

Mehakdeep Kaur

ASSISTANTS IN NURSING

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Profile

Reliable assistant nurse with Certificate III in Aged Care and background in aged care. Caring, punctual and a team player with 1 year of experience in high care and Dementia overseas. Dedicated to providing quality, cost-effective and evidence-based care to help patients achieve an optimal outcome.

Employment History

Certified Placements Assistant in Nursing, 120 hours, RSL LifeCare , Picton

February 2022 — March 2022

- Provide physical support to assist patients to perform daily living activities, such as getting out of bed, bathing, dressing, using the toilet, standing, walking, or exercising.
- Turn or reposition bedridden patients.
- Answer patient call signals, signal lights, bells, or intercom systems to determine patients' needs.
- Measure and record food and liquid intake or urinary and fecal output, reporting changes to medical or nursing staff.
- Observe or examine patients to detect symptoms that may require medical attention, such as bruises, open wounds, or blood in the urine.
- Document or otherwise report nurses' observations of patient behavior, complaint, or physical symptom.
- Feed patient or assist patient in eating or drinking.
- Undress, wash and dress patients who cannot do so for themselves.
- Lift or assist others to lift patients to move them on or off beds, examination tables, surgical tables, or stretchers.
- Record height or weight of patients.
- Change bed linens or make beds.
- Restock patient rooms with personal hygiene items, such as towels, washcloths, soap, or toilet paper.

.1 year fulltime work experience with agency Person Centered approach , Pulse Agency. Assistant in Nursing , KD Hospital , Amritsar, Punjab India

January 2020 — November 2021

- Assisting patients with their personal care needs such as showering, toileting, shaving, oral hygiene, dressing and eating.
- Assisting patients with their mobility and communication needs.
- Following therapy plans such as interventions to assist those with dementia and behavioural problems.
- Observing and reporting changes in patients' conditions.
- Assisting with rehabilitation exercises, basic treatment and delivering medications.
- Assisting nursing and midwifery staff with routine technical support functions including setting up for procedures, cleaning equipment and completing basic documentation.
- Maintaining accurate and detailed patient records.
- Building effective relationships with patients through clear communication and empathy.
- Applying simple wound dressings.

Skills

Computer Skills

Microsoft Office

Leadership Skills

Ability to Multitask

Ability to Work Under Pressure

Ability to Work in a Team

Excellent Communication Skills

Conflict Resolution

Hobbies

Painting and writing

Languages

English



Punjabi



Hindi



Education

Certificate III in Individual Support(Ageing, Disability, Home & Community),
Cube Institute, Australia, Caulfield North

December 2021 — March 2022

12th , Government Senior Secondary School , Amritsar, Punjab, India

March 2018 — March 2019

References

References available upon request