

**Rikshya Rijal**

Unit 95, 107-115 Pacific Highway Hornsby, NSW 2077

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**Professional Summary.**

Proficient and caring, a dedicated and energetic AIN seeking an opportunity to contribute to positive patient outcomes in a supportive and caring aged care environment. Strong clinical skills, a caring and patient nature, excellent communication and organization, and a desire to continue learning and developing. able to confidently relate to patients of different cultures and backgrounds. Adept at addressing patient needs with compassionate care and attention to detail. Diligent about maximizing satisfaction, safety, and wellness.

**Higher Education****► Higher Secondary Education****MAY 2021- JUNE 2023**

Shikshyadeep higher secondary school, Biratnagar, Nepal

**► Aged Care Certificate IV****APRIL 2024 - JUNE 2024**

Invention training college, Paramatta, NSW 2150

**Trainings**

**JUNE 2024, [Thompson Aged Care ] 34 Curugul Rd, North Turrumurra, NSW 2074**

- Manual Handling
- Infection Control and Hand Hygiene
- Dementia Handling
- Elder Abuse Training
- WHS Training
- Cultural Diversities Training
- Incident, Accident and Hazard Management Training
- Contenance Management and Assessments

**Employability Skills**

- Excellent communication and interpersonal skills
- Strong attention to details and high level of accuracy
- Knowledge of medical terminology and infection control standards
- Problem solving ability
- Excellent Time management and Organisational skills
- Collaborative and team-oriented approach

- Awareness of WHS and manual handling procedures
- Drive and Initiative in taking on responsibilities and achieving results
- Strong customer service focus and an ability to prioritise

## Certifications

- ▶ **Certificate IV in Aged Care** APRIL 2024 - JUNE 2024  
Invention Training College, Parramatta, NSW 2150
- ▶ **First Aid & CPR** JUNE 2024 ▶  
Australia Wide First Aid, Sydney
- National Police Check** JUNE 2024  
ACIC

## Work Experience

JUNE 2024 Assistant in Nursing (Under Supervision)  
[Thompson Aged Care ] 34 Curugul Rd, North  
Turramurra, NSW 2074

## Responsibilities

- To establish rapport with families, staff and volunteers and facilitate communication between them
- To protect the rights of residents and to ensure that the care provided maintains resident's dignity and privacy
- To respect the confidentiality of residents as well as other team members
- To have an understanding and commitment to Continuous Quality Improvement
- To provide opportunities for residents to participate in meaningful activities
- To support resident's choice/decision making
- To report and document any changes in resident's health and well-being
- To maintain hygiene and safety practices in accompanying caring tasks
- To demonstrate an ability to complete appropriate Incident or hazard Reports
- To maintain the workplace equipment and environment
- To recognize health and environmental hazards and report damages, faults and problems, using appropriate incident reporting
- To work cooperatively as a team member and support new and less experienced staff
- To maintain appropriate hand-washing techniques
- To follow correct Manual Handling Procedures

## Achievements

- Highly appreciated at my work placement for my quick learning attributes

MAY 2024 – JUNE 2024

Catering assistant in Aged care

Playing a vital role as an agency staff by delivering the highest standards of resident's food service, helping to discover the range of food that we have to offer and responding to every residents' needs and requests in different age care. Have worked in more than 20 different age care as an agency staff.

#### Responsibilities

- Using RNs' and age care's information to assist in the development of residents' diet plan.
- Cleaning the kitchen, including washing kitchen appliances, work surfaces, floors, and walls.
- Carrying out basic food hygiene preparation tasks.
- Helping the chef get ready for service by preparing food, peel, trim or wash food so it is
- Ready to be cooked Loading and unloading the dishwasher.
- Serving food to the residents.

#### References

Helen THC  
0411567014  
Thompson aged care, North Turramurra,

Santosh Rijal (registered nurse)  
0406485004