

Sandhya Khanal

personal Support Worker

+14377665545

M1M 3X2

Sandhyakhanal21@gmail.com

Professional Summary

International educated nurse and personal support worker with 3 years of experience in agency and retirement home settings consistently maintained client satisfaction rates of 90% it, excellent in multicultural communication and acted quickly in crisis situations. I am eager to join a team and provide daily assistance, and care to its residents.

Work Experience

Personal Support Worker in Circle of Care, North York, Canada Ontario, (November 24, 2023, to till date)

- Provide high quality care assistance in activities of daily living such as bathing, toileting, grooming, mobilizing maintain personal hygiene.
- Encourage clients to maintain physical, mental, and psychological well-being.
- Provide quality care at their own home.
- Identify the client's needs and provide care for them.

Nurse care provider in geriatric ward Nepal Medciti Hospital, Kathmandu Nepal (September 2021– July 2023)

- Provide nursing care and assist them in their daily activities.
- Observed and reported to medical specialists any changes in the clients' health status while monitoring their vital signs.
- Aided clients in physical therapy exercises and urged them to take part in activities that would enhance their physical and mental well-being.
- Provide nutritional meals that promote a healthy lifestyle while taking dietary preferences and limits into account.
- Friendship and emotional support were given, and individuals were included in meaningful talks and enjoyable activities.
- Follow physician order and provide nursing care according to care plan

Caregiver in Hope Disability and residential Centre Tamghas Nepal. (August 2020 – September 2021)

- Assisted the residence for toileting in commode and transfer her from bed to wheelchair with the help of ceiling lift.
- Provide NG-Feeding
- Provide Colostomy and catheter care.
- Proper medication on time, do suction as needed.
- Maintain effective communication with clients.

Education

Developmental Service Worker

- Fanshawe College Toronto 2023 September – Present

Diploma in Nursing

- Lumbini Medical College and Teaching Hospital, Nepal, 2017 - 2020

Skills

- Critical thinking with clear lines of communication and verbal skills
- Ability to communicate at all levels in professional manners.

- Excellent interpersonal, problem solving and time management skills.
- Microsoft word, Excel, and PowerPoint

Licenses & certifications

- WHIMS
- The Ontario Human Rights Code and the Accessibility for Ontario with Disabilities act.
- Nepal Nursing Council license
- standard first Aid & CPR, Red cross
- Home health care aid, personal support care

Languages

English, Hindi, Nepali, Punjabi