

**NIKITA KARKI**

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**EDUCATION**

**Master of Nursing Practice** **2019-Current**

**University of New England Sydney Campus**

Additional: third-year student representative 2021 and a member of Student Academic Representative Group with University of New England for 2019/2020

**CLINICAL PLACEMENT EXPERIENCE**

**Prince of Wales Hospital (160 hr, CCU)** **09/08/2021- 06/09/2021**

- Running the entire shift with two patient loads under supervision of RN
- Involved with multidisciplinary team in patient centred care
- Recognising and responding to deteriorating patient
- Observing patient under continuous cardiac monitoring, interpretation specific ECG
- Head to toe assessment of patient
- Confidence in preparing and administering IV medications
- Confidence in ISBAR handover and documentation in eMR

**St George Public Hospital (80 hr, Oncology)** **26/07/2021-08/08/2021**

- Taking care of patient undergoing chemotherapy and radiotherapy
- Managing pain and symptoms like nausea, vomiting and anorexia related to cancer and its treatment
- Patient centred care for patient in palliative care and end of life care.
- Care of body after death
- Emotional support and empathy to the patient and family
- Knowledge on chemotherapeutic drug
- Responding to deteriorating patient
- Worked with multidisciplinary team

**Newcastle Private Hospital (160 hr, ICU)** **10/05/2021- 06/06/2021**

- Taken total of 2 patient load under supervision of RN.
- Conducting and interpreting ECG results and vital signs and documenting them.
- Taking care of complex post-operative intubated patient and detecting signs of any deterioration.
- Use of different equipment mostly used in ICU.
- Conducted complex dressings.
- Neurological observations such as GCS (Glasgow Coma Scale), Limb strength and Eye signs.
- Critical analysis of oxygen therapies and decision making as confirmed by RN.
- Conducting and interpreting ABG and working closely with ICU intensivist.

- Safe administrations of IV fluids and IV antibiotics under direct supervision of RN.

**Prince of Wales Hospital (80 hr, Rehabilitation ward) 24/08/2020-06/09/2020**

- Safe administration of oral medications and subcutaneous injections under direct supervision of Registered Nurse
- Gained proficient knowledge and understanding of common medications used in the ward by utilising evidence-based resources such as MIMs and Australian Medicines Handbook
- Practiced and gained a deeper understanding of the nursing care routine by utilising the shift planner for guidance
- Practiced verbal and written communication via accurate documentation of nursing progress notes and verbal handover to the staff and facilitator to inform of care.

**Lake Macquarie Mental Health Unit (80 hr, Mental health unit) 22/06/2020-03/07/2020**

- Utilised interpersonal skills to build positive rapport with the clients through the therapeutic relationships
- Developed skills in proper documentation of mental health progress notes through the means of mental state examinations

**Sydney Eye Hospital (80 hr, Pre and Post-operative Eye ward) 25/05/2020-05/06/2020**

- Learned and utilized knowledge on different types of optical surgery and medications used for eye.

**Kempsey District Hospital (160 hr, Rehab and Medical ward) 09/09/2019- 04/10/2019**

- Use of eMR and citrix for medication administration, documentation, and assessment like falls risk as supervised by RN.
- Completed ADL's, including personal hygiene and pressure area care
- Simple wound dressings
- Accurate documentation of Bowel Charts and Fluid Balance Charts
- Measuring and interpreting vital signs

## **RELEVANT EMPLOYMENT EXPERIENCE**

### **Assistant in Nursing**

**Menaville Aged Care Home/ Sirius cove Nursing Home**

**March 2021**

- Provided friendly, compassionate support to the residents with empathetic approach by assisting them with their daily living, personal care, hygiene and practice my skills within my scope of practice.
- To communicate effectively within the team members to inform and delegate patient care and any signs of deterioration.
- Mandatory reporting.
- Maintained all aspects of privacy, dignity and confidentiality relating to the residents and the organisational policies and procedures.
- Accurately recorded information and assessment such as resident sleep, bladder and behaviour charts, bowel chart, fluid balance chart, food chart and harm minimisation chart.

**Team Leader****May 2021-ongoing****Eden Ability**

- Training to staffs, team meetings, empowerment, and feedbacks
- Bridging between care staffs and management
- Fixing appointments of residents with their doctors and work with interdisciplinary team to create good teamwork and effective results of therapy.
- Problem solving
- Infection Control including wound management
- Documentation as per NDIS and company requirements, developing care plans
- Doing simple dressings if required.

**Disability Support Worker (High care needs)****October 2020-current job****Eden Ability****Casual**

- Assisting with Activities of Daily Living (ADLs) including nutritional needs, personal hygiene, elimination needs and mobility for the special need and elderly residents with physical and intellectual disability.
- Use of mobility aids, lifting and positioning using safe manual handling techniques including usage of hoist, slide sheets, and so on.
- Taking residents to appointment and working closely with the multidisciplinary team involved such as speech pathologist, physiotherapist, hydro therapist, doctors, and so on.
- Managing care for residents with special needs like PEG feeding, choking hazard, catheter, and stoma bag.
- Clinical handovers and hand hygiene

**Instructor (Pharmacology & Pathophysiology)****2016-2018****All Nepal College of Technical Education****Fulltime****Responsibilities**

- Teaching second and third-year students of diploma level two subjects: pharmacology and pathophysiology, which provides positive academic background for studying nursing and to be registered nurse.

**PROFESSIONAL DEVELOPMENT**

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|---|------------|
| • In service on Catheter associated UTI (Prince of Wales Hospital)  | 17/08/2021 |
| • In service on PPE donning and doffing                             | 12/08/2021 |
| • Work Health and Safety (WHS) Training (University of New England) | 06/2021    |
| • Manual Handling Technique (Sirius Cove Nursing Home)              | 03/2021    |
| • Basic Life Support (CPR) (UNE)                                    | 03/2021    |
| • Mental health training (Eden Ability)                             | 10/2020    |

**ADDITIONAL SKILLS**

Good knowledge on using eMeds and electronic documentations as per NSW Health requirements. Basic skills on Microsoft word, Power Point and Excel. Excellent communication skills with speaking score of 90 in Pearson's Test of English. Role as third-year student representative and member of Student Academic Representative Group

with University of New England for 2019/2020 tenure has imparted teamwork and team leading capacity in me.

**REFEREES:**

**Janice Gallagher**

Facilitator at Prince of Wales Hospital (CCU)

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**Yamuna Gaire Kafle**

Deputy Director of Nursing

Sirius Cove Nursing Home

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