

Thuji Lhamu

SKILLS SUMMARY

- **Acute Care experience** working with post-operative, cardiac and trauma patients.
- **Multi-lingual** in Nepali, Bhutanese and Hindi.
- **Community volunteer** health interpreter and educator for Bhutanese refugee population in San Diego County.
- **Detail-oriented communicator** with over 12 years of writing, editing and research experience for print and online audiences in Asia and America.

EDUCATION

- **Doctor of Nursing Practice/ Clinical Nurse Specialist**, Johns Hopkins University - May 2020
- **Bachelor of Science in Nursing**, Azusa Pacific University – March 2013.
- **Master of Arts (Journalism)**, University Of Wollongong, Australia – 1998.

AWARDS & SCHOLARSHIPS

- **Johns Hopkins Conway Scholar** -2017-2020
- **Johns Hopkins ANEW Scholar** - 2019

LICENSE, CERTIFICATIONS, MEMBERSHIPS

- **RN License #** - 840XXX
- **Certified Medical-Surgical Registered Nurse (CMSRN®)**
- **BCLS** for Healthcare Providers (CPR & AED)
- **Member** - Hospice And Palliative Nurses Association
- **Member** - Sigma Theta Tau Honor Society

CLINICAL EXPERIENCE

Registered Nurse, Acute Medical Surgical Unit, Palomar Medical Center, Escondido, California: December 2014 – Present

- **Deliver** coordinated nursing care for post-op and post trauma patients at a ratio of 1:5.
- **Coordinate** plan of care with patients, their families and the interdisciplinary team.
- **Supervise** and direct activities of ancillary personnel for patient care.
- **Precept** new nursing graduates and new employees.
- **Educate** patients and families on plan of care and post discharge needs.
- **Resource and charge nurse for unit** - assisting staff with technical skills, floor policies and procedures and providing mentor support as needed.
- **Represent** unit on the Patient and Family Education Committee and Skin Team Committee at Palomar Health.
- **Member** Unit Protocol Committee.

Registered Nurse, Medical Surgical/Telemetry Unit, Scripps Memorial Hospital, Encinitas, California: August 2013 – December 2014

- **Provided** direct patient care for post-op and telemetry patients.
- **Planned and implemented** nursing care enabling successful progress towards expected patient outcomes.
- **Collaborated** with and supervised other members of the patient care team to ensure optimal patient care.

VOLUNTEER EXPERIENCE

- **Palomar Health** – Volunteer for community education, immunizations and other activities as needed.
- **International Rescue Committee and Alliance for African Assistance, San Diego, California (2008 –2010):** Translator for refugees from Bhutan during visits to the doctor's office, court, social services and other agencies.
- **Scripps Mercy Hospital, Hillcrest (2009):** Patient Safety Rounder.
- **Portland Museum, Louisville, KY (2001-2002):** Conducted web design and photography classes for girls from low-income neighborhoods.
- **Bhutan Youth Development Organization, Thimphu, Bhutan (2000):** Designed and implemented first of its kind summer camps for high and middle school students. Initiated a youth helpline.

OTHER PROFESSIONAL EXPERIENCE

**Bellewood Presbyterian Homes for Children, Louisville, KY (2002 –2007):
Communications and Special Events Specialist**

- **Advocated** for abused and homeless teenagers through media focused press releases and promotional pieces; **educated** community leaders and members about issues of childhood abuse and neglect through meetings, print and online materials; **improved** internal communication through employee focused media; **developed** and **implemented** revenue generating special events.

Portland Wharf Park Project, Louisville, KY (2001- 2002): Communication Liaison

- Utilized media contacts to generate publicity for programs and developed a media database for the museum. Wrote for, researched, designed, published and circulated brochures for public events as well as educational material for students. Streamlined communications between partners of the Project; redesigned website.

Kuensel Corporation, Thimphu, Bhutan: Positions included Chief Reporter (1999–2001), Interim News Editor: (1997–1998), Southern Correspondent (1995– 1997) and General Assignment Reporter (1994–1995).

Scholarship, Activities, and Achievements

Johns Hopkins Conway Scholar -2017-2020

Johns Hopkins ANEW Scholar - 2019