

KAVITA GURAGAIN APRN, MSN

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PROFESSIONAL SUMMARY

Dedicated family nurse practitioner, with clinical experience in primary care setting, sleep medicine, hospital environments, intensive care/post intensive care and cardiovascular unit. Expertise in performing physical examinations, acute minor care, wellness exams, and treatment of chronic health issues.

SKILLS

- Strong attention to details, strong clinical skills/knowledge
- Ability to multitask
- Solid assessment, clinical / documentation skills (Epic, eCW, Allscripts, MEDITECH) • Counseling in the areas of health promotion, maintenance and prevention • Excellent communication skills
- Flexible, quick learner, highly motivated personal

EXPERIENCE

Family Nurse Practitioner ENT TEX , (6/2022- Present)

- Evaluate diagnose and treat diverse patient population, in field of otolaryngology under the supervision of physician
- Perform in office procedures like Rigid and Flexible Endoscopies, cerumen and foreign body removal, Epistaxis control
- Order and interpret labs, diagnostic imagings, Audio result
- Manage pre op and post op patients

Family Nurse Practitioner CVS Health (6/2021- 4/2023)

- Provide holistic/evidence-based care including health counseling and disposition planning for patients.
- Conduct patient screening for COVID 19 following infection control protocol and manage lab processing in a fast-paced environment.
- Provide clinical oversight of nurse and tester's patient encounters with point of care testing and care coordination
- Order and interpret diagnostic tests, deliver results and provide clinical recommendations to patients.

Family Nurse Practitioner Dallas Center for Sleep Disorder, Plano TX (01/ 2018- 5/22/2020)

- Provided direct and indirect patient care including comprehensive assessment, differential diagnoses, treatment implementation, outcome management, and planning

- Ordered, administered, and interpreted appropriate diagnostic and laboratory tests. • Developed and implemented comprehensive care plans, recorded progress notes, and assisted in provision of continuity of care, particularly in the areas of sleep related disorders
- Obtained in-depth history, performed quality physical exams, ordered and interpreted appropriate tests, made appropriate specialty referrals, and developed plans-of-care, which include pharmacologic and non-pharmacologic interventions
- Identified variety of symptoms commonly encountered in the area of assignment and to determine the appropriate treatment strategy, disposition, or referral for such conditions.
- Maintained continuous communication and work effectively in collaboration with supervising physician
Conducted frequent follow-up evaluations to determine the efficacy of treatment

Family Nurse Practitioner Frontier Family Health, McKinney TX- (07/2017- 04/2018) •

Examined, diagnosed and treated patients of age 4 and older with counseling and educating patients about acute and chronic conditions.

- Performed acute minor care and physical examinations, occupational health exam, general wellness exams.
- Diagnosed and treated chronic healthcare issues and provided minor acute care for: upper respiratory infections, urinary tract infections, pneumonia, bronchitis, sinusitis, otitis media/externa, flu, cellulitis, vertigo, conjunctivitis, hypertension, diabetes, hyperlipidemia, obesity, asthma, depression, STD thyroid disorders etc.
Performed treatment of muscle/ligament sprains/strains, back strains, skin rashes, etc.
- Prescribed/ delivered medication and antibiotics, and immunizations. • Ordered lab and imaging tests, interpret the tests results and formulate the best treatment plan.
- Performed School physicals, pre-op labs/exams.
- Counseling in the areas of health promotion, maintenance and prevention.

Registered Nurse, Telemetry/PCU, The Heart Hospital Baylor Plano, TX (5/ 2017- 02/2018) •

Provided comprehensive nursing care of patient with post cardiac/ vascular procedures like, Heart Cath, CABG surgery, Ablation, Cardioversion, Angiogram, MI, CHF

Registered Nurse, Med/Surgical Oncology Unit, Baylor Scott and White Medical Center, Irving TX, (08/2016-04/2017)

Registered Nurse (Float Pool- ICU, PCU, Heart /Vascular Unit) CHI Health, Bergan Mercy Medical Center, Omaha, NE (09/ 2014-05/ 2016)

Registered Nurse, Select Specialty Hospital, Omaha, NE (09/ 2010- 09/ 2015)

EDUCATION

Masters of Science in Nursing, Family Nurse Practitioner, University of Nebraska Medical Center, Omaha, Nebraska

Bachelors of Science in Nursing, Nebraska Wesleyan University, Omaha, Nebraska

Associated Degree in Nursing, Metropolitan Community College, Omaha, Nebraska

LICENSURE/ CERTIFICATION

APRN, - State of Texas – Active

FNP-C, American Academy of Nurse Practitioner, Active

RN, State of Texas- Active