

Sarah Paananen

📍 5 Cherry Lane, Bowral NSW
☎ 0401004170

✉ sarahpaananen6@gmail.com

Career Goal

I plan to obtain a qualification in Allied Health, and soon go to university to do a Bachelor of Nursing which will create opportunities to pursue my goal of becoming a registered nurse.

Education

Bowral High

Subject

Community and Family Studies

English Standard

Food Technology

Mathematics Standard

PDHPE

Employment History

Scottish Arms

January 2022 - 15 October 2023

Paid

I am a waitress at Scottish Arms and have been working in front of house. Providing excellent wait service to ensure satisfaction. Taking customer orders and delivering food and beverages. Making menu recommendations, answering questions and sharing additional information with restaurant patrons.

Harbison

14 June 2023 - 29 April 2024

Paid

I was a Personal Care staff, I worked with residents high-level, low-level and with dementia providing social and emotional support. Assisting in day-to-day needs including, Bathing, Dressing, Toileting, Feeding, nail care, mobility and manual handling. I also provided Catheter care, Palliative care and After-death Care. I am Well-versed in accurately documenting vital statistics and health metrics. Committed to creating positive rapport with patients and providing quality patient care.

Skills

- able to take on responsibility
- able to take the initiative
- communication skills
- physically fit
- teamwork skills
- tolerant, patient and tact
- Independent working skills
- Understanding and Empathetic
- Trained in First Aid
- Problem-solving
- Critical thinking
- Incident Reporting
- Manual handling
- PPE Usage
- Resident Documentation
- Bedside Care
- Dependable and Responsible
- Good Computer skills
- Respectful and Compassionate
- Vital signs monitoring
- Patient safety and fall prevention

Awards

- Stephen Jones Active Citizenship Award 2018

Hobbies

- Writing & Poetry
- Music

Referees

Chelsea Ingram - Manager (Scottish Arms)

Phone: 0497069915

Email: chelsea_k_92@hotmail.com

Ben Murray - Year Adviser/Head of English (Bowral High School)

Phone: 02 4861 2255

Email: Benjamin.murray46@det.nsw.edu.au

Nadine McAndrew - Youth Engagement Worker (Community Links Wellbeing)

Phone: 0438285411

Email: nadine.mcandrew@communitylinks.org.au