

SUJITA SHRESTHA

Roseville, CA 95747

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PROFESSIONAL SUMMARY

Enthusiastic Registered Nurse with gentle and calm demeanor seeking for position of Circulating Nurse, OR to utilize and widen the existing knowledge and skills, Well-versed in aseptic techniques, with more than 8 years of experience in assisting various operating room procedures and pain management techniques.

SKILLS

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

WORK HISTORY

02/2022 to **Circulating Nurse, Operating Room (Travel Nurse)**

06/2022 *TNAA (Eden Medical Center) – Castro Valley, CA*

Duties and Responsibilities:

- Primarily responsible for Circulating in the OR and assisting Physicians and Medical Staff in Level II Trauma center
- Coordinated and consulted with healthcare teams to plan, implement, assess and evaluate patient care plans.
- Prepped operating rooms to comply with environmental asepsis standards.
- Kept optimal supply levels in treatment rooms, triage and other areas to meet typical patient loads.
- Assessed team members' workloads and pitched in to help in areas where need was most evident.
- Coordinated nursing care to be carried out according to facility guidelines and regulations.
- Kept count of all surgical instruments and sponges used throughout the cases.
- Performed qualitative assessments on patients and ensure consent and required documents are complete and valid.
- Used aseptic techniques to maintain sterile fields and actively monitored situations to prevent breaches in aseptic techniques.
- Performed preoperative assessments on patients and evaluated overall health.
- Recorded observations, patient assessments and progress and physician's orders, using Epic.
- Used Epic to process patient information and provide access to relevant data for licensed practitioners.
- Positioned patients in operating rooms to prepare for surgical procedures, using supine, prone and sitting surgical positions.
- Assisted with patient respiratory needs by administering oxygen, inserting OPA's and applying suction and jaw thrust.
- Updated patient charts with data such as medications to keep records current and support accurate

treatments.

- Verified patient information to make licensed staff aware of relevant health factors.
- 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.
- Provided direct support to surgical team during procedures.

Cases handled:

- All of the major and minor procedures of different specialty including General, Robotics, Gynecology, Urology, Podiatry, Vascular, Neurology, Breast and Thyroid

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.
- Update patients chart using software Epic EMR.

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.
- Provided high level of individualized care to patients across multiple medical specialties.
- Updated patient information using Cerner EMR software.

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.
- **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.

EDUCATION

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

NATIONAL MEDICAL COLLEGE NURSING CAMPUS - BIRGUNJ, NEPAL

- Graduated with 4.00 GPA (WES)

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

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