

JO BLOGGS
10 Applevue Court
Cardiff
CF00 2PP
Email: jbloggs99@asp.com.

Tel: 01443 909090

Mobile: 0888888888890

Geographically mobile: full UK driving licence

PERSONAL PROFILE

Enthusiastic and motivated newly qualified graduate seeking nursing post in general medicine. Clinical placements include A & E, surgery, acute medical and rehabilitative care. Good interpersonal skills with the ability to work in multi-disciplinary teams and communicate on many levels. Commitment to high standards of care and continued professional development.

EDUCATION

University of Somewhere

2003 -2006

BA (Hons) Degree in Nursing (Adult Branch) 2.1

Student representative 2004-2005

Projects

Second Year Group Project

Worked collaboratively on a group based project on health promotion in the community. Culminated in a healthy eating poster campaign and presentation to academic staff and students

Final Year Dissertation

'Infection Control on the Wards – how to combat the rising levels of clostridium difficile' This independent study involved the use of the clinical governance framework on infection control within a ward environment. The research involved quantitative and qualitative research methods including data gathering and analysis, case study and culminated in a 12,000 word dissertation.

Additional Professional Development

Worked with specialist nursing teams in the following areas:

- Wound assessment and care clinic
- Stroke rehabilitation centres.
- Pain management and post-operative care

Valleydale Comprehensive School

1993 - 2000

2 'A' Levels: Biology (Grade C), English Grade C)

8 GCSEs (Grade A-C) including: Mathematics, English Language, Science (double award)

PLACEMENT EXPERIENCE

Kingsbury NHS Trust

Trainee Nurse (Surgical and medical placements at the Kingsbury & Merryland Hospital).

- Experienced a wide range of patient backgrounds and medical conditions.
- Developed good working knowledge of clinical governance.
- Complied with admission and discharge procedures.
- Completed patient records and ward documentation.
- Accurately completed pre-operative assessments and checklist in surgery ward.

- Assisted in new approaches to wound management in surgery ward.
- Worked as part of a team of medics, nursing staff and physiotherapists in a busy orthopaedic ward.
- Liaised with occupational therapists and social services in the transition of elderly patients from wards to home care.
- Participated in multi-disciplinary team meetings with nursing staff and healthcare professions in the planning and delivery of patient care.
- Demonstrated high standards of cleanliness and adherence to infection control procedures.

SKILLS SECTION

Communication

- Confident communicator verbally and in written form. Can communicate effectively with patients, carers, families and other health care professionals. Ability to write reports, undertake assessments and complete patient and ward documentation.

Interpersonal

- Empathetic, patient and non-judgemental with the ability to work with people with professionalism and diplomacy at all times

Teamwork

- Ability to make a positive contribution in teamwork activities. Participated in a range of multi-disciplinary team meetings which involved liaising with other team members, collective goal setting and co-ordination of tasks.

Organisation and planning

- Excellent time management and organisational capabilities with proven ability to work under pressure in busy ward environments.

Computing

- Good working knowledge of Microsoft Word, Excel and Powerpoint.

ADDITIONAL EXPERIENCE

Care support worker Greenleaves Day Centre May 2002-June 2003
Responsible for providing personal support to individuals with severe learning disabilities, their families and carers. Provided an insight into the caring professions and community based care.

Volunteer MIND Befriending Scheme Summer 2002
Undertook initial training in counselling. Involved in fundraising for new sheltered housing.

Sales assistant (part time) ABC Retail Stores May1999-June 2000
Worked in a busy supermarket store, often working under pressure. Ensured customers were dealt with quickly and courteously. Showed flexibility and willingness to work shift patterns.

ACHIEVEMENTS AND INTERESTS

- Raised over £1000 for 'MIND housing project' with half marathon run.
- Independently travelled to Australia and New Zealand over 6 month period

REFERENCES

References are available on request.