

Sangita Ghimire,

MSN, WHNP

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Professional Summary

Compassionate Women's Health Nurse Practitioner experienced in providing wellness exams, various in-office procedures, and problems/disease management for a variety of women's populations. Skilled in analyzing patient histories and preliminary test results to build diagnosis. Hold strong communication and collaborative skills to maintain an interpersonal relationship with patients and other health care professionals. In addition, 9+ years of experience as a Registered Nurse in various hospital settings nationally and internationally.

Professional Experience

Women's Health Nurse Practitioner

Estrella Women's Health Center, Phoenix, Arizona, USA

Feb 2022- Apr 2022

- Performed routine physical gynecological examinations and pap tests along with breast health evaluation and counseling.
- Demonstrated expertise in evaluating and managing different medical conditions including STIs, vaginitis, PCOS, endometriosis, fibroids, pelvic pain, abnormal bleeding, HRT, and menopause.
- Focused on reproductive health including contraception, prenatal counseling, teaching, and support.
- Provided obstetrical care to low/high-risk women and comprehensive postpartum care.
- Ordered screening, diagnostic tests, and appropriate treatment for obstetrical and gynecological patients.
- Provided thorough documentation and completed lab responsibilities (callbacks/follow-up).
- Referred patients to other providers or supportive services in necessary conditions.
- Performed in-office procedures including IUD and implant insertion/removal, endometrial and vulvar biopsies, colposcopy, cervical polypectomy and treatment of vulvar cyst/abscesses.

Women's Health Nurse Practitioner- Clinical Rotations

Aug 2017- Apr 2019

Cleveland Clinic, Ohio, USA

OB/GYN

Performed annual gynecological examinations, Pap tests, vaginal cultures, STD tests, and breast examinations. Provided contraception, prenatal, and menopausal counseling to women and

couples. Provided obstetrical care, postpartum nursing care, teaching, and support. Interpreted laboratory and diagnostic findings and treatment provided accordingly. Collaborated with physicians in difficult situations and referred complicated cases to the respective departments. Assisted my preceptors (M.D., WHNP, CNM) in surgical procedures such as IUD placement/removal, Nexplanon insertion/removal, Endometrial biopsy, Colposcopy, and Vulvar biopsies. Learned thorough documentation in each encounter.

Primary Healthcare

Performed annual physical examinations and various disease management for a variety of populations. Provided preventive health measures, ordered required laboratories and diagnostic/screening tests, and provided treatments/ referrals accordingly.

Registered Nurse (BSN-RN)

Nov 2020- Jan 2022

Med-Surg Unit, Merit Health Wesley, Hattiesburg, Mississippi, USA

- Provided competent, safe, timely bedside care and treatment for a wide variety of medical and surgical patients including cardiac, endocrine, respiratory, gastrointestinal, orthopedic, neurological, nephrological related health problems, pre- and post-surgery patients, utilizing the nursing process with transcribing and reviewing all orders on time.
- Monitored clinical condition of patients, reported changes to the appropriate person, and documented appropriately.
- Initiated corrective action whenever patients display adverse symptomatology and responded in life-saving situations based on nursing standards.
- Assisted in rapid response and Code Red management.
- Initiated patient education plan regarding pre and post-medical treatment, operative care, and pain management. Taught patients and significant others to manage their home care needs.
- Monitored vital signs, administered required medications (Oral, IV, IM, SQ, ID, Topical), tracheostomy care, and transfusion of blood/ plasma/ TPN.
- Performed bedside procedures such as dressing changes, insertion/ removal of indwelling Foley catheters, NG tubes, and phlebotomy.

Registered Nurse (BSN-RN)

Aug 2016- Dec 2019

Skilled Unit, Kent Healthcare and Rehabilitation Center, Kent, Ohio, USA

- Provided skilled nursing care such as tracheostomy care, dressing changes, tube feedings, NG tube care, indwelling Foley catheter care, etc. to the patients.
- Provided preventative care for fall risk patients, total nursing care for bedridden patients, end-of-life nursing care to the patient, and counseling to relatives.
- Reported the patient's condition to the physician and carried out physician's orders on time.
- Assessed the resident's condition upon admission, during the course of stay, participated in the development, implementation, evaluation of the plan of care, and documentation of the conditions.

Registered Nurse (BSN-RN)

March 2012- December 2013

Kathmandu Medical College Teaching Hospital, Kathmandu, Nepal

- Delivered nursing care to multiple medical emergencies such as level 1 trauma, stroke, cardiac arrest, vehicle accidents, head injuries, poisoning, burns, and sexual assaults.
- Performed life-saving interventions as part of the multidisciplinary team in the emergency department.
- Handled blood transfusions, IVs, splinting, sutures, dressings, insertion/ removal of foley catheters, insertion/ removal of nasogastric tubes, and other necessary clinical procedures.
- Developed strategic plans to improve the standard in the unit and overall patient care.
- Built trust and working rapport with staff, patients, and family members to enable effective communication, and instructions.

Education

- MSN-WHNP, Kent State University, Kent, Ohio, USA May 2019
- B.Sc. in Nursing, Purbanchal University, Kathmandu, Nepal Aug 2011

Licensures and Certification

- APRN-WHNP of Oregon state: **Active**
- APRN-WHNP of Arizona state: **Active**
- APRN-WHNP of Mississippi state: **Active**
- APRN-WHNP of Ohio State: **Active**
- Registered Nurse of Oregon State: **Active**
- Registered Nurse of Mississippi State: **Active**
- Registered Nurse of Ohio State: **Active**
- Registered Nurse of Nepal: **Active**
- BLS and AED: **Active**