

Sharmila Shahi

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As an experienced nursing professional, I began my career with a through education, which included the successful completion of clinical experience as well as a community nurse. I am accountable, decisive and dedicated RN with more than 12 years plus of experience in NICU/Pediatric, Gyne/Obs, meds surgical, Progressive care Unit, rehabilitation and community. Successful in prioritizing tasks, exercising sound judgements, managing time and improving quality of patient care in a high paced environment.

Authorized to work in the US for any employer

Work Experience

Charge Nurse

StoneSprings Hospital Center - Dulles, VA

April 2021 to Present

Work as a PCU/Tele/Med/Sur nurse

Registered Nurse

Potomac Falls and Rehab Center

May 2017 to Present

- Assessed patients and documented patient histories. Coordinated with doctors and licensed staff to develop care plans for patients. Collect blood, tissue and other laboratory specimens and prepared them for lab testing. Helped physicians examine and treat patients, assisting with instruments, injections.
- Administered oral and injectable medications in the assigned clinical area. Initiated and monitored IV therapy for therapeutic and diagnostic procedures.
- Worked extremely hard under challenging conditions; often worked when shifts were short staffed, providing excellent nursing care despite a lack of human resources.
- Ensure improvements in practice settings by assuming responsibility for self-development in lifelong learning.
- Communicate effectively and works cooperatively of other clinical driplines.
- Determine process for delivery of care from direct patient and family communication, technology, and other healthcare team member collaboration.
- Perform other standards nursing procedures or treatment when necessary.

Registered Nurse

Inova Loudoun Hospital, Progressive Care Unit

July 2016 to December 2017

- Closely monitored patients to identify signs of arrhythmias and other life-threatening complications.
- Administered prescribed medications and perform treatment of patients as prescribed by physician.
- Educated patients and families on disease prevention, healthy diet and exercise, and lifestyle changes.
- Ensured that the service meets the expected goals and objectives of the organization.

- Provided close monitoring with acute and chronic disease for arrhythmia, MI screening, anti-coagulation therapy, cardiac and peripheral diagnostic procedures.
- Assisted doctors on PICC line insertions, Chest tube insertions, Bone Marrow biopsy, Thoracentesis.
- Monitored and discontinued chest tubes and various drainage devices along with epidural and pacer wires.
- Documented nursing procedures, maintained medical records and patient status, maintained a clean, sanitized, and safe environment.
- Conducted patient assessment and care based on patients' individualized care plans, prioritized tasks and interventions based on needs of patient within specified timeframe.
- Documented patient assessment findings, physical and psychosocial responses to nursing interventions performed as well as progress towards problem resolution.

Registered Nurse

Unique Residential Care Center

March 2015 to 2017

- Skillfully performed suture removals for patients. Monitored acute conditions. Developed patient care plans, including assessments, evaluations and nursing diagnoses.
- Commended by Nursing Supervisor for exhibiting extra effort and strong work ethic.
- Utilized assessment skills to identify and monitor patients' needs and consulted with physicians to provide timely and efficient treatments to patients recovering from surgery.
- Collaborated with nursing staff, acting as a team, assisting each other with difficult situations involving both patients and their families.

Registered Nurse at Nepal Medical College & Teaching Hospital

NP - Kathmandu, NP

February 2011 to June 2013

- Worked as an RN in NICU & Pediatric Unit.
- Provided round the clock care to Premature and severely ill newborn infants and pediatric babies.
- Provided care for the basic needs of infants; examples feeding, changing diapers.
- Performed medical procedures for example, inserted intravenous lines, nasogastric tubes, urinary catheters, collecting stool/urine sample including performing tests and administering medications.
- Provided nutritional assessment & specialized feedings. Provided care to newborns and infants under phototherapy.
- Offered support to parents and family members. Provided information to parents about breastfeeding, postnatal depression, postnatal care and danger signs in the new mother and baby.
- Formulated nursing plans and evaluated the effectiveness of treatments

Registered Nurse at Doctors Without Borders

MSF-H - NP

November 2007 to May 2009

Worked as an RN at Inpatient (15 bedded district hospital and community Nurse in rural part of Nepal.

- Provided direct public health nursing services to the individuals and community.
- Educated the public about sanitation, immunization, birth control, antenatal, intrapartum and postnatal care.
- Provided health educations, care management, and primary care to individuals and families who are members of vulnerable population and high-risk groups.

- Provided various services to community such pregnancy testing and counselling, maternal services, HIV/STDs testing and counselling, Tuberculosis screening, counselling and treatment, to individuals, families and targeted at risk populations.
- Conducted disease screening, immunization & well child clinics programs to public.
- Educated and counseled patients about health, wellness and parenting.
- Administered medications for example TB-DOTS under supervision of Physicians.
- Participated in response teams to prevent, minimize and contain adverse health events and conditions resulting from communicable diseases; food, water and vector borne outbreaks; chronic diseases, environmental hazards, injuries and health disparities.
- Advocated on behalf of vulnerable individuals and populations. Participated in assessing and evaluating health care services to ensure that people were informed of available health department and community programs and were assisted in the utilization of those services.

Education

BSN

Grand Canyon University Phoenix - Phoenix, AZ
2018

Bachelor's in nursing

Purbanchal University
2011

Associate Degree in Nursing

B. P. Koirala Institute of Health Sciences Dharan
2007

Nursing Licenses

RN

Expires: December 2022
State: VA

Skills

- Interpersonal Skills.
- Critical Thinking.
- Problem Solving.
- Public Speaking.
- Customer Service Skills
- Teamwork Skills.
- Communication.
- Collaboration.
- Accounting.

- Active Listening.
- Adaptability.
- Negotiation.
- Conflict Resolution.
- Decision-making.
- Empathy.
- Customer Service.
- Decision Making.
- Management.
- Leadership skills.
- Organization.
- Language skills.
- Administrative skills.
- Critical Care Experience
- Laboratory Experience
- EMR Systems
- Hospital Experience
- Acute care
- Phlebotomy
- Medication administration
- Teaching
- Nursing
- Hospice care

Certifications and Licenses

BLS Certification

March 2021 to March 2023

Advanced Cardiovascular Life Support (ACLS)

June 2021 to June 2023

NIHSS

Present

Additional Information

BLS for Healthcare Provider