

2653 Gosling Way
Fort Worth, TX 76118

SUMMARY

Caring and compassionate registered nurse with excellent communication skills and diverse clinical experience. Detail-oriented when it comes to working in the clinical setting.

WORK EXPERIENCE

ENCOMPASS HEALTH REHABILITATION HOSPITAL OF THE MID-CITIES | Bedford, TX (05/2021-PRESENT)

- Monitoring patients by supervising care and treatments that lead to patient assessments, creating personalized plans of care, targeting patient concerns, and offering the best solutions.
- Help each patient with a strong sense of empathy, listen closely to their personal stories, and get to know each one's physical, mental, and emotional needs
- Observe patients' progress due to the effort I and my team put forth each day and build rewarding relationships with them during stays that last from two to four weeks.
- Spend each day helping someone to regain control of their lives normally to be discharged from the hospital and back to their community, families, and friends with confidence and peace.

AVANTE REHABILITATION CENTER | Irving, TX (02/20- 05/2021)

I proudly delivered responsive, compassionate, patient-centered care to adult and geriatric patients of up to 12 patients per shift.

- Collaborated with physicians and other health professionals to devise individualized care plans for patients.
- Accomplished post-op care, infusion therapies, Lab draws IV insertion, catheterization, and NG tube care.
- Observed and interpreted patients' symptoms and communicated them to the physicians.
- Provided comprehensive wound care and management to the patient.
- Fostered a supportive and compassionate environment to care for the patients and their families.
- Advocated for the health and well-being of the patient and educated the patient about the management of the illness.
- Demonstrated critical thinking skills while planning and prioritizing nursing care.
- Mentored new RN during floor orientation.
- Administered various routes of medication.

BISHOP DAVIS NURSING CARE CENTER | Hurst TX (08/2018 – 02/2020)

- Execute the role of supervisor and complete the given task within the given timeframe.
- Assist the co-worker and guide them in the right direction.
- Built a good relationship with the team in a short time.
- Always ready to help and punctual.
- Maintain the good standard of the Nursing care center and set an example for the newcomers and juniors.
- Always lead the team and indicate the image of good leadership.

KANTIPUR HOSPITAL, SDUs UNIT | KATHMANDU, NEPAL. (01/06/ 2016 - 07/16/2016

- Provide nursing care to surgical patients, completing pre-operative and post-operative procedures.
- Performs assessments; monitors and ensures quality care through observation and evaluation.
- Documents nursing interventions care plans and medical records, and reports findings to physicians.
- Response to emergencies; maintains the availability of medications and supplies.
- Provided preoperative, inter-operative, and post-operative care instruction.

STUPA COMMUNITY HOSPITAL, GENERAL UNIT | BOUDHA RD, KATHMANDU NEPAL. (01/15/2015 - 01/04/2016

- Maintain complete and accurate patient records
- Assist with diagnostic tests and interpret results
- Monitor and co-ordinate maintenance of equipment operation and inventory
- Monitor and report symptoms and changes in patient status
- Collaborate with the medical team on patient status
- Observe and assess patients
- Modify treatment plans where indicated

ACADEMIC CLINICAL EXPERIENCES

ICU, Advanced Wound care, comprehensive rehabilitation program, dialysis, post-surgical care

Scheer Memorial Adventist Hospital | Banepa 45210, Nepal. Summer 2011

- Performed patient assessment, gave medication through various routes, learned new technologies, and demonstrated excellent communication and critical thinking skills.

Psychiatric Unit

Patan Mental Hospital | Lalitpur 44700, Nepal. Fall 2012

- I had one-on-one counseling with patients. Performed mental health Assessments and diagnosed patients according to the NANDA.

Radiology, Laboratory

Scheer Memorial Adventist Hospital | Banepa 45210, Nepal. Spring 2011

- Check peripheral i.v.s, assess infusaports, administer medications, monitor vital signs, suction patients, insert foleys and help patients with their personal needs.
- Drawing blood, and administering medication prior to testing.
- Collect specimens, such as sputum or urine samples, and sending them to the lab.

Telemetry, Medical-Surgical, ER

Scheer Memorial Adventist Hospital | Banepa 45210, Nepal. Spring 2013

- Administered medication, and performed assessment. Developed various nursing skills, and educated patients and families about disease processes and medication.

Labor and Delivery, Antepartum, Operating Room, Postpartum, NICU, Nursery

Thapathali Hospital | Everest tole, Kathmandu 44600, Nepal. Spring 2014

- Performed newborn assessment, BUBBLE, Fetal heart monitoring, and administering medication to the baby and mother.
- Attended various programs such as lactation counseling, mental health counseling to mothers and families, and adoption program.

Oncology, Med-SURG

Bhaktapur Cancer Hospital | Bhaktapur 44800, Nepal. Fall 2014

- Performed assessment, and educated patient.

Pediatric, Med-SURG

Kanti Children's Hospital | Maharajgunj road Kathmandu 44600, Nepal. Summer 2012

- Relationship building.
- Offering emotional support.
- Handling difficult family members or situations.

OR, Med-SURG, PRE-OP, PACU

Scheer Memorial Adventist Hospital | Banepa 45210, Nepal. Spring 2013

- Assist the surgical team as a Scrub nurse by donning sterile masks, gloves, and gowns as well as aid the physician by passing instruments during surgery. Following the operation, clearing away the tools and preparing the patient for transport to the recovery room.
- Assist the team to create and maintain a safe, comfortable environment for the patient's surgery.

LICENSE & CERTIFICATES

- Registered Nurse 09/05/2014
- Basic Life Supports (BLS) completed on 08/05/2021
- Advanced Cardiovascular Life Support (ACLS) completed on 09/15/2021

EDUCATION

Associate Degree in Nursing

Shree phulchoki Nursing College | Ghokechaur Marg, Banepa 45210, Nepal

Date of Graduation: November 2014

BSN Continuing.

LANGUAGES

English, Nepali, Tamang, Hindi