

NANDARAJ POKHREL

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professional summary

I am an enthusiastic and compassionate individual recently graduated from a comprehensive work placement in aged care. My personal connection to my grandparents has deeply influenced my passion for working with older adults, and I am eager to bring this heartfelt dedication to a new role in aged care.

During my placement, I gained valuable hands-on experience in providing personal care, assisting with daily activities, and offering emotional support to seniors. I am committed to creating a supportive and respectful environment where each individual feels valued and cared for.

I am excited about the opportunity to continue growing in this field and to make a positive impact on the lives of elderly individuals. My genuine love for working with seniors and my recent practical experience make me a motivated and eager candidate for this role.

skills

- Compassionate and empathetic approach to caregiving.
- Ability to support individuals with mobility challenges, including using mobility aids and transferring techniques.
- Patient and calm demeanor to provide reassurance and emotional support to clients.
- Skilled in collaborating with health care teams to provide comprehensive patient care
- Proficient in providing personal care assistance, including bathing, dressing, and grooming.
- Excellent interpersonal and communication skills - Strong attention to detail and ability to multitask
- Knowledge of ageing and disability rights and advocacy to ensure client's needs are met.
- Knowledgeable about dementia care techniques and best practices

experience

Jul 2024 - Jul 2024

PLACEMENT

Bupa Queens Park

- Helped long-term care facility nursing personnel with patient care tasks
- Assisted patients with activities of daily living, including bathing, grooming, toileting, and feeding, while ensuring their comfort and dignity

- Recorded observations and offered suggestions for meetings on care planning
- Helped put residents' educational and recreational activities into action
- Maintained a clean and safe patient environment, adhering to infection control protocols and ensuring compliance with healthcare regulations
- Monitored patient's vital signs, symptoms, and overall health status, reporting any changes to the nursing staff.

certifications

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

training

First Aid TrainingCPR TrainingManual Handling

references

RADHA SAPKOTA

RN, Bupa Aged Care Queenspark - RN

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NIRANJAN PRASAI

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