

# Caroline Example

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## Personal Statement

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A new graduate registered nurse who is passionate about caring for individuals and the health of the community. The nursing profession was chosen as a way to use talents and zeal for a career, which creates many rewarding opportunities and an ever learning environment.

## Key Strengths

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- **Interpersonal skills:** To relate well to patients, listen to their concerns, and show compassion and empathy. For example, received appreciation for support when compassion was shown for a patient who was very sensitive to pain and nervous about having his central venous line replaced. This was achieved through verbal distraction, accompanying him throughout the procedure, and explaining what was happening.
- **Team work:** To work in partnership with patients, their whanau, and the multidisciplinary team. For example, when a patient with brain damage became increasingly alert during a bed wash, it was collaboratively decided to sit him in his chair. With help from the physiotherapist, health care assistant, and my preceptor we were able to use the standing hoist and sit him in his wheel chair for the first time, a significant moment for his mother.
- **Observational skills:** To recognise and understand early signs of deterioration or improvement in a patient's condition. For example, recognised signs of deterioration and assisted in the prompt response of a patient with a head injury who was developing pulmonary oedema.
- **Communication skills:** To clearly and accurately exchange both verbal and written information. For example, written communication has been demonstrated by effective documentation of nursing procedures, such as suprapubic catheter changes.

## Education

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13/12/13	<b>Nursing Registration</b>	Nursing Council of New Zealand
2011-2013	<b>Bachelor of Nursing (BN)</b>	Massey University, Wellington
2009-2010	<b>NCEA Level 1-3 &amp; University Entrance</b>	Eg College, Upper Hutt

## Clinical Placement History

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July-September 2013	<b>Transition Placement: Wellington Community Health (9 weeks)</b> Skills developed: Complex wound care, suprapubic catheter changes, removal of PICC line, doppler assessments, leg bandaging, and encouraging self management by teaching patients to self administer clexane and change fentanyl patches.
May-June 2013	<b>Wellington Hospital, 7 South: Neuroscience, Stroke and Eyes (3 weeks)</b> Skills: operating ECG machines, neurological observations, spinal observations, setting up a feed and administering medications through a nasogastric tube, and removal of staples.
March-April 2013	<b>Lower Hutt Hospital: Orthopaedic Ward (3 weeks)</b> Skills: preparing and administering intravenous antibiotics, priming intravenous lines, neurovascular observations, wound care, wound drain removal, use of calf pumps, injecting subcutaneous lines, and administering enemas and suppositories.
February-March 2013	<b>Mental Health: Te Whare Ahuru, Lower Hutt (3 weeks)</b> Skills: successfully co-facilitated a programme around motivation for mental health clients using skills in interpersonal communication, use of a strengths based approach, and updating risk assessments.
October 2012	<b>Community Mental Health, Lower Hutt (3 weeks)</b> Skills: administering intramuscular injections, using a whole person approach, and establishing rapport and trust with clients.
September 2012	<b>Lower Hutt Hospital: Medical Ward 1-12 (3 weeks)</b> Skills: Use of chest drains, administration of oral medications, assessing and monitoring vital signs, and setting up a feed and administering medications through a percutaneous endoscopic gastrostomy tube.
April-May 2012	<b>Avalon Medical Centre, Lower Hutt (4 weeks)</b> Skills: administering subcutaneous injections, removing sutures, co-facilitating a diabetes review session, and measuring blood pressures.
2011	<b>Aroha Care Centre for the Elderly, Taita (7 weeks)</b> Skills: basic hygiene cares, assessing for pressure areas, taking blood glucose levels, and establishing the therapeutic relationship and communication skills.

## Work Experience

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**Part-time Lotto sales assistant**  
ABC Pharmacy and Lotto

May 2011-Present

- **Responsibilities:** customer service, cash handling and promotion of products.
- **Achievements:** handled customer complaints, developed rapport with regular customers, and effectively managed sensitive situations by the use of communication and listening skills.

**In-patient Unit Volunteer**

April 2014-Present

Te Omanga Hospice, Lower Hutt

- **Responsibilities:** providing support and assisting the nursing team, patients and their whanau.

**Academic Achievements**

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2009 **Overall Academic Excellence for Consistently High Achievement** Upper Hutt College

**Referees**

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**Julia Referee**

District Nurse: Wellington Community Health, CCDHB

**Relationship:** Preceptor

**Phone number:** 021777777

**Email:** juliar@hotmail.com

**Anne Referee**

Registered Nurse: ABC Hospital- Ward 7 South, CCDHB

**Relationship:** Preceptor

**Phone number:** 021 888888

**Email:** a.referee@ccdhb.org.nz

**John Smith**

Pharmacist: ABC Pharmacy and Lotto

**Relationship:** Boss

**Phone number:** 04 666777

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