

# Sneha Shrestha

Fort Worth, TX 76179

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An experienced Registered Nurse with more than eight years of clinical skills in the Critical Care and Cardiac Stepdown Unit and an objective to enhance, develop, and implement professional nursing care and management skills in a hospital, as well as provide the highest level of patient care.

Willing to relocate: Anywhere

Authorized to work in the US for any employer

## Work Experience

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### **Registered Nurse (RN)**

Medical City Healthcare - North Richland Hills, TX

January 2021 to Present

- Acted as primary RN on progressive care unit, critical care and medical-surgical unit
- Performed nursing care for progressive care unit, critical care and medical-surgical unit patients
- Assessed patient physical, social, language or mental needs
- Provided support services regarding treatments and administration of medication as ordered
- Continuously monitored patients' conditions
- Provided life-saving interventions
- Provided discharge planning
- Performed direct clinic nursing administrative duties
- Evaluated nursing care delivered by other non-licensed student workers
- Acted as primary RN on progressive care unit, critical care and medical-surgical unit

### **Registered Nurse**

Kindred Healthcare - Arlington, TX

July 2020 to January 2021

- Acted as primary RN on the medical-surgical unit
- Performed nursing care for medical-surgical unit patients
- Assesses patient physical, social, language, or mental needs
- Provided support services regarding treatments and administration of medication as ordered
- Continuously monitored patients' conditions
- Provided life-saving interventions
- Provided discharge planning
- Worked directly with pharmacists, social workers, patient and physicians and therapists
- Provided nursing care for up to 5 patients per shift
- Admitted patients
- Collected and interpreted patient data
- Formulated and evaluated health care plans
- Facilitated the plan of care
- Administered medication and treatments through Point Click Care
- Delivered patient education

## **Registered Nurse**

Norvic International Hospital - Kathmandu, NP  
February 2012 to October 2018

Ward: Medical Intensive Care Unit (MICU)

Nurse: Patient Ratio: 1:2

Total Beds in Unit: 10 Beds

### **SPECIFIC HOSPITAL INFORMATION**

Norvic International Hospital  
Thapathali, Kathmandu, Nepal  
[www.norvichospital.com](http://www.norvichospital.com)

150 bedded capacity, An ISO -9001:2008 Certified Hospital had completed 26 years of service, A Multispecialty with a division of wards like General ward, Semi-private ward, Private ward, NICU, CCU, MICU, SICU, ER, OPD, and Gynae-Obstetrics ward. Performs procedures and surgeries like laparoscopic Surgeries, Endoscopy, Colonoscopy, Heart Surgeries, GI Surgeries, CAG, PTCA, and Ortho Surgery. Performs non-invasive investigations like Ultrasound, MRI scan, CT Scan, Echocardiography, X-rays, Mammograms, EEG, PFT, ECG, and TMT.

### **DUTIES**

- Use of the nursing process in the holistic care of the patient: assessment, planning, nursing diagnosis, intervention, and evaluation considering nursing ethics and patient's rights.
- Invasive hemodynamic monitoring such as arterial blood pressure and central venous pressure.
- Management of patients with artificial airways and mechanical ventilation.
- Oxygen therapy and pulse oximetry.
- Therapeutic modalities including chest tube maintenance, temporary external pacing, permanent invasive pacing, ventilator support, emergency resuscitation including defibrillation/cardioversion, cardiopulmonary resuscitation, medication delivery, and pharmacological interventions including antiarrhythmic drugs and anticoagulation.
- Blood and blood product administration.
- Administration of medicine considering patient's rights.
- Nutritional support (enteral feedings, TPN, and patient weights).
- Psychosocial and emotional support for patient and family.
- Infection control and safety management.
- Proper waste disposal management.
- Maintenance of the therapeutic relationship.
- Proper recording and reporting.
- Identification of acute and potential health problems and their management.
- Co-ordinate with the surgeon, anesthesiologist, medicine doctors, OT nurses, co-workers, nurses from other wards, ward attendants, and visitors.
- Take responsibility for all goods and monitor the supply and adequacy of logistics in the Medical ICU.
- Preparation of patients for investigative procedures including CT scan, MRI, KUB X-ray, endoscopy, colonoscopy, and USG.
- Be tactful, accountable, and punctual.

### **COMMON CASES HANDLED**

Diabetes mellitus, Chronic obstructive pulmonary disease (COPD), Renal failure, Stroke, Pneumonia, Cirrhosis of the liver, Cerebrovascular resistance (CVA), Anaemia, GI bleeding, Coronary artery disease (CAD), Myocardial Infarction, Road Traffic Accident, Post Operative Cases.

#### EQUIPMENT USED

- Advanced life support equipment.
- Medical-Surgical instruments.
- Biomedical equipment such as a ventilator, non-invasive machine (Bi Pap), infusion pump, syringe pump, and ABG machine.

## Education

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### **Diploma in Nursing**

College of Medical Sciences - Chitwan  
September 2008 to September 2011

### **Secondary School Education in English, Mathematics, Science, Social Studies, Health, Population & Environment Education, Additional Mathematics and Office Management & Account**

Man Shiksha Mandir Secondary English Boarding School - Chitwan  
April 1997 to July 2007

## Nursing Licenses

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### **RN**

Expires: April 2023

State: TX

## Skills

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- Critical Care
- Med Surg
- Medical Surgical
- Hospital Experience
- Staff Nurse
- RN
- ICU Experience
- Medication Administration
- Infection Control Training
- Epic

## Languages

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- English - Fluent
- Hindi - Intermediate
- Nepali - Expert

## Awards

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### **The Daisy Award For Extraordinary Nurses**

June 2021

The Daisy Award for Extraordinary Nurses in recognition of the clinical skills and in deep appreciation for making an incredibly meaningful difference in the lives of so many people.

### **Letter of Appreciation**

May 2018

Letter of Appreciation on the occasion of International Nurses Day 2018 in recognition of outstanding and dedicated patient care at Norvic International Hospital.

### **Letter of Appreciation**

September 2016

Letter of Appreciation for being an outstanding member of the "Mission Save Heart" activities at Norvic International Hospital throughout the year 2015/2016.

### **Letter of Appreciation**

April 2016

Letter of Appreciation in recognition of ceaseless contribution in serving all the patients at Norvic International Hospital during the devastating April 2015 Nepal Earthquake being an example of dutifulness and diligence.

### **Best Nurse Award 2013**

April 2014

Best Nurse Award 2013 in high appreciation of perseverance and workmanship at Norvic International Hospital.

## Certifications and Licenses

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### **BLS Certification**

June 2022 to June 2024

### **ACLS Certification**

October 2020 to October 2022

### **AHA Certification**

### **CPR Certification**

### **AED Certification**

June 2020 to June 2022