SHASHTIKA GHIMIRE GURAGAIN

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Work History

01/2014 – to Date : RN Memorial West Hospital, 703 N Flamingo Rd, Pemb Pines, FL 33028

Duties :

* Perform all routine aspects of daily patient care, document findings, progress, change of status issues, vital signs and all other necessary activities in patient’s chart.
* Know basic cardiac rhythm monitoring techniques, interpretation, and treatment.
* Be able to apply basic and advanced life support when necessary.
* Calculate drug dosage and administer medications and infusion, and monitor patients for effects of medication.
* Monitor patients before, during, and after invasive procedures.
* Recognizie the signs and symptoms of cardiopulmonary and respiratory emergencies and knowing how to start pre-established standard interventions to stabilize the patient.
* Communicate with doctors and other resource personnel regarding patient’s health, review and notify physicians about cardiac rhythm.
* Maintain patient’s electronic health Record (EHR) to ensure the continuity of care among nursing staffs, physicians and all other involved team members and departments.

07/2013 – 09/2014 RN – Mount Sinai Medical Center, 4300 Alton Rd, Miami Beach, FL, 33140

Duties :

* Perform all routine aspects of daily patient care, document findings, progress, change of status issues, vital signs and all other necessary activities in patient’s chart.
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* Communicate with doctors and other resource personnel regarding patient’s health, review and notify physicians about cardiac rhythm.
* Maintain patient’s electronic health Record (EHR) to ensure the continuity of care among nursing staffs, physicians and all other involved team members and departments.

08/2011 – 11/2013 RN – Bay Oaks,Homes for the Aged Inc, 435 Northeast 34th Street, Miami FL 33137

Duties:

* Responsible for the total care of the residents by initiating treatment plans and administering medicine.
* Prepares IVs, draw blood, give injections, and taking vital signs.
* Monitors the health of residents and to make sure they are getting the proper care.
* Responsible for interacting with the patient’s family by reporting any changes in the patients health or living situation.

03/2010 – 07/2011 CNA - Shangri-La Assisted Living, 4475 Montgomery Road, Ellicott City, MD

* Provide assistance to daily routine activities by becoming a good listener and care giver.
* Responsible for the total care of the residents by initiating treatment plans and notify the responsible person if there is any deviation from normal.
* Monitors the health of residents and to make sure they are getting the proper care.
* Responsible for interacting with the patient’s family by reporting any changes in the patients health or living situation.
* Taking care of resident’s needs like comfort, food and entertainment needs.

# 12/2007 – 08/2008 RN(Ambulatory ) – Godavari Almunai Association, Social Action Volunteers (SAV), Thamel, Kathmandu, Nepal

Duties:

* focus on long- and short-term care for disease prevention such as diarrhea and other communicable diseases within a poor and uneducated community by finding out the cause.
* provide information to individuals, families, and communities that create a framework for healthy living and healthy choices. From the available sources.
* collect and use evidence to execute positive changes for better health of the rural population.
* Administer medication to people who can not afford in low price or free of cost prescribed by a team physician.
* Help families to arrange assistance through social services programs such as Mother Child Welfare Center, Family planning Center etc.
* provide prenatal care and education for expectant mothers, including information about maternal nutrition, referrals for childbirth classes, and postpartum assistance.
* Arrange transportation to higher health care center if needed.
* Keep the manual record and track of patient’s health progress.

02/2007 - 12/2007 RN(Emmergery) - National Institute of Neurological and Allied Sciences, Kathmandu, Nepal

Duties:

* Provide Basic Life Support when required.
* Assess a patient's health, detect changes in symptoms or pain, and take action if necessary.
* Be sympathetic to a patient's needs, be able to deal with people in various states of pain, trauma, and tragedy.
* Help doctors operate, administer medicines and work with specific treatments.
* Face multiple patients, with differing needs, stages of health and risks. Organize and know how to prioritize patient needs.
* Stay calm under pressure and face urgent, life-or-death situations and be able to function in the peak heat of emergency.
* Give care under stressful circumstances.
* Be a patient listener and a good communicator to help to keep patient and family calm and help them to understand the situation.

Education

* 01/2019 to date: DNP Psych Mental Health, Florida International Univers, Miami FL
* 07/2018: BSN, Florida International University, Miami FL
* 12/2015: Associates in Arts from Miami Dade College, Miami FL
* 08/2011: CNA course, Baltimore City Community College, Baltimore, MD
* 03/2006: Proficiency Certificate Level in Nursing, Tribhuvan University, Kathmandu, Nepal

Licensure/ Certification

* RN – Florida Department of Health - RN9336380
* RN – North Carolina Board Of Nursing - RN250653
* RN- Nepal Nursing Council- 7457

Publications

* Staff Nurse Old Question Solutions (TU+CTEVT) First year
* Staff Nurse Old Question Solutions (TU+CTEVT) Second year and Third year
* Articles in different newspaper

References

* Dr. Carmen V. Framil, Clinical Assistant Professor MMC-AHC 3, Rm. 521A, Phone: 305-348-7051 Email: cframil@fiu.edu
* Dr. Nola Holness, Clinical Assistant Professor MMC-AHC 3, Rm. 229 Phone: 305-348-7723 Email: nholness@fiu.edu
* Grace Corona, Nursing Manager, 7-central, Memorial West Hospital, Phone:9548447107 Email: gcorona@mhs.net
* Wilna Noel, Nursing Director, 7-Main, Mount Sinai Medical Center, FL Phone: 305-674-2870