

# SUJITA SHRESTHA

Hayward, CA 94544

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## PROFESSIONAL SUMMARY

Enthusiastic Registered Nurse with gentle and calm demeanor seeking for position of Circulating Nurse, Operating Room to utilize and widen the existing knowledge and skills, to explain pre and post surgical procedures with more than 7 years of experience in assisting various surgical procedures.

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## SKILLS

- Critical thinking and problem solving
- Ethics and Confidentiality
- Teamwork and dependability
- Strong attention to details
- EMR / EHR
- Fluent in English, Nepali, Hindi languages

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## WORK HISTORY

08/2021 to **Circulating Nurse, Operating Room (Travel RN)**

11/2021 *Kaiser Permanente – San Leandro, CA*

### Duties and Responsibilities:

- Working as Travel Nurse in Circulating position for 13 weeks.
- Coordinated and consulted with healthcare teams to plan, implement, assess and evaluate patient care plans.
- Collaborated with members of patients' healthcare team to deliver appropriate level of care.
- Coordinated nursing care to be carried out according to facility guidelines and regulations.
- Monitored surgical patients and delivered quality level of care before, during and after operations to promote positive outcomes.
- Verified patient information to make licensed staff aware of relevant health factors.
- Used aseptic techniques to maintain sterile fields and actively monitored situations to prevent breaches in aseptic techniques.
- Kept optimal supply levels in treatment rooms to meet typical patient loads.
- Kept count of all surgical instruments and sponges used during procedures.
- Performed preoperative assessments on patients and evaluated overall health conditions, ensure consent and required documents are complete and valid.
- Positioned patients in operating rooms to prepare for surgical procedures as supine, prone, lithotomy, lateral and beach-chair positions.
- Prepped surgical site to minimize SSI using appropriate preparation kit.
- Update patients chart using software Epic EMR.
- Collected, labeled and transported specimens and delivered to lab for testing.
- Maintained strict patient data procedures to comply with HIPPA Laws and prevent information breaches.

### CASES HANDLED:

- General GI laparoscopic and Open surgeries.

- Robotic surgeries with DaVinci XI for General, Gynecological, Urology.
- Orthopedic Surgeries including Traumas, TKR, THR, Arthroscopy
- Gynecology surgery as: Lap., open and robotic Hysterectomies, Fibroid removals,
- Vascular surgeries as AV Fistula creation, AAA, Endarterectomy
- Podiatry surgeries

01/2019 to **CIRCULATING NURSE, OPERATING ROOM**

08/2021 *ADEX MEDICAL STAFFING COMPANY, LLC. (BTMC OR) – GLENDALE, AZ*

**Duties and Responsibilities:**

- Primarily responsible for Circulating in the OR and assisting Physicians and Medical Staff in Level 1 Trauma center
- Collaborated with healthcare team members to deliver and maintain appropriate level of care.
- Prepared OR by ensuring asepsis standards, as well as setting out, organizing and counting all tools and equipment necessary for each procedure.
- Kept count of all surgical instruments and sponges used throughout the cases.
- Maintained sterile fields with following aseptic techniques.
- Performed qualitative assessments on patients and ensure consent and required documents are complete and valid.
- Provided high level of individualized care to patients across multiple medical specialties.
- Updated patient information using Cerner EMR software.
- Assisted with patient airway needs along with Anesthesiologist.
- Maintaining proper positioning of patient with proper devices.
- Prepped surgical site to minimize SSI using appropriate preparation kit or acc. to surgeon preferences.
- Maintained strict patient data procedures to comply with HIPPA Laws and prevent information breaches.
- Collected, labeled and transported specimens and delivered to lab for testing.

**CASES HANDLED:**

- General: Ex- lap, Hernias repair, G-Tube and Portacath placement, Pilonidal cyst
- Laparoscopic: Lap. Cholecystectomy, lap. Appendectomy
- Robotic Da Vinci XI and SI: Cholecystectomy, Hernias, Prostatectomy, Nephrectomy
- Urology: Cysto, RPG, PCNL, TURP, TURBT, Mitomycin Instillation, Laser lithotripsies
- Gynecology : Lap. ,open, Vaginal Hysterectomy, Colporrhaphies, Fibroid removals, Slings
- Orthopedic: CRIF, ORIF, Arthroscopy and repairs, Nailing, TKR, THR
- Pediatric: Hernias, Circumcision, Appendectomy, Ureteral reimplantation
- Plastic and reconstructive surgeries, Dental, Podiatry procedures
- Vascular: AV Fistulas, Endarterectomy
- ENT: Septoplasty, Endoscopic surgeries
- Neuro: Craniotomy, Irrigation and debridement

12/2013 to **CIRCULATING AND SCRUB NURSE, OPERATION THEATRE**

11/2018 *TRIBHUVAN UNIVERSITY TEACHING HOSPITAL, – KATHMANDU, BAGMATI, NEPAL*

**DUTIES AND RESPONSIBILITIES:**

- Primarily responsible for scrubbing and circulating with high standard maintenance of sterility for

assisting surgeons during various operations for 4 years 11 months.

- Performed role as important part of team member and participated in patient care fully with surgeries following aseptic technique.

**CASES HANDLED:**

Assisting Surgeons in performing various surgical procedures of different department as General, Neurology, Gynecology, Obstetrics, Urology, Renal Transplantation, Orthopedics, Dental, EENT, Pediatric, Breast and Thyroid, Vascular Surgeries.

04/2013 to **NURSING INSTRUCTOR**

12/2013 *HAMS HOSPITAL NURSING COLLEGE – KATHMANDU, BAGMATI, NEPAL*

- Educated Proficiency level Nursing Students to carry out their education along with establishing practical knowledge and skills to take care of patients.

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**EDUCATION**

12/2012 **BACHELOR OF SCIENCE IN NURSING: Nursing Science**

*NATIONAL MEDICAL COLLEGE NURSING CAMPUS - BIRGUNJ, NEPAL*

- Graduated with 4.00 GPA (WES)

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**CERTIFICATIONS**

**RN LICENSE:**

California: (Single State)

RN no.: 95244602 , Issue date: 03/29/2021, Expiry date: 01/31/2023

Arizona: (Multistate)

RN no.: 219987, Issue date: 12/07/2018, Expiry date: 04/01/2023

New Mexico: (Single State)

RN no.: RN-86947, Issue date: 06/14/2017, Expiry date: 12/31/2022

Nepal:

RN no.: 19323, Issue date: 02/24/2013, Expiry date: 02/23/2025

**Active certifications:**

- BLS (CPR and AED ) , American Heart Association - 12/20/2020- 12/2022
- ACLS , American Heart Association- 12/10/2020 - 12/2022
- PALS , American Heart Association- 1/15/2021 - 01/2023

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**REFERENCES:**

**STEPHANIE GAMBINO:** (KAISER PERMANENTE SAN LEANDRO), OR NURSE PRECEPTOR

CONTACT NO.# (508) 320- 7415

**WAYNE BEEMER:** (CLINICAL SUPERVISOR), ADEX MEDICAL STAFFING LLC.

CONTACT NO. (310) 980-9003

**JEFFREY RAY :** (BTMC OR CHARGE NURSE)

CONTACT NO: (928) 640-0224