

Pratikshya Mahato

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- Education Qualifications & Certification:
- Master of Exercise Science and Kinesiology (May 2022 — Present) Arkansas State University, Jonesboro Arkansas
- Bachelor of Science in Nursing (November 2014 — January 2019) National Medical College Teaching Hospital, Birgunj Nepal
- Registered Nurse: USA, Expires March 2025

Skills:

Nursing

- Emergency response and preventive care strategies.
- Continuity of care and strong interpersonal skills.
- Organizing, prioritizing, and delegating nursing workflow throughout the ward • Knowledge of medicine and patient's behavior.
- Excellent knowledge in clinical expertise and able to maintain composure in stressful situations.

Additional Skills

- Computer Skills — Microsoft Office (Word, Excel, and PowerPoint)
- Strong management and leadership
- Poised under pressure
- Excellent communicator
- Languages: English, Nepali, and Hindi

Work Experience:

Pokhara Academy of Health Science Pokhara,

Nepal

Nursing Officer, Medical Ward

April 2019- July 2021

- Provided quality nursing care to patients in a defined unit utilizing the correct nursing process.
- Monitor vital signs, intake output, obtained and interpret specific lab tests and ECG as per order.
- Collaborated closely with multidisciplinary teams and promoted effective and empathetic communication with patients and relatives.
- Ensured the timely and accurate completion of all administration and documentation related to patient care and medication management including oral and intravenous medications.
- Managed and supported staff in patient care activities.
- Coordinated with each faculty of hospital to provide quality and critical care to the patient.
- Monitored and communicated patient health status with an interdisciplinary team of nurses and patient care professionals.

Puja Medical Hall

Nawalpur, Nepal

Pharmacist

August 2021 — December 2021

- Provided consultations and answered inquiries from patients, healthcare professionals and physicians regarding drugs, potential side effects and specified use.
- Educated patients on appropriate use of prescription, possible drug interactions, potential side effects and specified use.
- Ensured the accuracy of all prescriptions, physician instructions, and medical documentation.
- Followed up with patients new to asthma, hypertension, depression, osteoporosis, and diabetes medications to ensure proper user and address any questions.
- Created reports of medical inventory using Ms-Excel.
- Monitored ordering of medication stock to maintain streamlined inventory and low overhead.

Lymphatic Filariasis Center for Health and Disease Studies

Bara, Nepal

Field Officer

January 2022 - March 2022

- Implemented mass drug administration program. to interrupt transmission in areas with ongoing transmission.

- Conducted awareness program to prevent and control lymphatic filariasis and provided healthy habits guidelines to ensure better health in the community.
- Assisted the nurses to provide medicine, food, and handwash to patients.
- Interacted and communicated with all ages and ethnic groups about disease, personal health, and clean food and drinking water.
- Created and delivered presentation using MS-PowerPoint about disease, health, and medicine.
- Communicated with health care team members to plan, implement, and enhance treatment strategies.