



Binu Dhamala

Nationality: Nepalese

Gender: Female

CONTACT

 United States

 binudhamala@gmail.com

 (+1) 4156014194

Highlights

- Registered nurse with with active RN license and BSN degree.
- Proven ability to manage medical emergencies with the requisite skill-set to perform under pressure.
- Ability to make investigations, write report to the supervisor
- Excellent interpersonal skills to work with diverse population, and patience with chronic physical and behavioral health conditions
- Some experience in preparing meeting agenda, writing minutes
- Able to make proper day to day work planning for the team
- Ability to make some evidence based policies, procedure for the better service delivery

WORK EXPERIENCE

10/2021 – CURRENT – CA, United States

Maternity leave

22/01/2019 – 10/10/2021 – Richmond, CA, United States

Registered Nurse

Shields Nursig Center Richmond

- Skilled facility, short and long-term nursing care for adults and geriatric patients of all kind of population (including low income, diverse chronic health/behavior health conditions)
- Conduct admission and discharge of patience and keep record of it
- Create patient care plans related to diagnosis and symptom management
- Perform continual assessments and deliver care for patients experiencing medical conditions including post-stroke neurological seqaelea, diabetes mellitus, kidney disease, hypertension, chronic obstructive pulmonary disease, congestive heart failure, tuberculosis, pneumonia, brain tumors, orthopedic injuries, electrolyte imbalances, delirium, and aggressive behavior
- Provide interventions including wound care, oral and IV medications, gastric and J tube feeding , PICC line care, catheritization, insulin administration
- Document assessments and patient response to interventions with electronic medical record program,
- Confer with a multi-disciplinary team to facilitate treatment and discharge planning
- Educate patients and family members on diagnosis, symptom management, medication, and psychosocial treatment interventions
- Receive ongoing in-house training to support nursing skills

12/2018 – 01/2019 – Walnut Creek, CA, United States

Registered Nurse

Walnut Creek Skilled and Rehabilitation Center

- Skilled facility, short and long-term nursing care for adults and geriatric patients
- Conduct admission and discharge
- Create patient care plans related to diagnosis and symptom management
- Perform continual assessments and deliver care for patients experiencing medical conditions including post-stroke neurological seqaelea, diabetes mellitus, kidney disease, hypertension, chronic obstructive pulmonary disease, congestive heart failure, tuberculosis, pneumonia, brain tumors, orthopedic injuries, electrolyte imbalances, delirium, and aggressive behavior
- Provide intervtenions including wound care, oral and IV medications, gastric and J tube feeding , PICC line care, catheritization
- Document assessments and patient response to interventions with electronic medical record program
- Confer with a multi-disciplinary team to facilitate treatment and discharge planning

09/2011 – 10/2013 – Kathmandu, Nepal

Staff Nurse

Upendra Devkota Memorial, National Institute of Neurological And Allied Sciences

- Helped various kind of patients (low/high income, diverse chronic physical health/behavior health conditions)
- Taking care of patients with cognitive abilities
- Provided pre-operative and post-operative care
- Exhibited a high level of patience and sensitivity
- Kept medical records
- Monitor patients' neurological activity and compared with the given standard/indicator and report to doctor
- Administer medicine and tests
- Assist neurological doctors with procedures, and inform them about patient's conditions
- Ensure patients' families are kept up to speed with patient's status and progress
- Participate in the internal meeting of nursing team and prepare the planning for the daily activities
- Recommend to the team if there is any need to policy change within the institute for the better service of patient
- Involve in the case by case investigation of the patient in the hospital, follow up and make a report to the doctor.

04/2008 – 04/2011 – Kathmandu, Nepal

Staff Nurse

Narayani Sub- Regional Hospital Nepal

- Assessment and intervention for traumatic brain injury (TBI), spinal-cord injury, multi-system organ failure, kidney disease, pulmonary hypertension and embolism, hepatic encephalopathy/ascites, gunshot wounds, amputation, and burns
- Assessment and interventions for woman with ante/intra/post-partum care
- Assessment and intervention for acute and chronic illnesses, including cystic fibrosis, kidney disease,
- diabetes mellitus, congenital heart defects, burns, sickle-cell-anemia, asthma, cancer, bowel obstruction, feeding and elimination disorders, and genitourinary disorders.
- Performed continual assessments and interventions for adult patients presenting with acute psychosis, eating disorders, substance use withdrawal, depression, anxiety, chronic self-harming behaviors, PTSD, and dementia
- Provided families with education regarding disease process, symptom management, medication, psychosocial support and follow-up care for diabetes, hypertension, cardiac disorders etc.
- Assessment and interventions for the patient with nasogastric tube feeding, Gastrointestinal feeding.
- Insertion of intravenous cannula for the patient and provide them IV medication as per doctor's prescription.
- Provide interventions including wound care, oral and IV medications, gastric and J tube feeding , PICC line care, catheterization
- Assessment and interventions for the patient with tuberculosis.

EDUCATION AND TRAINING

2013 – 2016 – Kathmandu, Nepal

Bachelor of Science in Nursing (BSN)

Manmohan Memorial Institute of Health Sciences,
Tribhuvan University

<https://www.mmihs.edu.np/>

2008 – 2011 – Birgunj, Nepal

Proficiency Certificate Level, Nursing

Institute of Medicine, Birgunj Nursig Campus , Tribhuvan
University

LANGUAGE SKILLS

MOTHER TONGUE(S): Neplease

OTHER LANGUAGE(S):

English

Listening	Reading	Speaking	Writing
Excellent	Excellent	Excellent	Excellent

DIGITAL SKILLS

Microsoft Office / Microsoft Powerpoint / Microsoft Word / Microsoft
Excel / Zoom / Outlook / Skype

LICENSURE

2018 - current

Registered Nurse –
License # 95178301

California Board of Registered Nursing

2011 - current

Registered Nurse
License # 16215

– Nepal Nursing Council

2020

Basic Life Support Certificate (BLS)

2020

Advanced Cardiovascular Life Support (ACLS)

2020

Pediatric Advanced Life Support(PALS)

2020

Neontal Resuscitation Program (NRP)

PUBLICATIONS

**Contributing Factors of Non-Adherence to Treatment
among the Patients with Type II Diabetes Mellitus**

2019 <https://www.nepjol.info/index.php/JMMIHS/article/view/24075>

REFERENCES

Jocelle Mills – Supervisor – (+1) 7072175123

Anjana Khand Bhatta – Co-worker – (+1) 5106300921