

SALINA TIMALSINA

Lynnwood, WA | Email: stimalsina@seattleu.edu Telephone: (206) 475-6397

Education

Bachelor of Science in Nursing

Seattle University, Seattle, WA

Expected.

2023

Associate of Science

North Seattle College, Seattle, WA

2020

Awards and Honors

- Alfie Scholarship 2021
- Phi Theta Kappa Honor Society 2020
- North Seattle College Dean's List 2019-2020
- Certificate of excellence-Master Cashier, Wetzel Pretzel 2017
- College topper (highest grade in high school) 2015

Relevant Experience

Care Manager (CNA)

Jan 2021 – Present

Aegis Living, Shoreline, WA

- Assisting residents with their daily living by helping, bathing, dressing, feeding, transferring from bed to wheelchair and wheelchair to bed.
- Providing comfort care according to the facility schedule.
- Helping the resident to feel more comfortable and most importantly encourage them to do activities themselves.
- Maintaining a clean, safe home environment
- Providing excellent care with highest satisfaction
- Remind Patient to take medication and do physical exercise
- Encouraging resident to participate in extra activities to improve their vibrant life
- Obtaining vital signs
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Elderly care for private family.

Sep 2020- present

- Working 8 hours a week to help the person by giving shower, dressing her and recording her unusual behavior and trying to help her in all ways possible.

NAC Neuroscience Epilepsy

Swedish Medical center, Cherry hill, Seattle, WA.

July 2021- present

- Taking vital sign every four hour, such as Temperature, Blood pressure, pulse rate etc.
- Safety checks every 2 hours throughout the shift.
- Providing excellent care for new patients
- Helping patients with their daily activities, bathing, feeding, etc.
- Measure and record food and fluid intake and output.
- Making sure patient received appropriate diet by reviewing dietary restriction, food allergies.
- Extensive knowledge of proper cleaning and sanitation.
- Ability to adjust quickly to work with multiple nurses.

Community Involvement or Service

Masala of India Cuisine.

June 2017- present

Volunteer aid.

Volunteered Free meals delivery to essential healthcare workers (doctors and nurses) in Swedish Medical Seattle, and Harborview Medical Center Seattle from Masala of Indian Cuisine during COVID pandemic.

Healthcare Training, Licenses and Certificates

- CPR Training provided by Nursing Assistant training Institute Shoreline, WA.
- HIV/AIDS Education: completed 08/23/2019 Nursing Assistant Training Institute Shoreline, WA.
- CNA Certificate
- Med tech certificate
- BLS (June 2021)
- Dementia training (April 2021)
- First Aid
- Nurse delegation (9-hour course)
- Nurse delegation to diabetics. (3-hour course)

Additional Experience

- **Prepaid Food Team Member** November 2018- June 2021
Whole Foods, Seattle, WA
Helping customers with excellent customer service, helping them to find product, being pro-active. Complete assigned work and maintain relationship between customer and employee as well as maintain high customer satisfaction.
- **Sales Associate** July 2017-August 2018
Wetzel Pretzel, Seattle, WA.
Excellent customer service, strong communication, focus on sales, making drinks, stock checks
- **Waiter** August 2017- 2019
Masala of India Cuisine
Taking orders, making drinks, helping customer, serving food.

Skills

- Friendly, energetic, versatile, team player, active listener, determined.
- Language skills: Nepali, Hindi, Punjabi, Urdu.
- Time management and problem solving