**Bindu Bastola, R.N.**

 575 NE Loop 820 #721, Hurst, Tx, 76053 | 512-740-7113 |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/ACLS: American Heart Association Texas 08/31/2022

RN: Texas State Board of Nursing 908532 09/19/2016

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

**HIGHLIGHTS**

|  |  |
| --- | --- |
| * Patient care
 | * Vein puncture & IV insertion
 |
| * Medication administration
 | * Admission and discharge
 |
| * Team work
 | * Prioritizing work load
 |

**EXPERIENCES**

 **John Peter Smith Hospital, Fortwoth, Texas**

 **October 2018- March 1st 2021**

 (working as Full Time RN in CCU)

* Critical thinking on emergent sitautions and implement proper emergency measures.
* Provided care including drains and tubes, colostomy, wound vac, wound care.
* Inserted and placed IV catheters, NG and dobhoff tube, and Foley catheter.
* Performed blood transfusion and dressings.
* Pre-op and post-op patient care and management as needed.
* Administered different types of titrating medications.

 **Texas General Hospital, Grand Prairie, Texas**

 **September 2017 -September 2018**

 (Worked as Full Time RN in PCU)

* Utilized effective time management and prioritized patient care.
* Obtained lab samples and report abnormal findings to the appropriate physician and intervene accordingly
* Administered different medications via different routes.
* Monitored changing needs of patients in timely manner and respond accordingly.

 **Metroplex Hospital, Killeen, Texas**

 **May 2017- September2017**

 (Worked as Full Time RN in PCU)

* Performed assessments of multiple body system, establish nursing diagnosis and implement appropriate nursing care based upon assessment findings.
* Effective team work and delegation of task.
* Educated patients and family members regarding their medications, procedures, treatments and plan of care.

 **PSA Healthcare, Austin, Texas**

 **November 2016 - septemper 2017** (Worked as a home health Registered Nurse)

* Conducted physical assessment and document electronically all findings in the system.
* Performed feeding and administer medication via gastrostomy tube.
* Provided assistance while performing range of motion exercises.
* Performed chest physiotherapy.
* Provided tracheostomy care and change.
* Monitor oxygen saturation and administer oxygen according to the need.
* Evaluated any safety hazards within the environment.

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

 **September 2009 – October 2011**

(Worked as RN in Medical, Pediatric and Neuropsychiatry department)

 **Medicine**

* Assessed, recognized any changes in patient’s health conditions and reported to doctor.
* Prepared patient for different diagnostic examinations.
* Supervised and provided guidance to Nursing Assistant, Licensed Vocational Nurses, and Unit Secretaries.

**Pediatric**

* Administered medication using age appropriate guidelines.
* Calculated IV drip for fluid administration.
* Provided family education and emotional support as needed.

 **Neuro Psychiatric**

* 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