

**SUPRIYA SHRESTHA**

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Nationality: Nepali

**Profile:**

I am a compassionate and responsible individual seeking a casual or part-time role in aged care. This opportunity closely aligns with my nursing course and passion for healthcare, allowing me to apply and further develop my skills in a real-world setting. With a strong work ethic, adaptability, and a genuine passion for supporting the elderly, I am committed to providing person-centred care that promotes dignity, comfort, and independence. I value professionalism, communicate effectively, and take pride in being friendly, observant, and reliable in every care environment.

**Education:**

- High School: Global College of Management, Kathmandu, Nepal
- Bachelor of Nursing: Currently studying at the University of Canberra.

**Certifications:**

- **Certificate IV in Ageing Support** - Australian Community and Management college (ACM)
- **First Aid, CPR and Manual Handling Training** - Oscars Training Center

**Training:**

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

**Personal Care Experience at Placement**

- Manage daily activities like clothing, grooming and toileting for residents
- Assist residents with meals
- Take and record resident vitals
- Performed light housekeeping tasks

### **Skills and Personal Attributes**

- Strong communication skills, both verbal and written, with the ability to engage effectively and respectfully.
- Experienced in delivering short-term care and supporting smooth transitions with compassion and efficiency.
- Skilled in maintaining residents' dignity, privacy, and confidentiality at all times.
- Calm, kind-hearted, and patient, with a deep understanding of the emotional and physical needs of aged residents.
- Capable of providing meaningful physical and mental stimulation to enhance resident wellbeing.
- Proficient in Microsoft Office and basic computer applications used in aged care settings.
- Creative problem-solver with the ability to implement effective solutions in challenging situations.
- Collaborative team player with proven ability to work well within multidisciplinary care teams.

### **Key Responsibilities**

- Delivered personalised patient care across multiple wards, including geriatrics, based on individual needs and medical conditions.
- Assisted patients with daily living activities and clinical procedures such as wound care, medication administration, cannulation, and equipment handling.
- Continuously monitored patient health, promptly reporting any concerns or changes to the ward supervisor.
- Educated patients and their visitors on recovery strategies and preventative health practices.
- Monitored residents and assisted supervisors to accurate and up-to-date medical records and patient databases..
- Followed the tailored nursing care plans while assessing patient conditions and needs.
- Ensured patient safety and comfort, fostering a calm and supportive environment.
- Carried out duties in alignment with professional healthcare standards and facility protocols.
- Maintained a friendly, caring, and professional attitude in all interactions.

## **Work Experience:**

### **Assistance in Nursing (AIN)**

I have completed 120 hours of placement and worked as Assistance in Nursing at Aeralife, Botany from 14<sup>th</sup> July 2025 to 1<sup>st</sup> August 2025. During my placement, I did follow duties.

- Provided compassionate, person-centred care that enhanced residents' emotional wellbeing, independence, and overall quality of life.
- Assisted residents with personal care tasks including bathing, dressing, grooming, and mobility while maintaining dignity and comfort.
- Monitored residents for physical, emotional, mental, or behavioural changes and promptly reported concerns to the RN or care supervisor.
- Followed individual care plans, administering medication safely and accurately while documenting dosages and patient responses.
- Maintained accurate records of residents' progress, medication, and any incidents or concerns in logbooks and reports.
- Created a safe, clean, and well-organized environment by adhering to infection control protocols, including regular laundering of clothes and bedding.
- Supported nutritional needs through meal planning and assistance during mealtimes in line with dietary requirements.
- Fostered a positive living environment by building strong communication with residents, family members, and staff.
- Delivered companionship and emotional support to reduce isolation and promote a sense of belonging.

### **Other Work Experiences:**

- **Mc Donalds** (June 2025 to Present): I efficiently served customers in a fast-paced environment, handling orders, complaints, and inquiries with professionalism.

## **References:**

| S.N | Name           | Position         | Phone Number | Email                     | Place of Work    |
|-----|----------------|------------------|--------------|---------------------------|------------------|
| 1.  | Ambika Pradhan | Registered Nurse | 0452526485   | Ambikapradhan18@gmail.com | Aeralife, Botany |