



CONTACT

+977 9707324979

asthaneupane96@gmail.com

Bhadrapur 07, Jhapa

EDUCATION

Bsc nursing

Gitam university /
visakhapatnam / June, 2019 -
November, 2023

Nursing is a course where gaining knowledge and experience is an ongoing process. It helps you to understand life and death, care and cure, patience and hope, time and value of your life. you will be motivated and encouraged while studying and working in a hospital since you became a student nurse.

+2

kanchanjunga english
secondary school / birtamod /
July, 2016 - April, 2018

SKILLS

- Compassionate care giver
- listening and communicating
- Adaptability and Teamwork
- planning, organizing and documenting
- Microsoft Office Word, Excel, PowerPoint

Astha Neupane

Nurse

I would say that I am a hardworking, caring, and responsible person. Being knowledgeable in the medical field is an ongoing process and I am always seeking opportunities to grow and develop myself by experiencing things in my field, nursing. I am flexible and I adapt things accordingly. I am passionate about my work and being a student nurse was very challenging like doing each shift dealing with patients encouraging, understanding them and the visitors alongside your study so it cannot be done without time management and the willpower from within.

EXPERIENCE

Internship

GIMSR Hospital / Visakhapatnam / April, 2023 - October, 2023

During an internship at a hospital, I participated in;

Assessing vital signs, administering medications under supervision and calculating dose, documenting, wound care management and monitoring healing progress, and assisting in emergencies in the EMT department.

While doing a community internship I participated in ;

Conducting home visits to assess the health needs of individuals and families, provided health education and disease prevention methods.

TRAINING/CERTIFICATIONS

Basic cardio pulmonary life support BCLS

Gitam institute of nursing / 2023

During this training, I learned to perform procedures for clients experiencing cardiac arrest, respiratory distress, or airway obstruction by assessing their pulse and respiration, performing CPR(cardiopulmonary resuscitation and using AED devices to save their lives.

PROJECTS

a study to assess the effectiveness of self instructional module on knowledge regarding lifestyle modification for improving quality of life in chronic renal failure patient undergoing hemodialysis in GIMSR hospital.

a descriptive study was conducted to assess the knowledge regarding lifestyle modification for improving the quality of life in chronic renal failure patients undergoing hemodialysis. Interaction with patient, understanding about their lifestyle, and encouraging and giving health education were done. Data collection was done by using a structured questionnaire related to knowledge assessment.

- Leadership and multi
tasking

LANGUAGE

Nepali

English

Hindi

REFERENCES

Dr. venkatesan.B

Gitam institute of nursing /
principal

+91 89128 40501

principal_nursing@gitam.edu