utilize my related skills, experience and qualification in nursing and a compassionate nature to provide excellence in resident care. Also highly known for maintaining safe, protected, tidy and orderly environment for clients. Having **more than 1 experience as an Personal Care Worker and as Support worker** with quadriplegic client.

## Key Skills Summary

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Analysis, strategy development and delivery from identified needs.  
Building up relationships with clients.  
Enthusiastic, knowledge-hungry learner and committed to excellence in my work.  
Aiding client with daily personal care such as washing, dressing, and feeding themselves.  
Rapport and relationship management with lasting focus.  
Giving palliative care to clients.  
Conscientious go-getter who is highly organized, dedicated, and committed to professionalism.  
Assisting with client's general comfort.

## Education

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Proficiency certificate level of Nursing (2016-2019) Balkumari college, Chitwan, Nepal

(Graduated as registered nurse in 2020.)

Certificate Iv in aging Individual Support (Aging and Disability) , encourage training center, auburn, sydney

Currently enrolled in bachelor in nursing in ACU, Sydney

## Experience

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Cared for elderly patients within long-term center's; leveraged gentle persuasive approach to care for residents with dementia, challenging behavior, and Alzheimer's disease; leveraged Hospice Palliative Care training to care for hospice patients. Championed client/resident personal, psychological, emotional, and intellectual needs; counseled and provided companionship to residents.

### **Resident Care**

- Assisted residents to complete activities of daily living, including personal hygiene, feeding and toileting; helped residents to clean and maintain eyeglasses, dentures, and hearing aids.
- Provided preventative care to residents by positioning and applying skin care treatment, helped residents with ambulation, and transferred residents utilizing electric manual equipment and lifting devices.
- Performed routine wound management, medication administration, and specimen collection.
- Prepared and distributed beverages and snacks to residents; updated entries on nourishment supplements.

### **Centre Maintenance**

- Maintained facilities by cleaning and organizing general work areas, including nursing stations and closets.
- Cleaned and organized resident rooms; replaced soiled linen and removed trash from all rooms.

### **Care Plan Development, Reporting, and Records Management**

- Collaborated with personal support workers, nurses, nutrition specialist, physiotherapists, clients and families to define care needs and ensure delivery of high-quality service.
- Assessed resident well-being, including vitals, weight, and daily input/output; document and report changes in health status to supervising healthcare providers.
- Observed and reported residents behavioral, emotional, and physical statuses, documented restraint usage and related information.

### **Employment History**

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**Bharatpur samudhyak hospital, Nepal (2020 December – 2021november) as registered nurse.**

**Clover lea nursing home , burwood (120 hours placement)**

**James milson village**

**11 Gladstone Ave, Woolwich NSW 2110**

**Assistant in Nursing**

**16 January 2022 to current time**

### **Training and license**

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Manual Handling

Infection Control and Hand Hygiene

Fire Safety: A Practical Approach

WHS: Preventing Musculoskeletal Injury At Work  
H&S: Risk Management  
H&S: Supporting People To Move  
Individual support  
Incident/Accident/Hazard Management Training  
Continence Management and Assessments  
Preventing Dementia  
Driving license  
Covid full vaccination  
'Quality ,safety and you'- NDIS Worker Orientation Module  
NDIS Working Check

## **References**

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As per request

## **Availability**

**Monday, Tuesday, Wednesday, Thursday, Friday, Saturday , Sunday**