

# DARSHAK THUMMAR

Personal Support Worker | Dedicated to Dignity, Comfort & Quality of Life

Email: darshak9719@gmail.com | Phone: (343) 558-9751 | Ottawa, Ontario

## Professional Summary

Compassionate and dedicated Personal Support Worker (PSW) student with hands-on clinical experience providing high-quality care and emotional support to residents in long-term care and community settings. Skilled in assisting clients with daily living activities, promoting independence, and maintaining dignity and comfort. Strong interpersonal and communication abilities with a solid understanding of infection control, safety procedures, and documentation standards. Committed to delivering person-centered, respectful, and compassionate care.

## Core Competencies

Personal Care & Activities of Daily Living (ADL), Dementia & Palliative Care Support, Observation & Reporting of Client Condition, Infection Prevention & Control Practices, Emotional Support & Resident Engagement, Safe Lifting, Transfers & Mobility Assistance, First Aid, CPR & Basic Life Support (BLS), Confidential Documentation & Reporting, Team Collaboration & Client Advocacy

## Professional Experience

### **Personal Support Worker – Consolidation Placement | Omni Garden Terrace, Ottawa, Ontario | Full-time (1 Month)**

- Assisted residents with daily living activities while maintaining dignity and independence
- Supported safe transfers and ambulation using proper safety techniques.
- Monitored and reported physical or behavioral changes to nursing staff.
- Provided companionship and emotional support to promote resident well-being.

### **Personal Support Worker – Internship | City of Ottawa (Peter D. Clark Long Term Care) | 1 Month**

- Delivered high-quality personal care and support to residents in a long-term care facility.
- Collaborated with the healthcare team to follow individualized care plans.
- Observed, documented, and reported resident condition changes to nursing staff.

### **International Student Print Experience Adviser | Algonquin College, Ottawa, Ontario | September 2024 – Present**

- Assisted international students with service navigation and resource access.

- Maintained accurate records and collaborated across departments for service improvement.

### **Support Worker | Prerna Hospital, India | 2022 – 2023**

- Delivered compassionate bedside care to patients during recovery and rehabilitation.
- Assisted with feeding, mobility, and medication support under nurse supervision.

## **Education**

Personal Support Worker Certificate (May 2025) | Algonquin College, Ottawa, Ontario

Regulatory Affairs – Sciences (May 2024) | Algonquin College, Ottawa, Ontario

Bachelor of Pharmacy (2019 – 2023) | Anand Pharmacy College, India

## **Certifications & Compliance**

- First Aid & CPR (Level C)
- Basic Life Support (BLS)
- Gentle Persuasive Approaches (GPA) Certificate
- Mask Fit Testing Certified
- PointClickCare (PCC) Training
- Vulnerable Sector Check – Updated
- Fully Vaccinated: COVID-19, TB, Hepatitis B, Polio, Tetanus, Diphtheria, Varicella, MMR

## **References**

Available upon request.