**Tina Pantha**

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**Professional Summary**

Dedicated care worker motivated to maintain client’s satisfaction and contribute to company success. Proven ability to establish rapport with clients. Reliable and driven, with strong time management and prioritization abilities.

# Educational Background

* Certificate III in Individual Support

Futuristic Training and Education Australia, RTO Code 45136.

* Bachelors in Geology
Tribhuvan University, Institute of Science and Technology, Tri-Chandra Multiple Campus. Ghantaghar, Kathmandu, Nepal.
* Intermediate in Science (10+2, Science)
Kathmandu Bern Hardt Secondary School,Balkhu,Kathmandu,Nepal Affiliated to NEB.
* School Leaving Certificate (S.L.C.)
Ganga Secondary School, Purano Kalimati, Kathmandu,Nepal .

 **Skills & Certifications**

* First aid training.
* Manual handling training.
* Good critical thinking & problem solving attitude.
* Provide personal centered care.
* Reporting and keeping up to date documentation.
* Time management, Punctual.
* Team Player & ability to work with multidisciplinary team.
* Good communication skills.
* Sound computer knowledge.
* Proficient English (Reading, writing, speaking, and listening).
* Respect people’s autonomy.

**Work Experience**

**Personal Care Assistant/Support Worker**

*Volunteering fieldwork placement at Beaumont Care Clontarf, 39 Baringa st, Clontarf, QLD, 4021*

* Assisting residents in their activities of daily living(ADL) such as showering, toileting, feeding dressing, grooming etc.
* Assisting residents in transfers and mobility as per their mobility care plan.
* Assisting residents to meet their care needs.
* Maintaining resident’s privacy and confidentiality.
* Reporting any noticeable change in resident’s physical conditions, behavior, attitude, reaction, appetite, etc. to RN on duty.
* Working in a team environment to achieve the organizational values of taking care of residents ensuring quality care standards are met.
* Keeping hazard free environment to maintain patients safe within a resident’s house. Make beds and ensure maintenance of a clean, safe, comfortable, and healthy environment for the residents.
* Manual handling, use of hoists as per resident’s mobility care plan.
* Assisting registered nurses in attending resident’s wound care as requested.
* Upholding organizational values, policy, and procedure.