

SAHO SHIMADA

CONTACT



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VISA STATUS

Working holiday visa

- January 2026

MY SKILLS

- Empathy and Compassion
- Multi-tasking
- Team Collaboration
- Fast Learner
- Problem Solving
- Manual Handling Skills

QUALIFICATIONS

- CHC33021 Certificate III
in Individual Support
- Registered Nurse (Japan)

PROFILE

Experienced and adaptable nursing professional with over six and a half years of experience as a registered nurse in Japan. Specialized in operating room (perioperative) nursing, demonstrating strong ability to respond calmly and effectively in fast-paced and high-pressure environments. Worked extensively at an ophthalmology-focused hospital, gaining solid experience in caring for elderly patients, including those with dementia.

EDUCATION

Charter Australia, Australia

January 2025 - May 2025

CHC33021 Certificate III in Individual Support

Akita University, Faculty of Medicine, Japan

April 2013 - March 2017

Bachelor of Nursing

WORK EXPERIENCE

Estia Health Willoughby (Australia)

Care Worker (Placement) | 120 Hours | April 2025-May 2025

- Provided personal care to residents including showering, dressing, toileting, and feeding assistance.
- Used mechanical aids such as hoists and slide sheets safely in accordance with manual handling protocols.
- Supported residents with dementia and high-care needs using a person-centred approach.
- Assisted with mobility, emotional support, and daily routines in collaboration with nurses and care staff.
- Developed hands-on skills in infection control, documentation, and resident communication.

WORK EXPERIENCE

Glenferrie Lodge Kirribilli (Australia)

Housekeeping Staff | February 2025 – Current

- Maintain cleanliness and hygiene standards in guest rooms and communal areas.
- Assist guests with requests, offering polite and respectful service at all times.
- Manage time efficiently to complete daily tasks and adapt to changing priorities.
- Observe details that affect guest comfort and safety—skills applicable in clinical settings.

Kirribilli Woodfire Kitchen (Australia)

Waitstaff | February 2025 – Current

- Deliver friendly and attentive customer service in a busy, fast-paced restaurant environment.
- Demonstrate multitasking by managing multiple tables, orders, and requests simultaneously.
- Communicate clearly with a diverse team to ensure smooth operations and customer satisfaction.
- Handle complaints and requests professionally, maintaining a calm and respectful attitude.

Shonan Beauty Clinic (Japan)

Registered Nurse | February 2023 – June 2024

- Assisted patients before and after cosmetic surgical procedures, including general anaesthesia cases.
- Helped with dressing, toileting, and mobilisation post-surgery to ensure safety and dignity.
- Provided emotional support to clients undergoing elective procedures, addressing anxiety and concerns.
- Worked closely with doctors to deliver seamless patient care.
- Maintained confidentiality and sensitivity in handling personal health information.

Inoue Eye Hospital (Japan)

Registered Nurse | July 2020 – December 2022

- Provided compassionate care for elderly patients, including those with dementia and sensory impairments.
- Managed pre- and post-operative care, ensuring safety and comfort during recovery.
- Assisted patients with mobility, hygiene, and medication routines.
- Built strong communication skills through regular contact with families and care coordinators.
- Applied person-centred care principles tailored to individual needs and conditions.

Akita University Hospital, Faculty of Medicine (Japan)

Registered Nurse | April 2017 – March 2020

- Worked in the operating room, assisting in a wide range of surgical procedures across multiple medical specialties.
- Acquired solid skills in sterile technique, infection control, and patient safety practices.
- Supported patients and families with pre-operative explanations and emotional reassurance.
- Maintained accurate documentation and collaborated closely with multidisciplinary teams.
- Adapted quickly to fast-paced environments, prioritising tasks under time-sensitive conditions.

References available upon request