

Manisha Khatiwada

Email: manisha8906@gmail.com | M: 0434 986 193 | Address: Central Coast, NSW, Australia, 2250

Summary

Skilled ICU Nurse, 2 years+ experience in providing compassionate care to all clients including aged population. Experience in working with various medical conditions along with dementia, Alzheimer's, and physical disability patients. Proven track record of quickly developing trustful relationships with patients and their families while providing quality nursing services.

Employment Experience

JUNE 2024 – Current **Assistance in Nursing AIN (medication competent)/Carer - Hammond Care Cardiff Residential Aged Care, Cardiff NSW**
JUN 2024 – Current

Key Responsibilities:

- **Personal Care:** Assist with daily living activities such as bathing, dressing, grooming, and toileting. Ensure that the elderly person maintains proper hygiene and comfort.
- **Medication administration** to residents under RN supervision.
- **Mobility Support:** Help with mobility, including transferring patients from beds to chairs or using mobility aids. Support them in walking or moving around safely.
- **Health Monitoring:** Observe and record vital signs such as blood pressure, temperature, and pulse. Monitor for any changes in health status and report them to a registered nurse or doctor.
- **Nutrition and Hydration:** Assist with meal preparation and feeding if necessary. Ensure that dietary requirements are met and encourage proper hydration.
- **Emotional Support:** Provide companionship and emotional support. Engage in meaningful conversations, activities, and hobbies to enhance the person's quality of life.
- **Household Tasks:** Perform light housekeeping duties such as cleaning, laundry, and organizing personal spaces to ensure a safe and pleasant living environment.
- **Safety and Well-being:** Ensure the environment is safe and free from hazards. Implement fall prevention measures and respond quickly in case of emergencies.
- **Documentation and Reporting:** Maintain accurate records of care provided, changes in health, and any incidents. Report any concerns or significant changes to the appropriate healthcare professionals.
- **Family Communication:** Communicate with family members about the individual's care, progress, and any changes in health or behaviour.
- **Adherence to Policies:** Follow all organizational policies and procedures, including infection control measures, and ensure compliance with regulatory standards.

Registered Nurse - CRH Hospital / Sikkim Manipal Institute of Medical Sciences
Jan 2022 – May 2024

Key responsibilities

- Medicated and monitored physical, mental and emotional health of all the patients.
- Advised families on elderly care best practices and provided support during difficult times, improved customer satisfaction.
- Reliably assisted with the daily personal needs of ICU Patients, including bathing, grooming and dressing them in a respectful manner without compromising their dignity or safety.
- Bathed many patients every week using special hygienic techniques while providing gentle massage therapy for relaxation purposes, decreased levels of discomfort.
- planning and managing care.
- performing treatments and complex care.
- starting, administering and monitoring medication and IV therapy.
- interpreting test results and reports.
- providing emotional and psychological support including advocating for a person throughout their treatment.

Achievements

- Chairing a committee within an organization and collaborating with interdisciplinary groups.
- Mentoring others to help prepare them for leadership positions.
- Engaging in healthcare policy development or advocacy work.
- specific area or on a specific project.
- Leading the development and implementation of original nursing projects designed to improve.
- patient care or the functioning of the healthcare organization.

Volunteer Registered Nurse - CRH Hospital / Sikkim Manipal Institute of Medical Sciences
SEP 2021 – JAN 2022

Key responsibilities

- Medicated and monitored physical, mental and emotional health of all the patients.
- Provide direct patient care, including assessments, vital sign monitoring, and medication administration.
- Assist in the development and implementation of patient care plans.
- • Work alongside other healthcare professionals to deliver comprehensive care.
- Collaborate with medical staff to coordinate patient care and treatment plans.
- Assist with triaging patients in clinical settings, determining priority for care.
- Provide emotional support and counselling to patients and families in need.
- Participate in health fairs, vaccination clinics, and community wellness events to promote health and wellness.
- Offer services in underserved areas, focusing on improving access to healthcare.
- Maintain accurate and up-to-date patient records, documenting assessments, interventions, and outcomes.
- Ensure compliance with legal and ethical standards in all documentation.
- Adhere to infection control protocols to ensure a safe environment for patients and staff.
- Educate patients on hygiene practices and infection prevention.
- Assist in training new volunteers or nursing students, sharing knowledge and best practices.
- Provide guidance and support to less experienced staff in clinical situations.
- Be prepared to respond to medical emergencies, providing first aid and stabilization as needed.
- Participate in disaster preparedness and response efforts as required.

Education **Bachelor of Science nursing** from Sikkim Manipal University
2016 - 2020

Certificate ACLS and BLS Training Organised by American Heart Association 2023

Key skills Patient Care, Elderly Care, Compassion, Organised, Empathetic, Maternity, IV Management, Documentation, Mobility, First Aid, Manual Handling.

References Available upon request