

Jo Williams

Student nurse (Adult Nursing)

16, Elmfield Road, London, LO12 3AB

jowilliams91@email.com

Mobile: 07891 234 567

Personal summary

Final year student nurse due to qualify in July, with a predicted grade of 2:1. Passionate about providing high quality, patient centred care, valuing the individuality of each and every patient. Builds rapport effortlessly and easily with both patients and colleagues, with the ability to remain calm and diplomatic in high pressured or stressful scenarios. Now seeking a post in a community setting to empower patients to make positive changes about their health and wellbeing, with a long term objective of specialising in the management of long term conditions.

Key skills and Achievements

- Gained significant insight into the management of long term conditions from university placements and through researching and writing university dissertation on, *"the role of community nursing in improving the quality life of patients with long term conditions."*
- Highly skilled communicator, confident to use a variety of techniques to overcome communication barriers after working with stroke patients, patients with hearing impairments, and patients with learning disabilities.
- Experienced care worker, trained and competent in clinical areas such as manual handling, safeguarding vulnerable adults, basic life support, infection control, equality and diversity and supporting grieving relatives.
- Experience of working in accordance with care plans, local/clinical policies and good practice guidelines.
- Wrote articles for the University Student Newsletter including *"How to survive the first year of your nursing degree,"* and, *"Getting the most out of your practice placements."*

Placement Experience

Community Placement

October 2016 –December 2016

Example Community Trust

- Managed own caseload, developing good time management skills and learning how to prioritise tasks.
- Administered medication, applied dressings, and assessed healthcare needs according to care plans, making onward referrals when required, under the supervision of the registered nurse.
- Gained insight into the impact community nurses have in educating patients to stay healthier, preventing hospital admissions and empowering patients to make positive changes and choices about their health and wellbeing.
- Worked with palliative patients, identifying support needed, handling difficult conversations in a caring and sensitive manner, reassuring, supporting and helping patients to make decisions about their end of life care.

General medicine unit placement

May 2015 - July 2015

Example hospital

- Worked within a multi-disciplinary team to plan and prioritise care, helping to rehabilitate patients for discharge, recognising the importance of teamwork, communication and role boundaries.
- Developed skills in assertiveness and built on confidence by engaging with senior healthcare professionals, challenging ideas, asking questions and discussing care to develop knowledge and understanding.
- Led and participated in staff handover, recognising the importance of good, clear communication.

Stroke unit placement

Jan 2015 – March 2015

Example Hospital

- Assessed, planned and reviewed care, undertaking observations and record keeping under the guidance of the registered nursing team, learning skills such as prioritising workload and critical thinking.
- Learnt to use a variety of communication techniques such as altering tone, language and volume of voice, using gestures and body language, signing, lip reading and writing to overcome communication barriers.

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- Gained knowledge of express and implied consent, confidentiality, dealing with relatives, and working within frameworks, local policies and best working practice guidelines.

Employment experience

Example residential home

December 2013 – September 2015

Residential care worker

- Supported residents with personal care, self-administration of medication, and supervising at mealtimes.
- Assisted with daily activities in accordance with individual care plans, promoting independence, respecting personal choices and individual preferences
- Trained and competent in clinical areas such as manual handling, safeguarding vulnerable adults, basic life support, infection control, and equality and diversity.

Example shop

June 2012 – December 2013

Retail assistant

- Duties included taking payments, checking/ordering stock, and liaising with suppliers and distributors.
- Developed exceptional standards of customer service, and dealt with queries and complaints.

Education and Qualifications

Adult Nursing BSc(Hons): (Predicted 2:1 grade)	2013 – 2016	Example University
A Levels: English (B) French (B) Biology (C)	2011 – 2013	Example Sixth form College
GCSEs: English, French (A) Science, Maths, IT, History (B) Business Studies, (C)	2009 – 2011	Example High School

Professional Activities and Training

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| • Caring for patients with dementia (2 days) | 06/2016 | Example CCG |
| • Clinical Observations (e-learning) | 05/2016 | RCN First Steps |
| • Manual handling | 01/2015 | Example residential home |
| • Safeguarding vulnerable adults | 03/2015 | Example residential home |
| • Basic life support | 05/2015 | Example residential home |
| • Infection control | 05/2015 | Example residential home |
| • Equality and diversity | 12/2014 | Example residential home |

Member of the Royal College of Nursing

09/2013

Additional Information

I enjoy running to keep fit and recently ran the London half marathon, raising over £300 for my local hospice. Other hobbies include cooking, films, travelling and walking my two dogs. I have a clean full driving license and am happy to travel for work. My linkedin profile can be found at: www.linkedin.com/jowilliams234

References

Jane Smith (Community Matron)

Example community trust / jane.smith@pinetree.nhs.uk / 0207 123456

Janet Smith (Personal Tutor)

Example University/ janet.smith@uni.ac.uk / 0207 456789