

# RESUME

**NAME: Prabin Dhungana**

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## **Objective:**

I am looking for a part time employment for the post of Assistant in Nursing/Disability Worker. I wish to have my career which employs my skills and expertise fully to join the organization which values enthusiasm, professionalism, and commitment to perform significant responsibilities and opportunities.

## **Trainings:**

- First Aid Training
- CPR Training

## **Certificates:**

- Police certificate
- First Aid and CPR Certificate
- **Certificate III Individual Support (Ageing/Disability)**

## **Car and Driving Licence:**

**Hold a personal car and a driving license.**

## **Professional skills:**

- Ability to work successfully with others on collaborative projects and efforts.
- Productive worker with solid work ethic to exert optimal effort in successfully completing tasks.
- Organized and effective communicator with the ability to learn quickly and develop expertise to produce efficient contributions to the organization
- Competency in Microsoft Word, Excel, PowerPoint, and Outlook environment.
- Honest, sincere, hardworking, polite, and dedicated.
- Capable of handling patients.
- Skills for patients' care.
- Working within scope of practice.
- Performs own duty of care.

## **Availabilities:**

Strongly searching for permanent position as AIN/ Disability worker. **If found such a position, all days a week.**

## **Experiences:**

**Casual Carer-1<sup>st</sup> May to Current**  
**Wahroonga Place Community**

## **Responsibilities:**

1. **Personal Care Assistance:**
  - Helping clients with daily activities such as bathing, dressing, grooming, and toileting.
2. **Health Monitoring and Medical Support:**
  - Assisting with medication management and monitoring health status by observing and reporting changes in condition.
3. **Emotional and Social Support:**
  - Providing companionship and engaging clients in activities to promote mental stimulation and reduce feelings of loneliness.
4. **Household Management:**

- Performing light housekeeping tasks, preparing meals according to dietary needs, and running errands.
5. **Ensuring Safety and Emergency Preparedness:**
- Maintaining a safe living environment by removing hazards and being prepared to respond to emergencies with first aid or CPR if needed.

### **References:**

Niranjan Prasai <b>Position: Training Manager / Trainer</b> Workplace: Oscars Training Centre Ph. No: 0451995201 Email: <a href="mailto:prasainiranjan2014@gmail.com">prasainiranjan2014@gmail.com</a>	Bijaya Subedi <b>Position: Registered Nurse</b> Workplace: Orange Base Hospital Ph. No: 0405849039 Email: <a href="mailto:bijaya.subedi@health.nsw.gov.au">bijaya.subedi@health.nsw.gov.au</a>
Ankit Poudel <b>Position: Assistant in Nursing</b> Workplace: Thomson Health Care Ph No: 0412892428 Email: <a href="mailto:poudelankit68@gmail.com">poudelankit68@gmail.com</a>	Lynn Rapley <b>Position: Manager</b> Wahroonga Place Community Ph No: 0458454588 Email: <a href="mailto:lynn.rapley@opalhealthcare.com.au">lynn.rapley@opalhealthcare.com.au</a>