

# Bindu Bastola, R.N.

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## OBJECTIVE

As an experienced and highly dedicated registered nurse, I am seeking for a challenging RN position within a dynamic health care environment to achieve a professional growth and enhance skills.

## LICENSE & CERTIFICATIONS

BLS: American Heart Association	Texas	08/06/2018
ACLS: American Heart Association	Texas	08/06/2018
RN: Texas State Board of Nursing	908532	07/25/2016
RN: Nepal Nursing Council, Nepal	12346	11/26/2009

## HIGHLIGHTS

- Patient care
- Assessment
- Medication administration
- Team worker
- Vein puncture & IV insertion
- Admission and discharge
- Prioritizing work load
- G-Button & tracheostomy care

## EXPERIENCES

### **Texas General Hospital, Grand Prairie, Texas      September 2017 - Present**

(Working as RN in PCU)

- Pre-op and post-op patient care and management as needed.
- Utilize effective time management and prioritize patient care.
- Obtain lab samples and report abnormal findings to the appropriate physician and intervene accordingly
- Administer different medications via different routes.
- Monitor changing needs of patients in timely manner and respond accordingly.

### **Metroplex Hospital, Killeen, Texas**

**May 2017 – September 2017**

(Worked as RN in PCU)

- Performed assessments of multiple body system, establish nursing diagnosis and implement appropriate nursing care based upon assessment findings.
- Critical thinking on emergent situations and implement proper emergency measures.

- Effective team work and delegation of task.
- Provided care including drains and tubes, colostomy, wound vac, wound care.
- Performed blood transfusion and dressings.
- Educated patients and family members regarding their medications, procedures, treatments and plan of care.

## **PSA Healthcare, Austin, Texas**

**Nov 2016 – Sept 2017**

(Working as a home health Registered Nurse)

- Conduct physical assessment and document electronically all findings in the system.
- Perform feeding and administer medication via gastrostomy tube.
- Provide assistance while performing range of motion exercises.
- Maintain accurate and detail patient records and charts.
- Perform chest physiotherapy.
- Provide tracheostomy care and change.
- Monitor oxygen saturation and administer oxygen according to the need.
- Evaluate any safety hazards within the environment.
- Assess, recognize any changes in patient's health condition and report to the doctor.
- Educate families on importance of health promotion and disease prevention.

## **Gandaki Hospital and Research Centre Pokhara, Nepal**

**December 2009 – January 2012**

(Worked as full time Registered Nurse in Medical, Pediatric and Neuropsychiatry department)

### **Medicine**

- Assessed, recognized any changes in patient's health conditions and reported to doctor.
- Implemented physician's order.
- Inserted and placed IV catheters, NG tube, and Foley catheter.
- Prepared patient for different diagnostic examinations.
- Educated the patient and patient's families about their disease and its treatment.
- Supervised and provided guidance to Nursing Assistant, Licensed Vocational Nurses, and Unit Secretaries.

### **Pediatric**

- Administered medication using age appropriate guidelines.
- Took vitals with age appropriate instruments in a appropriate method.
- Calculated IV drip for fluid administration.
- Provided family education and emotional support as needed.

### **Neuro Psychiatric**

- Provided psychological support and safety.
- Maintained professional nurse-patient relationship with good therapeutic communication.
- Assisted in crisis intervention.

## **EDUCATION**

**Kathmandu University School of Medical Science, Nepal**  
Associate in Health Science Education

**2009**

## **LANGUAGES**

- English
- Nepali
- Hindi