



Rita Dhakal

Registered Nurse

CONTACT

- 📞 +353 (89) 271 4556
- ✉ dhakalrita1999@gmail.com
- 📍 Apt 11 cove mill apartments
Drinan street cork Cork city
T12CX44 , Cork

SKILLS

- Clinical Skills - Expert
- Technical skills - Experienced
- Interpersonal skills - Experienced
- Organizational skills - Experienced
- Professional Skills - Expert

LANGUAGE

Nepali - Expert
English - Experienced
Hindi - Experienced

SUMMARY

I am a registered nurse with a Bachelor of Science in Nursing, having completed a four-year course. During my studies, I gained experience in various wards and hospitals, including cancer, family planning, psychiatric, and gynecological departments. Additionally, I have one year of professional experience working in the medical and surgical ward at Shree Pushpanjali Private Hospital Limited.

EDUCATION

Bachelor of Science in Nursing

Narayani Samudayik Hospital / January, 2017 - January, 2021

- **Anatomy and Physiology:** 120 hours
- **Biochemistry:** 50 hours
- **Microbiology/Parasitology:** 50 hours
- **Pathophysiology:** 50 hours
- **Pharmacology:** 50 hours
- **Nutrition and Dietetics:** 60 hours
- **Foundation of Nursing:** 150 hours (with significant practical training)
- **Community Health Nursing I:** 100 hours

Second Year:

- **Nursing Concepts and Theory:** 100 hours
- **Medical Surgical Nursing I:** 150 hours
- **Medical Surgical Nursing II (EENT, OT, Oncho, Emergency Nursing):** 100 hours
- **Mental Health Nursing:** 100 hours
- **Community Health Nursing II:** 100 hours
- **Medical Sociology/Anthropology:** 100 hours

Third Year:

- **Child Health Nursing:** 100 hours
- **Obstetric Nursing I (Midwifery):** 100 hours
- **Obstetric Nursing II (Midwifery):** 100 hours
- **Obstetric Nursing III (Postnatal & Gynae):** 100 hours
- **Community Health Nursing III:** 100 hours
- **Basic Epidemiology:** 60 hours

Fourth Year:

- **Nursing Research & Biostatistics:** 120 hours
- **Educational Science:** 100 hours
- **Leadership & Management:** 100 hours
- **Medical Surgical Nursing (Advanced Practice):** 300 hours

WORK EXPERIENCE

medical and surgical ward

Pushpanjali Private Hospital Limited. / Chitwan,Nepal / July, 2022 - March, 2024

- Patient Management: Responsible for admission and discharge processes.
- Basic Patient Care: Performed bed baths, oral care, hair washing, nail care, back care, and bed making.
- Specific Patient Care: Conducted cold sponging, steam inhalation, deep breathing and coughing exercises, and nebulization.
- Unconscious Patient Care and Feeding: Provided specialized care and feeding for unconscious patients.
- Medication Administration: Administered medications orally, intramuscularly, and intravenously.
- Vital Signs Monitoring: Regularly monitored patients' vital signs.
- Doctor Rounds: Planned and accompanied doctors during patient rounds.
- Pre and Post-Operative Care: Provided necessary care before and after surgeries.
- Medical Procedures: Conducted procedures like enemas, catheterization, dressing changes, and oxygen therapy.
- Staff Orientation and Education: Assisted in the orientation of new staff nurses and participated in in-service education programs and staff meetings.
- Professional Participation: Engaged in professional activities to stay updated with nursing practices.
- Environment Maintenance: Ensured a safe and clean working environment.
- Psychological Support: Offered psychological support to patients and their relatives.
- Evaluation and Planning: Conducted self-evaluation, patient condition evaluation, and developed nursing care plans accordingly.

TRAINING/CERTIFICATIONS

COVID-19

Project Hope , 2021

I have received specialized training in COVID-19 vaccine administration, where I learned about vaccine storage, handling, patient education, and administration protocols, enabling me to effectively participate in pandemic response and vaccination campaigns