#### Kriti Aryal

# www.linkedin.com/in/kriti-aryal-b83503258 aryal678kriti@gmail.com

+1 647-323-1657 Brampton, ON L6P 3Z4

Being a recently graduated nurse in Ontario, I am looking for full time or part-time opportunity. My goal is to expand knowledge and skillsets required to help improve patient lives.

#### **Summary**

- Newly graduated certified registered nurse from college of nurses Ontario (CNO) with advanced knowledge, skills and completed a clinical placement in acute setting in medical/surgical, emergency, ICU oncology department etc in different hospital during study time period. Subsequently have experience working as a registered nurse in Critical setting (ICU) in home country.
- Ability to function independently within scope of practice.
- Have sound knowledge of nursing process and responsibilities of profession.
- Have sound problem solving, communication, conflict resolution and critical decision-making skills.
- Ability to meet the physical and emotional responsibilities of the position.
- Quick decision making and critical thinking skills and ability to be an effective listener with good organizational, leadership, and communication skills.
- Ability to provide patient focused and family centered care.
- Ability to establish therapeutic relationship with patients, families, and with coworkers.
- Ability to remain calm and functions using a team approach to cope with stress and crisis situations.
- Ability to use the emergency nursing process to assess, plan, implement and evaluate emergency patients.
- Able to perform all essential duties of position description, which may include the ability to lift and move patient, pushing, pulling, bending and stooping.
- Ability to function within health and safety guidelines providing safe and supportive environment for all patients, staff, physicians and volunteers.
- Highly skilled in electronic documentation.
- Able to perform different required nursing skills like Triage patient in emergency situation, Intravenous therapy, wound care, Dressing, Medication, Catheterization, patient care etc.
- Ability to manage stressful situation by taking quick decision and by acting quickly in emergency situation.

#### **Education:**

• Licensure examination (NCLEX) in Nursing

September 2024

College of nursing Ontario - Ontario

World education service

August 18 2023

Credential: Bachelor's of nursing science

Canadian Equivalency: Reference number 6070631IMM

• Enhanced practice for internationally educated nurses - Ontario Canada August 2023 to March 2024 (As a Personal Support worker with 87%)

A1 global college of health and business technology

**Program Outcome**: Gain necessary Knowledge, patient care skills and abilities according to **Canadian health system.** 

# **PROFESSIONAL EXPERIENCE**

#### 1. Personal Support Worker (PSW)

Crescent Hill Drive south-Ontario (Canada): December 2023 to February 2024

Student Personal support worker, Enhanced practice for International educated nurse

Assisted in activities of daily living.

- Assisted clients with mobility and transfers, using appropriate lifting techniques and equipment.
- Provided bedside and personal care to clients and help them move, bathe, groom and get dressed and undressed.
- Provided patient care according to their needs and assisted nurse to make care plan.
- Take vital sign if abnormal managed accordingly.
- Assisted physician and nurse to manage Dementia.
- Assisted nurse to provide medication and in documentation.
- Assisted registered nurse in documentation and documented vitals behaviors and medications in client records.
- Assisted to plan and prepare meal for patient.
- Assisted registered nurse in dressing and wound care.
- Assisted physician and nurse to change catheter and to manage urinary tract infection to patient.

# 2. Patan Academy of Health Science Hospital

2022 to May 2023

#### Lalitpur, Nepal

- Worked as a **Research Registered Nurse** in Pediatric Research Unit.
- Involved in the study of Optimizing Diphtheria Pertussis Tetanus Containing Vaccines Schedule (OPTIMMS)
  in Nepal.

# 3. Government Hospital- Bhaktapur

2020 to 2021

### **Registered Nurse**

- Worked during COVID time serving in ICU and Wards.
- Total Patient Care
- Medication Administration, IV therapy, Catheterization, ventilation support etc.
- Blood Transfusion etc.

# 4. Nepal International accredited Medicity Hospital- Lalitpur

November 2019 to November 2020

### Registered Nurse in ICU

- Assessed critical patient to identify appropriate nursing interventions.
- Collaborate with members of an interdisciplinary health to plan, implement, coordinate and evaluate patient care in consultation with patient and their families.
- Administered medications and treatments as prescribed by a physician and insulin as per hospital policies and protocols.
- Monitored, assessed, address, document and report symptoms and changes in patient conditions.
- Communicated with the patient and their relatives for admission, transfer, and discharge.
- Responded promptly to activate code blue within ICU and outside ICU department.
- Assist physician with procedure like central line insertion, arterial line insertion, intubation, extubation etc.
- Assisted in Basic life support and Advanced life support.

### 5. CPR (cardio pulmonary resuscitation)

August 2023 to March 2024

Training in A1 global college of health business technology. Mississauga, ON

# 6. Employment History

- Registered Nurse at Upendra Devkota Memorial Hospital
- Kavre Health Training Institute as Auxially Nurse midwife Instructor as a Registered Nurse
- Critical Care Registered Nurse In Icu in grande international Hospital

#### 7. Certifications and Licenses

- Red cross standard first Aid and CPR/AED Level C and BLS Training certification
- CPR , ACLS, BCLS Certification
- coronary care certificate
- emergency care experience

- PALS care experience
- Critical care (ICU) Training certification
- Mask Fit Test Certification

**References** will be provided upon request.