**Bindu Bastola, R.N.**

8154 Max Drive, Dallas, Texas 75249 | 512-740-7113 | [bastolabindu@gmail.com](mailto:bastolabindu@gmail.com)

**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 08/09/2016

RN: Texas State Board of Nursing 908532 07/25/2016

RN: Nepal Nursing Council, Nepal 12346 11/26/2009

**HIGHLIGHTS**

|  |  |
| --- | --- |
| * Patient care | * Vein puncture & IV insertion |
| * Assessment | * Admission and discharge |
| * Medication administration | * Prioritizing work load |
| * Team worker | * G-Button 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 November 2016 - Present**

(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 December 2009 – January 2012**

**Pokhara, Nepal**

(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 2009**

Associate in Health Science Education

**LANGUAGES**

* English
* Nepali
* Hindi