



Reeja Maharjan

Registered Nurse

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📍 Lalitpur Metropolitan -21, Khokana

Summary

Permanent resident of Biratnagar, Morang. Registered Nurse with frontline maternity/birthing and ward experience, skilled in counselling, health teaching, and structured documentation. Strong interest in mental health and community-based support, seeking to transition into advocacy work focused on IEC delivery, stakeholder/referral coordination support, evidence capture, and safeguarding/PSEAH-aligned practice.

Core Competencies

Counselling, IEC & Public-Facing Communication

Mental Health & Psychosocial Support (MHPSS) Awareness — Basic

Community/Stakeholder Coordination & Referral Support

Documentation, Record-Keeping & Report Writing

Activity Support: Planning, Implementation & Monitoring — Support Level

Safeguarding, Confidentiality & PSEAH-Aligned Professional Conduct

Experience

Tribhuvan University Teaching Hospital (TUTH), Maharajgunj, Kathmandu

Maharajgunj, Kathmandu

Staff Nurse

Sep 10, 2024 – Nov 27, 2025

- Delivered counselling and health education for pregnancy and postpartum care (including breastfeeding), tailored to family understanding.
- Supported normal deliveries and provided newborn + postnatal mother care with a safety-first approach.
- Maintained structured documentation and shift handovers, ensuring continuity and reliable information for follow-up.

Manmohan Memorial Medical College and Teaching Hospital

Swyambhu

Staff Nurse — General Ward

Feb 20, 2024 – Aug 20, 2024

- Provided inpatient nursing care and monitored patient status, escalating concerns promptly to the duty team.
- Coordinated investigations/referrals with departments and maintained accurate ward records (transferable to program reporting).
- Delivered patient/family education and ensured continuity through structured shift handovers and clear communication.

Sindhuli Hospital

Sindhuli

Nursing Officer

Dec, 2021 - Dec, 2023

- Supported maternity services: antenatal assessment, delivery support, newborn care, and postnatal counselling (IPC-focused).
- Supported OT readiness and safe practice (aseptic approach) and coordinated with the team for patient safety.
- Maintained accurate documentation and followed waste segregation/safety routines.

Education

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| Manmohan Memorial Institute of Health Sciences, Kathmandu Nursing | Bachelor of Science in Nursing • 77.92% Sep 2016 – Sep 2021 |
| Pinnacle Academy, Lalitpur Science | +2 • 74.70% Sep 2014 – Sep 2016 |
| Aadarsha Saula Yubak Higher Secondary School, Lalitpur Government of Nepal | SLC • 83.25% May 2010 – Jun 2014 |

Certifications

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|---|--------------------------|
| Comprehensive Newborn Care Level II Health Training Centre / Paropakar Maternity and Women's Hospital, Kathmandu | 2022 |
| Operation Theatre Techniques and Management Health Training Centre / Bharatpur Hospital, Bharatpur | 2023 |
| Registered Nurse Nepal Nursing Council (NNC) Registration No.: 65100 | 5 Sep 2021 to 5 Sep 2027 |
| Cardiopulmonary Resuscitation (CPR) Nursing Inservice Education Unit, Institute of Medicine, Tribhuvan University Teaching Hospital (TUTH) | May 30, 2025 |

Personal Details

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|-----------------------------|---|
| Date of Birth 2055/06/24 | Gender Female |
| Marital Status Married | Permanent/Current Address Biratnagar - 05, Morang, Nepal |

Skills

Counselling & IEC / Health Education

Provide clear counselling and deliver simple IEC-style health education (pregnancy/postpartum care, breastfeeding) in sensitive settings.

counselling, BCC, health education, IEC, awareness, facilitation, breastfeeding, postpartum, pregnancy care



Maternal & Newborn Care (Birthing Ward)

Provide maternal and newborn care support including normal delivery assistance, postnatal mother care, and newborn care.

maternity nursing, birthing ward, normal delivery, intrapartum care, newborn care, postnatal care



Documentation, Reporting & MS Office

Maintain accurate records and structured shift handovers; prepare clear updates and basic reports using MS Word/Excel/PowerPoint.

documentation, reporting, charting, registers, shift handover, SBAR, MS Word, Excel, PowerPoint



Coordination, Referrals & Stakeholder Support

Coordinate with teams/departments for timely care, investigations, and referrals; support smooth service delivery and follow-ups.

coordination, referrals, teamwork, stakeholder coordination, follow-up, patient flow, liaison



Safeguarding, Confidentiality & Professional Conduct

Follow confidentiality, respectful conduct, and professional boundaries aligned with safeguarding expectations.

safeguarding, confidentiality, PSEAH, professional boundaries, code of conduct, respectful service



Languages

Newari



Nepali



English



Hindi



References

Dr. Nawaraj Subba

Public Health Specialist Public Health Specialist - Freelance

- 9842321955
- nrsubba@gmail.com

Elisha Thapa Magar

Ward Incharge - Sindhuli Hospital

- 9867497369
- alyesha.thp@gmail.com