

SHASHANK JHA

Toronto, ON | 647-949-7659 | jhashashank2111@gmail.com

PROFESSIONAL SUMMARY

NACC-certified Personal Support Worker with 300+ hours of hands-on clinical placement experience in long-term and retirement care settings. Skilled in activities of daily living (ADLs), safe transfers, dementia care, and infection prevention and control. Compassionate, reliable, and committed to delivering dignified, person-centered care that promotes resident independence, safety, and well-being.

CERTIFICATIONS & LICENSES

- **NACC (National Association of Career Colleges) Certified Personal Support Worker – 2026**
- **CPR & First Aid Certified** – Current
- **GPA (Gentle Persuasive Approaches in Dementia Care) Certified**
- **WHMIS Certified** (Workplace Hazardous Materials Information System)
- **Food Safety & Handling Certified** | HACCP Certified

CORE COMPETENCIES

Activities of Daily Living (ADLs) | Mechanical & Manual Transfers | Dementia & Alzheimer's Care | Palliative & End-of-Life Care Support | Infection Prevention & Control (IPAC) | Vital Signs Monitoring | Charting & Documentation | Mobility Assistance | Fall Prevention | Responsive Behaviour Management | Person-Centered Care | Long-Term Care | Team Collaboration | Hand Hygiene & PPE Protocols

CLINICAL PLACEMENT EXPERIENCE

Personal Support Worker Intern – L'Chaim Retirement Home 2026

North York, ON | 300-Hour Clinical Placement

- Provided compassionate, resident-centered care to seniors with varying levels of cognitive and physical needs, assisting with bathing, grooming, dressing, toileting, feeding, and oral care while preserving dignity and promoting independence.
- Performed safe mechanical and manual transfers using sit-to-stand and full-body lifts, two-person assists, and transfer belts in accordance with each resident's individualized care plan.
- Applied GPA techniques to support residents with dementia and responsive behaviours, using validation, redirection, and de-escalation strategies to ensure safety and emotional well-being.
- Monitored and recorded vital signs, intake/output, and behavioural observations; documented daily care activities accurately in resident charts and reported changes in condition to the registered nursing team.
- Followed strict infection prevention and control (IPAC) protocols including hand hygiene, proper PPE use, isolation procedures, and routine sanitization to maintain a safe care environment.

EDUCATION

Personal Support Worker Program – Cornerstone College 2026

Toronto, ON

Advanced Diploma in Biotechnology – Centennial College June 2024

Scarborough, ON

Postgraduate Diploma in Bioinformatics – CVM University June 2021

India

Bachelor of Science in Biotechnology – S.P. University March 2020

India

PUBLICATIONS

Author, PSW Exam Success 2026

Authored and published a comprehensive medical training workbook and exam preparation guide designed to help Personal Support Worker candidates master core competencies and theoretical knowledge.

ADDITIONAL WORK EXPERIENCE

Material Handler – Loblaw Companies Ltd. September 2023 – Present

Ajax Distribution Centre, Ajax, ON

- Maintain strict adherence to safety, hygiene, and operational protocols in a fast-paced, 24/7 refrigerated facility; demonstrate reliability, physical stamina, and accurate documentation under regulatory standards – transferable strengths for long-term care environments.