

ANUSHA THAPA

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Career Objective

I am actively seeking a full-time job for long-term role in your organization. I had previously gained some experience in related field and it will greatly benefit my career development as I have done CERTIFICATE IV in aged care, utilizing my strong analytical and communication skill, this helps to add more goodwill in your organization. I have done 120 hours placements in Sutherland Bupa nursing home also, I had paid experience in nursing field in overseas. And I am fully confident that I can do my best in this career because I am heartily passionate about this job. I can also provide you my experience certificate if you need one.

Education

Proficiency Certificate Level of Nursing – Lifeline hospital institute of health science (Nepal) – 2013-2015

Professional Experience

- 2 years of experience as an aged Health Care in Shree Krishna Parnami Satsang Sewa Parishad (Nepal)
- Volunteering in Neuro Cardio & Multi Specialty Hospital Pvt. Ltd. (Nepal)

Certifications:

Certificate IV in Ageing Support

- First Aid & CPR
- NSW Police check
- NSW Complete Immunization

TRAININGS:

- Manual Handling
- Infection Control and Hand Hygiene
- Dementia Handling
- Elder Abuse Training

- WHS Training
- Cultural Diversities Training
- Incident/Accident/Hazard Management Training
- Continence Management and Assessments

Employment History- Responsibilities

- Provide assistance with daily task such as showering, dressing and feeding and often assist with outing and social activities.
- Provide personal, physical and emotional support to people who require assistance with daily living.
- Carries out all procedure which is responsible to one like handover of patient.
- Ability to deal with Dementia clients and can handle clients who are unconscious and disable to move
- Assist with self-medication such as taking tablets and applying creams

Abilities & skills

- Through understanding of 'Duty of Care' for clients
- Experience in aged rehabilitation and discharge planning and network
- Experience in hospital setting
- Understanding of inter-disciplinary team work
- Ability to work independently with minimum supervision
- Strong communication and documentation skills
- Excellent computer skills
- Bilingual: English, Hindi and Nepali

Strength

- Team work
- Ability to manage time, set priorities, and complete work on time
- Knowing what factors will diminish the effectiveness of my work
- Self-initiative and doing what need to be done before I am asked to do it.

Personal Interests

Extracurricular activities involve Badminton and table tennis. I prefer to involve in charity and children welfare program related with community and organization.

Reference

- 1) **Tulsa Kharel**

Registered nurse (Sutherland Bupa nursing home)

2) Mohammed Wazid

Care manager (Sutherland Bupa nursing home)

3) Sylvia Shephard

Head Trainer/Assessor

Advanced College of Health (Aged care and disability courses)

Suites 203, level 2,11-15 Dean street, Burwood,NSW2134,Australia

0450398887

4) Roshana Rijal (Registered Nurse)

Sutherland Bupa Nursing Homes

Contact no 0450398887

5) Sebika Guragain- 04 16933461 Hammond Care Wahroonga
(sebikaguragain@gmail.com)