

Pat Citizen

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CAREER PROFILE

Highly motivated to utilise my graduate nursing skills, experience and my passion for nursing to assist in providing the best ongoing healthcare for Queensland Health clients. I have a strong interest in intensive care or perioperative care but would value the opportunity to obtain any graduate position within Queensland Health.

EDUCATION AND TRAINING

20XX – 20XX **Bachelor of Nursing** (Expected completion- December 20XX)
Griffith University - Nathan Campus

Grade Point Average: 6.45 (Scale: 1 – 7, 7 highest)

Key Subjects

- *Complex Clinical Practice*
- *Advanced Life Support (ALS)*

Key Projects

- *Objective Simulated Clinical Assessments (OSCA) as part of Complex Clinical Practice. Demonstrated my pathophysiology knowledge and evidence-based practice by assessing, managing and evaluating a simulated patient in Hypovolemic (gained High Distinction).*
- *ALS Training as an examinable part of this course. Successfully facilitated a team during a simulated cardiac arrest encompassing: defibrillation, ECG rhythm analysis, CPR, airway management (including intubation assistance), medication management and administration.*

20XX **Acute Complex Care Course**
Health Ed Professionals, QLD (3 days)

20XX **Advanced Life Support**
Health Ed Professionals, QLD (3 days)

PROFESSIONAL SKILLS AND ATTRIBUTES

- **Strong oral communication skills:** *Successfully participated in tutorial discussions and in-group assignments at University, using PowerPoint and posters in verbal presentations to class (Distinction average).*
- **Highly developed analytical and research skills:** *Achieved through University; critically analysing and appraising journal articles for assignments, enabling best evidence-based clinical practice (Distinction average for all assignments).*

- **Strong teamwork skills:** Gained through working with team members on University assignments and through my role as an AIN at Domain Raffin Place and in all my clinical experience.
- **Understanding and practice of ANMC National Competency Standards:** Acquired during my clinical experience and encompassing clinical problem-solving skills; collaborative and therapeutic practice; co-ordinated care and quality assurance; professional practice and accountability.

PROFESSIONAL EXPERIENCE

20XX - present

Domain Raffin Place Aged Care Facility, Calamvale, Qld
Assistant in Nursing (part-time, paid)

- Providing direct care for 12-30 residents of high, low and specialised dementia care, including palliative care and ADL's
- Conducting comprehensive assessments of resident's conditions, advising my Supervisor of changes to resident's health, alongside continual monitoring, documenting and maintaining accurate progress notes
- Planning, time management and prioritising the team workload throughout every shift using effective communication and leadership skills
- Ensuring a safe and clean working environment through making beds, using safe manual-handling techniques and appropriate clinical hygiene and health and safety practices
- Consistently maintaining mutual therapeutic relationships with all of the residents encompassing; respect, dignity and empowering them to be independent

May 20XX

Princess Alexandra Hospital, Ward 2D Cardiac Respiratory
Student Nurse Clinical Placement (full-time, unpaid)

- Successfully arranged both the admission and discharge of several patients
- Skilfully prepared, administered and managed IV therapy (including additives), and safely dispensed medications Inc. S8, oral, IMI, IV, sub cut, inhaled and topical
- Safely removed 12 staples from a patients head and removed an IV Cannula
- Actively participated in a simulated training exercise in which we as a team had to assess, manage and evaluate a patient who was suffering from hypovolemic shock due to a ruptured gastric ulcer
- Contributed during two code blues, e.g. with ABG retrieval
- Gained valuable knowledge surrounding the use of CPAP and BIPAP machines

April 20XX

Community Child Health Centre, Keperra, Qld
Student Nurse Clinical Placement (full-time, unpaid)

- Progressively established therapeutic interpersonal relationships with the mothers, neonates and toddlers
- Observed and assessed clients 'risk' and 'protective' factors relevant to their Surroundings; discussed and accurately recorded these with my buddy RN

- Competently conducted initial consultations during home visits, including handling neonates and assisting mothers with feeding
- Proficiently performed full physical assessments of neonates, including head circumference, length, weight, fontanelles and hip flexions
- Supported buddy RN with the Infant Feeding Support Program, the Early Breast-Feeding Clinic and the First Steps Program helping new mothers and babies

Nov – Dec 20XX **Beenleigh Community Mental Health Centre**
Student Nurse Clinical Placement (full-time, unpaid)

- Interacted appropriately with clients during both home visits and 'intake' interviews
- Attended 10 home visits, including client assessments and symptom management
- Conducted a basic Mini-Mental Status Examination Assessment with a client, and accurately recorded the client data on the CIMHA database
- Aided a client suffering substance abuse in locating an appropriate Psychologist and support networks

Aug – Sept 20XX **Princess Alexandra Hospital, Ward 1D ENT and Plastics**
Student Nurse Clinical Placement (full-time, unpaid)

- Prepared and dressed skin grafts and flap wounds aseptically
- Managed trachea care, inc. suction, preparation and dressings using aseptic technique
- Administered and managed nutrition via a NG tube
- Observed the performance of an endoscopy
- Advanced my development in the safe management of IV therapy (including additives – specifically antibiotics)

May 20XX **Queen Elizabeth II Jubilee Hospital, Ward 2A Surgical Orthopaedic**
Student Nurse Clinical Placement (full-time, unpaid)

- Conducted baseline neurovascular observations for signs of post-op complications
- Observed a 'Total Knee Replacement' patient pre-op, peri-op and post-op
- Removed a surgical bellovac drain and an IV Cannula
- Prepared and dressed an acute post-op wound aseptically
- Viewed and participated in a mock code blue
- Safely prepared and managed the delivery of Intravenous Fluids (no additives), inc. hanging, priming, calculating and setting the rate

October 20XX **Bethania Haven Aged Care Facility**
Student Nurse Clinical Placement (full-time, unpaid)

- Developed and maintained therapeutic relationships with all patients
- Conducted baseline observations for signs of disease or recovery
- Assisted residents with ADL's and participated in manual handling training

- *Accurately documented and reported on patient care*
- *Participated in the handover of patients to other allied health staff*

OTHER WORK EXPERIENCE

*Mar - Nov 20XX Optima Sports Medicine Receptionist
Carindale and Mt Gravatt Clinic, Qld*

*20XX – 20XX Store Manager, Things Engraved
Indooroopilly, Qld*

*Jun – Dec 20XX Customer Advisor, NAB Bank
South-East Qld, Relief Team (full-time, 4 months)*

Transferable skills and achievements from these roles:

- *Prioritised and achieved daily-set sales goals successfully*
- *Achieved excellent rapport with customers*
- *Provided co-ordinated leadership and supportive training to new staff*
- *Reconciled money and ensured accurate documentation of accounts and paperwork*

ACHIEVEMENTS/AWARDS

20XX – 20XX Griffith Award for Academic Excellence awarded by the Griffith University for Studies in the Bachelor of Nursing

20XX Widening Participation Education Scholarship awarded by the Griffith University (1 year scholarship valued at \$2,200)

MEMBERSHIP

20XX – 20XX Royal College of Nursing Australia (student member)

SUBSCRIPTIONS

- *Nursing Review*
- *Nursing Science Quarterly*

REFEREES

Natalie Nurse
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