

# Shreeya Thapa

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## INTERNATIONAL REGISTERED NURSE | PERSONAL SUPPORT WORKER

Versatile healthcare professional with diverse nursing background and active PSW experience in Canadian settings. Combines clinical expertise, adaptable caregiving skills, and cultural sensitivity to provide comprehensive, person-centered care across various healthcare environments.

## EDUCATION

<b>Nursing leadership in Management</b> ( <i>Seneca Polytechnic</i> )	<i>Jan- Aug 2025</i>
<b>Gerontology Interprofessional Practice</b> , <i>Fanshawe College, Toronto, Canada</i>	<i>Jan-Aug 2024</i>
<b>Bachelor of Science in Nursing (BSc Nursing)</b> , <i>Aditya College of Nursing, India</i>	<i>2017 - 2021</i>

## CERTIFICATES

Registered Nurse Issued on 10<sup>th</sup> July 2022, Nepal- 68995  
Standard First aid and CPR/AED level C- 2024/01/20- 2027-01-19  
Vaccination administration and TB testing.

## SKILLS & QUALIFICATIONS

- Advanced skills in vital signs monitoring, medication administration, and medication assistance
- Expertise in patient assessment, care plan implementation, and detailed documentation
- Proficient in mobility assistance, safe transfer techniques, and fall prevention protocols
- Skilled in providing compassionate personal care while maintaining dignity and independence
- Strong ability to manage multiple priorities while delivering high-quality care in high-stress environments
- Builds strong, trusting relationships with patients, families, and healthcare team members through effective communication and empathy.
- Comprehensive knowledge of infection control, WHMIS standards, and universal precautions
- Experience working with elderly and vulnerable populations requiring specialized care approaches

## WORK-RELATED EXPERIENCE.

**Personal Support Worker Supreme pro staffing (Long-term care) - Toronto, ON** - March 2024- July 2025

- Provide comprehensive assistance with activities of daily living (ADLs) for elderly residents, promoting dignity and independence
- Implement individualized care plans, ensuring alignment with residents' specific preferences and medical needs
- Facilitate participation in therapeutic and recreational activities to enhance residents' quality of life and social engagement
- Monitor and document vital signs, medication administration, and changes in resident conditions, communicating effectively with healthcare team

- Foster a safe, supportive environment that prioritizes residents' physical, emotional, and social wellbeing
- Collaborate with interdisciplinary team to ensure holistic and coordinated care delivery

**Personal support worker -Nurse next door (Home care)-** Toronto, ON

-Feb 2024 -May 2024

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- Delivered personalized, client-centered care to seniors in their homes, fostering independence, comfort, and safety.
  - Supported clients with activities of daily living (ADLs), mobility assistance, and personal hygiene.
  - Provided medication reminders and observed/report changes in health status to ensure timely interventions.
  - Assisted with meal planning, preparation, and household tasks to promote overall wellness.
  - Collaborated with families and the healthcare team to develop individualized care plans.
  - Built strong therapeutic relationships that enhanced trust, dignity, and quality of life for clients.

**REGISTERED NURSE, Non-invasive Cardiology Department, Vayodha Hospital - Kathmandu, Nepal**

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- Assessed patients to determine individual needs and developed comprehensive care plans in coordination with multidisciplinary healthcare professionals
  - Collaborated with physicians to evaluate patients and deliver appropriate treatment while managing rapidly changing conditions
  - Maintained accurate and detailed patient records, including vital signs, medications, and treatment responses
  - Delivered critical care in cardiology, stabilizing patients and implementing timely interventions.
  - Created a safe and comfortable healing environment by addressing patient concerns professionally
  - Educated patients and families on cardiac health, medication management, and post-procedure care

## LANGUAGES

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English (Fluent), Hindi (Fluent), Nepali (Native)