

# Zana Azikiwe

RGN, BSc (Hons)

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## SUMMARY

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Calm, measured and confident adult nurse with experience of working within A&E, pre-op, gynaecology and respiratory. Particularly interested in women's health and the management of long term respiratory conditions such as asthma and COPD. Very keen to pursue a career within practice nursing to play a more active role in health education and enjoy spending more direct time with patients.

## KEY SKILLS

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- Experience in triage and clinical decision making processes
- Knowledge of minor illnesses including wound care, sprains, bites, burns, infections, etc.
- Ability to deliver high quality care within strict timeframes or high pressured environments
- Completed module in "Assessment and Management of Minor Illnesses"
- Qualified mentor, experienced in mentoring, supporting and supervising newly qualified nurses and students

## EMPLOYMENT HISTORY AND EXPERIENCE

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### STAFF NURSE | Minor injuries unit, A&E

*Jan 2016 - present*

#### Ferntree Hospital | Ferntree Hospitals Trust

- Triageing, assessing and treating patients with minor injuries and illnesses
- Clinical competencies include venepuncture, applying dressings, wound cleaning, wound suturing, plaster casting
- Able to administer medication via Patient Direction Groups (PGDs)
- Streaming patients, using clinical decision making skills and tools such as the Manchester Triage system, and escalating where appropriate
- Working as part of a team to assist in caring for patients involved in major traumas.
- Advising patients and relatives on care and treatment
- Organising referrals to X-ray clinics and fracture clinics

### BANK NURSE | Respiratory Unit

*May 2016 - present*

#### Ferntree Hospital | Ferntree Hospitals Trust

- Knowledgeable in a range of respiratory conditions such as COPD, asthma, pneumonia, pulmonary embolisms, etc.
- Trained to perform spirometry, peak flow tests (PEF), and reversibility testing
- Advising patients on the management of their condition and post hospital care
- Carrying out respiratory assessments, monitoring and observations
- Caring for patients with non-invasive and invasive ventilation, tracheostomies, chest drains, etc.

For more careers resources and CV samples visit [www.rcn.org.uk/careers](http://www.rcn.org.uk/careers)

**STAFF NURSE | Gynaecology unit**

*Jan 2015 - Jan 2016*

**Ferntree Hospital | Ferntree Hospitals Trust**

- Working within reproductive Medicine, benign gynaecology, Uro-Gynaecology, Oncology and theatres.
- Taking patient history, recording height, weight and calculating BMI.
- Performing venepuncture
- Chaperoning and assisting doctors with smear tests
- Assisting with specialist gynaecology procedures such as, Colposcopies, IUCD insertion & removal, Implant insertion and removal.

**CAREER BREAK**

*June 2013 – Dec 2014*

- Took career break to raise family
- Volunteered as a befriender for Care of the Elderly, to help combat isolation and loneliness for older people
- Attended several CPD events to stay up to date

**STAFF NURSE | Pre-operative assessment clinic**

*Feb 2012 – June 2013*

**Almond Tree Hospital | Almond Tree Hospitals Trust**

- Nasogastric tube insertion and management
- Administration of oral, I.V, subcutaneous and intramuscular medication

**EDUCATION AND QUALIFICATIONS**

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<b>The Acutely Ill Adult Level 3</b>	City University	2017
<b>Mentorship qualification</b>	Birchtree University	2015
<b>Adult Nursing BSc (Hons)</b>	Birchtree University	2012
<b>A levels</b>	Appletree School	2009

**CONTINUING PROFESSIONAL DEVELOPMENT**

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<b>Cannulation and Venepuncture (update)</b>	Ferntree Hospitals Trust	Nov 2017
<b>Intermediate life support (update)</b>	Ferntree Hospitals Trust	Mar 2016
<b>Asthma &amp; COPD</b>	Health Skills Inc	Sept 2016
<b>NIV treatment and management</b>	Health Skills Inc	Sept 2016
<b>Male Urethral Catheterisation</b>	Ferntree Hospitals Trust	May 2016
<b>Manchester Triage System training</b>	Skills4u Training Ltd	Jan 2016
<b>Wound Management</b>	Ferntree Hospitals Trust	Feb 2015
<b>Burns Management</b>	Regional Burn Network	Feb 2015

**ABOUT ME**

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My hobbies include writing, blogging, fashion, swimming and reading (especially crime novels.) I also have my own website here I blog or write about fashion and create makeup tutorials.