

Kirtan

Personal Support Worker

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Objective

A dedicated and compassionate Personal Support Worker (PSW) student with a robust background in nursing care, including one year of nursing training in India and a semester of PSW studies at Fleming College. Gained valuable hands-on experience during a clinical placement at Victoria Manor Lindsay, where I developed skills in patient-centered care, promoting resident independence, and supporting interdisciplinary teams. Seeking a PSW position to apply my skills, cultural competence, and passion for improving the quality of life for individuals under care.

Highlight and Qualifications:

- Personal Care: Expertise in assisting with ADLs, transfers, and mobility.
- Emotional Support: Providing comfort and dignity during palliative care and daily interactions. Documentation & Recordkeeping: Ensuring accurate and timely recording of client health and progress. Team Collaboration: Working effectively with healthcare teams to optimize patient care.
- Multitasking & Organization: Managing multiple tasks simultaneously while maintaining high attention to detail.
- Vitals Monitoring: Proficient in monitoring and documenting vital signs.

Employment History:

Princess Gardens Retirement Residence, Lindsay

Feb 2025 – Currently

Personal Support Worker

- Observed and reported changes in client conditions to ensure appropriate follow-up by the RN. Assisted clients with medication management according to instructions from registered nurses. Offered support during illness recovery by providing personal care and companionship. Delivered housekeeping services to improve clients' overall well-being and quality of life.

Caressant Care Long-Term Care Home, Lindsay

Dec 2024 – Feb 2025

Personal Support Worker

- Assisted in medication management, ensuring proper medication administration as instructed by registered nurses.

- Provided compassionate care during recovery periods, supporting clients' physical and emotional needs. Delivered basic housekeeping and companionship to enhance client quality of life.
- Maintained accurate records of client care, progress, and concerns, ensuring timely updates for healthcare teams.

Victoria Manor, Lindsay

Nov 2024 – Dec 2024

Personal Support Worker (Clinical Placement)

- Delivered comprehensive personal care to residents, assisting with activities of daily living (ADLs) such as bathing, dressing, grooming, and toileting.
- Supported residents with transfers, mobility aids, and ambulation, ensuring their safety and independence.
- Monitored and documented vital signs, reporting changes in residents' conditions to the nursing team for proper care planning.
- Followed infection control protocols, including hand hygiene, PPE usage, and maintaining a clean environment.
- Provided emotional support during palliative care, prioritizing dignity, comfort, and family communication.

Certification:

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| • G License | Gentle Persuasive Approaches (GPA) |
| • Immunization Records | Worker Health and Safety Awareness in 4 Steps |
| • Standard First Aid & CPR (Level C). | WHMIS |
| • Vulnerable Sector Check | |
| • Mask Fit Certification | |
| • Food Handling Certification | |

References: Available upon request

Education:

Fleming College, Peterborough, ON. (Graduated 2025)
Personal Support Worker

