

Binita Subedi

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Summary:

Registered nurse (with Colorado Board of Nursing and Nepal Nursing Council) with almost 10 years of diverse experience in long term care, skilled care, critical care, oncology, hospice and palliative care, general medical surgical case management and home health nursing; focused on quality patient care with continuous improvement mindset; respected for proven track record of being resourceful and innovative, collaboration with multifunctional teams, strong relationship building, motivation, multi-tasking and proactive approach; passion for patient care, problem solving, quality improvement in patient outcomes, and diverse activities.

Employment History:

Encompass Health Rehabilitation Hospital
Registered Nurse

Littleton, Colorado
Jan 2020– Present

Case Handled: Stroke, COVID-19, Different Kind of Fractures, ETOH Withdrawal, Motor Vehicle Accident (MVA), Dementia, CHF, AKD, CKD, A-fib, Hypothyroidism, Guillain Barre Syndrome, Multiple Sclerosis (MS), COPD, Diabetic Wound, Diabetes Mellitus, Fall, Sepsis, Arthritis, Parkinson Disease, Acute Heart Failure.

Responsibilities:

- Provide care for profoundly disabled, non-verbal/non-ambulatory individual requiring round the clock and total care.
- Complete initial, comprehensive and ongoing home health assessment policy of patient and family to determine home care needs.
- Perform comprehensive patient assessment, progress towards goal, providing patient care, teaching and other skilled interventions, as needed.
- Initiate care plan and make necessary revisions as patient status.
- Identify patients' condition and needs during each visit, make notes, and collaborate with physician and therapists for care plan development.
- Perform evaluation tasks including vital signs, emergency equipment checks, pharmacy follow-up, and medication review.
- Delivered medications: orally, IV, intramuscular injections, subcutaneous injections and via PEG/NG tubes.
- Blood transfusion and IV infusion.
- Perform wound care.
- Performed catheterization (Foley catheter, Intermittent Catheter, and condom catheter)
- Involved in admission, discharge and follow up of patient.
- Participate with rehab team like physical therapy, wound care, occupational therapy and speech therapy to formulate patients' care plan.
- Educate patient and their family member about disease condition, fall prevention, medications, discharge instruction and follow up.

- Involved in team conference with doctors, case management, pharmacy and patient's family.
- Implement clinical policies and procedures that ensure sanitary and efficient practices supporting professional standards of nursing care.

Avante Rehabilitation Center
Skilled Registered Nurse

Irving, Texas
July 2019 – Dec 2019

Case Handled: Dementia, CHF, AKD, CKD, A-fib, Hypothyroidism, Gillian, Barre Syndrome, COPD, Diabetic Wound, Diabetes Mellitus, Fall, Sepsis, Arthritis, Parkinson Disease, AC Heart Failure.

Responsibilities:

- Fulfilling the responsibilities of Charge nurse such as assignments, supervision and acting as an educational resource for subordinates.
- Managed the nursing care for long-term and short-term patients.
- Patient assessment, Report change of conditions, abnormal and critical lab reports to physician and family member promptly.
- Prioritized work in fast pace facility.
- Carried out Physician's order.
- Administered medications; PO, J tube, G tube Rectal suppository, dulcolax enema, G tube feeding, NG tube, Nebulizer inhaler IM, SQ, Intra dermal, IV fluid and Iv antibiotics etc.
- Taken care of wide variety of patients including seizures, Diabetics, Cardiac dialysis, HTN, Dementia and CVA.
- Infection control, abuse, accident and incident reporting.
- Urinary catheter insertion.
- Assessment of Neuro muscular of patient according to their needs.
- Interact and communicate with patients of all ages and ethics background, giving quality care and treatment.

