

Sunita Thapa, Registered Nurse: 25107170

sunuthapamudbari@gmail.com | 437-438-7292

Registered Nurse with 10 years of experience specializing in General Medicine, ENT operating theatre and Birthing/Maternity departments. Demonstrated ability to provide care for patients with respiratory disease and interventions, including tracheostomy, suctioning, chest auscultation, and arterial blood gas interpretation. Performed endotracheal tube care, respiratory management care, tracheostomy care, CVC care, TPN administration, fluid and electrolyte replacement, and critical care emergency. Ability to promote the optimum level of patient functioning through skills in coordinating care with the health care team and leading the care planning process. **Seeking a position as a Registered Nurse.**

HIGHLIGHTS OF QUALIFICATIONS

- Current registration with the College of Nurses of Ontario, RN - 25107170
- Valid Basic Life Support (HCP)
- Holds a BSN (Adult Health Major)
- Over one year of recent experience providing care to patients in medical and oncology units, including exposure to geriatric, neurology, and diabetic populations.
- Very recent experience completing a head-to-toe assessment, vital sign monitoring, and medicine administration
- Willing to participate in critical care-related education and training to further enhance clinical competence
- Flexible and able to work effectively and efficiently within an interdisciplinary patient care team
- Able to meet the physical requirements of the position
- Excellent computer skills
- Demonstrated strong communication skills in English, both written and verbal
- Demonstrated excellent interpersonal, organizational, leadership, critical thinking skills and time management skills

CORE SKILLS

ECG | IV initiation & management | blood transfusion | high-risk medication administration | venipuncture | catheterization | wound care | physical assessment | PN central & PICC line management | respiratory management care | tracheostomy | CVC care | TPN administration | critical care emergency

PROFESSIONAL EXPERIENCE

Registered Nurse | Nov 2014 – Dec 2024 | Tribhuvan University Teaching Hospital – Kathmandu, Nepal

ENT Operating Theatre (OT) - June 2024 - Dec 2024

- Prepared anesthesia equipment: Monitored the anesthesia machine, oxygen supply, suction apparatus, and emergency drugs
- Assisted an anesthesiologist: During pre-op assessment and IV-line setup, with induction and maintenance of anesthesia, monitored airway and consciousness, and watched for anesthetic complications
- Arranged ENT surgical instruments (microscopic tools, suction, cautery).

- Anticipated the surgeon's needs and passed instruments to the surgeon. Handled and counted sponges, sharps, and instruments meticulously and maintained sterility throughout the procedure
- Provided pre-op and post-op nursing care and patient monitoring
- Maintained OT logs, patient records, and surgical checklists accurately

Medical Ward - Jan 2020 – May 2024

- Performed a head-to-toe assessment of the assigned patients
- Delivered daily care to patients with chronic and acute conditions, overseeing 33 patients in a shift, including various conditions like diabetes, hypertension, infections, COPD, Pneumonia, Tuberculosis, Pancreatitis, Liver cirrhosis, acute and chronic kidney disease and acute gastroenteritis
- Performed routine activities such as: (Vital signs, Blood glucose monitoring, hygiene, dressing, bathing)
- Performed general nursing skills: ECG, telemetry, IV therapy and fluid management, TPN administration, administration of insulin therapy, antibiotic therapy, oxygen therapy, Nebulization, Catheterization, NG feeding, AV fistula care, pre- and post-dialysis care, wound and bed sore dressing, tracheostomy care and suctioning
- Performed Blood products transfusion (Packed RBC, IVIG, Albumin)
- Collaborated with interdisciplinary teams to develop individualized care plans
- Educated patients on discharge plans and lifestyle management

Birthing Center / Maternity Ward - Nov 2014 – Dec 2019

- Provided prenatal, intrapartum, and postnatal care to mothers and newborns
- Monitored fetal heart tones, performed perineal examination to monitor cervical dilation, monitored uterine contractions and overall labour progression
- Conducted normal deliveries, gave episiotomies, sutured episiotomies and assisted in complicated deliveries, managed postpartum hemorrhage, and provided perineal care
- Performed a head-to-toe assessment of postnatal mothers and newborns
- Assisted mothers with breastfeeding techniques and addressed feeding concerns, and referred to lactation consultants if needed
- Provided family-centred education on newborn care and maternal health

EDUCATION

Baccalaureate in Nursing Science (BSN)- Adult Health Nursing (Major) | Dec 2021- Dec 2024
Manmohan Memorial Institute of Health Sciences, Kathmandu, Nepal

Proficiency Certificate Level in Nursing | June 2009 - June 2012
Tribhuvan University, Maharajgunj Nursing Campus, Kathmandu, Nepal

PROFESSIONAL DEVELOPMENT

- **Basic Life Support (HCP) Certification** | Expires Sep 2026 | First Aid 4U Inc, Ontario
- **Transition to Practice Course** | July-August 2025 | Conestoga College, Kitchener