



SHOVA  
BHATTA

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NSW 🏠

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## OBJECTIVE

A dedicated, self-motivated, and patient-centered Nursing assistant with a strong commitment to providing quality aged care to residence who can accomplish all the assigned responsibilities with minimal supervision. I am seeking a position as a Nursing assistance utilizing strong background in Nursing and a compassionate nature to provide excellence in resident care. I am known for maintaining safe, protected, tidy, orderly environment maintaining their confidentiality.



## EDUCATION

**Bachelors of Nursing | Brite college of Nursing, Bangalore , India**  
2015- 2019

**Intermediate Science | Nepal Mega College, Nepal**

**School leaving certificate | Laboratory Higher Secondary School, Nepal**



## EXPERIENCE

**Assistant in Nursing: Advantaged Aged Care**

**Staff Nurse: Mahakali provincial hospital, Nepal**  
JUNE 20, 2020 – NOV 30, 2022

**Staff Nurse: Maya metro hospital, Nepal**  
APRIL 10, 2020 – JUNE 15, 2020



## CERTIFICATIONS

Certificate IV (Certificate in ageing support with medication)  
First Aid and CPR certificate



## SKILLS

- Strong communication skills
- Personal and emotional support
- Maintaining confidentiality
- Flexibility
- Ensuring patient safety and wellness
- Caring for dementia patients
- Familiar about first Aid
- Empathetic
- Following correct Manual handling procedures
- Time Management
- Teamwork



## ACTIVITIES DURING PLACEMENT (Shangri –La Nursing home )

- To provide assistance with personal hygiene for older residents like bathing, showering, dressing, toileting and more.
- To provide homelike environment to the residents.
- To monitor resident's vital signs and any behavioral changes and report these changes to a RN.
- To respond immediately to calls from residents for assistance or treatment and alert medical staff to pending emergency situations.
- To record bowel and bladder habits of the residents.
- To prepare occupied as well as unoccupied bed for the residents as per their conditions.
- To respect the confidentiality of the residents as well as other team members.
- To provide opportunities for residents to participate in meaningful activities.
- To engage in housekeeping tasks such as replacing linens on bed, cleaning resident's rooms and removing and replacing trash bags.
- To create safe and clean environment for residence.

- To arrange the workplace equipment properly.
- To engage the residents in recreational activities.
- To serve meals to the residents and monitoring eating habits and the amount of food that they take daily and providing meal supplements as needed.
- To report and document any changes in residents' health and well-being.
- To recognize the health and environmental hazards and report the incident.
- To assist with any rehabilitation or exercise programs, and plan and evaluate nursing care plans for residents in partnership with an RN or health care team.
- To administer general first aid help.
- To assist in transporting, ambulating and repositioning residents as necessary.
- To maintain appropriate infection control techniques like hand -washing techniques.
- To follow correct manual handling techniques.



## PERSONAL ATTRIBUTES

- Communication skills: Having a 2-year experience in hospital setting and 3 weeks of placement, I have developed a proficient communication skill having friendly and respectful manner when speaking as well as active listening. As a result, I was able to maintain the interpersonal relationship with the patients as well as co-workers and received positive feedback.
- Reliable and trustworthy: While working at hospital, I have completed all the tasks assigned to me by the senior nurse efficiently. I have ability to complete any new tasks in areas unfamiliar to me with the guidance of senior nurse.
- Time management skills: While studying at college, I was able to manage time effectively to finish my assignment tasks and quiz of different units in deadlines. I know the value of time and I planned every tasks accordingly.
- Teamwork: Previously, I have worked in ICU where teamwork is very important. I know the way of collaborating with other professional for making plans and techniques to complete procedures together.



## ACHIEVEMENTS

- Highly appreciated for my hard work and efforts wherever I had worked
- Highly appreciated at my work placement for my quick learning attributes
- Highly appreciated by the management and the clients for my contributions and support



## REFERENCES

Samikshya Limbu  
Bupa Aged Care  
North Rocks  
Email: Limbusamu18@gmail.com

Pooja Nyaupane (AIN)  
Alkira Garden Nursing Home, Miranda  
Email : nyaupanepooja1@gmail.com