

Name; Prashamsa Sapkota

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Email; sapkotaprashamsa765@gmail.com

Mobile number; 0451261871

Education

Completed high school overseas

Studying; Bachelor of nursing

Has certificate as cert III

Career objectives;

I am seeking a job in the position of personal care worker, support worker, AIN that will utilize my skills learned during my placement and also highly known for maintaining a safe, protected, tidy and orderly environment for clients. As I am really passionate about this field.

Key Skills Summary Analysis

strategy development and delivery from identified needs. Building up relationships with clients. I am an 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. A conscientious go-getter who is highly organized, dedicated, and committed to professionalism. Assisting with client's general comfort.

Experience

Cared for elderly patients within long-term centers; 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; counselled 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.

Has done 120-hour placement at Thompson health care Oran park

Reference

RN

Sumita Karki

Phone no; 0479143034

Email; Sumitacarkey@gmail.com

[Reference;](#)

Name; Sandeep Chaudhary

Phone no; 0413973036

Email; sanbob_ch@yahoo.com

Training and license

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

Covid full vaccination

'Quality, safety and you'- NDIS Worker Orientation Module NDIS Working Check

Availability;

Available all days except Monday