BP Koirala Memorial Cancer Hospital
Medical Surgical & Oncology Emergency Registered Nurse

Chitwan, Nepal
Sep. 2013-May. 2019

Cases Handled: General Medical surgical and oncology emergency patients such as SVC obstruction, tumor lysis syndrome, spinal cord compression. Other cases: Leukemia, Breast Cancer, Prostate Cancer, Bladder Cancer, Esophagus Cancer, Liver Cancer, Lung Cancer, Brain Tumor, Retinoblastoma, Rectum Cancer, Cancer of cervix.

Responsibilities:

- Assessment of patients, planning, implementing and evaluating the care plan
- Prioritized and provided patient care
- Delivered medications: orally, IV, IV piggyback, intramuscular injections, subcutaneous injections and via PEG/NG tubes.
- Preparation and safe administration of chemotherapeutic agents.
- Provide neutropenic and tracheostomy care to the patient.
- Rounded with physicians and transcribed physician order as needed
- Performed wound care
- Inserted and managed peripheral intravenous lines
- Performed active/passive exercise as ordered/needed

- Administered nebulizer, performed chest physiotherapy and patient positioning
- Blood transfusion and IV infusion
- Performed electrocardiogram and hemogluco testing
- Administered feeding per nasogastric and orogastric tubes
- Trach care; endotracheal and tracheostomy suctioning
- Performed catheterization (Foley catheter, Intermittent Catheter, and condom catheter)
- Provided pharmacological and non-pharmacological interventions for patient's pain and anxiety
- Health education to patients and their families
- Implemented discharge planning, instructions set by the physician, and reevaluated patient's condition
- Organize hospice care and provide care to the patient with ventriculoperitoneal shunt
- Assisted physician with lumbar puncture, bone marrow aspiration, thoracentesis, paracentesis, tracheostomy tube insertion, endotracheal tube insertion, nasogastric tube insertion

Bharatpur Hospital
Medical Surgical Registered Nurse

Bharatpur, Nepal
Dec. 2012-Nov. 2013

Case Handled: COPD, Diabetes Mellitus, Pancreatitis, Appendicitis, HIV AIDS, Pneumonia, Hepatitis, Thalassemia, Down Syndrome, Congenital Disorder.

Responsibilities:

- Provided comprehensive nursing care to patients with cardio- thoracic and vascular disorders
- Assessing and caring for the patients
- Assisting the surgeons during procedures and communicating with the team
- Vital signs and medication administration as prescribed via various routes.
- Collect and send laboratory investigations, other invasive and non-invasive cardiac investigations, organizing referral/consultation.
- Manage pre/post-operative care of the patient.
- Blood transfusion, I.V. infusion, catheterization, Ryle's tube insertion, tube feeding, etc.
- Maintain emergency drugs and CPR tray ready in each shift.
- Perform active/passive exercises and physiotherapy according to the need of the patient.
- Patient's pain and anxiety management by providing pharmacological and non-pharmacological interventions.
- Maintain privacy and confidentiality of patient's records and private information.
- Plan and provide health education to patients and relatives regarding hygiene, diet, medication and discharge teaching, follow up according to their needs.
- Participate in in-service education and mentor students

Equipment used:

Drainage Systems, infusion pumps, syringe pumps, ECG Machine, ambu bag, CPR equipment, Pulse oximeter, Glucose monitor equipment, Oxygen administration equipment, Sterile Dressing kit.

Volunteer:

Nepal Red Cross Society

April 2015 – June 2015

Provided first aid and basic health care to the people who are affected by 7.5 Richter scale earthquake that hit Nepal on 25th April 2015.

Volunteer in fundraising activities for earthquake affected people.

Education:

**Associate Degree in Nursing (AND), Tribhuvan University Institute of Medicine - Birgunj, Nepal,
2009-2012**

Bachelor in Nursing (RN-BSN), Chamberlain University, USA, 2021

Licenses:

- **Registered Nurse, Colorado Board of Nursing**
License No: 1666530
Expires: 09/30/2022

- **Registered Nurse, Nepal Nursing Council**
License No: 18802
10/12/2012 - 10/12/2024

Certifications:

- **Basic Life Support (BLS)**
Expires: 05/2023