

# Sarah NICHOLLS

**AHPRA Registration: NMW0000000123**

**A:** 123 Main Street, My Suburb PCode | **M:** 0000 000 0000 | **P:** (03) 0000 0000

**E:** sarah\_nicholls@gmail.com | LinkedIn: in/sarah-nicholls/

## MEDICAL/SURGICAL REGISTERED NURSE

### Value Offered

- **Accomplished and extensively experienced nursing professional with a passion for providing comprehensive evidence-based nursing care** to patients from all demographics including in General Medical & Surgical; A & E, Critical Care & ICU; Cardiology; High Acuity; Paediatric & PICU; Oncology; Haematology; Neurology; Orthopaedics; Aged Care; and Mental Health.
- **11+ year's professional experience in same** and additional relevant experience as a **Nursing Shift Coordinator** and **Graduate Nurse Preceptor/Educator** with St Vincent's Hospital.
- **Sound knowledge of and commitment to Regulations, Acts and Policies relevant to nursing** including the Code of Ethics for Nurses in Australia and the National Competency Standards for Registered Nurses.
- **Role-essential professional skills and personal qualities** including highly developed interpersonal abilities and communication skills which enable me to rapidly forge and sustain effective relationships with patients, colleagues, medical and allied-health professionals; outstanding planning and organising skills; and a calm demeanor which allows me to effectively respond to and resolve emergency situations.

### Education

**Master of Nursing Science** | La Trobe University | Melbourne VIC 2014 - 2016  
**Bachelor of Nursing** | Monash University | Melbourne VIC 2006 - 2009

### Experience Summary

**Registered Nurse** | ABC Nursing Agency | Melbourne VIC 05/2018 – Present  
**Registered Nurse – Shift Coordinator** | St Vincent's Hospital | Melbourne VIC 03/2011 – 04/2018  
**Registered Nurse** | The Royal Melbourne Hospital | Melbourne VIC 11/2009 – 02/2011

### Experience

**REGISTERED NURSE (RN) | ABC Nursing Agency Pty Ltd | Melbourne VIC** 05/2018 – Present

Work across a number of public and private healthcare settings including The Royal Melbourne Hospital, St Vincent's Hospital, Alfred Health, Austin Health, and Box Hill Hospital.

- Providing person-centre nursing care to patients from all demographics aligned to each hospital's guidelines and procedures.
- Working across all areas of healthcare including emergency, ICU, medical, surgical, paediatrics, oncology, cardiology, urology, mental health, and rehabilitation.
- Performing patient admissions/discharges/transfers completing all relevant documentation.

**REGISTERED NURSE (RN) – SHIFT COORDINATOR | St Vincent's Hospital | Melbourne VIC** 03/2011 – 04/2018

#### Core Activities – Shift Coordinator:

- Direct clinical and non-clinical staff and coordinating shifts (under the direction of NUM, HOOT, SRN and Capacity & Access Manager).

- Assess staff requirements on shift-to-shift basis and request staff through central staffing and allocations of staff depending on acuity of patients and relevant staff skills.
- Educate, guide/support and demonstrate skills relevant to the speciality to new/agency staff, new graduates and students.
- Provide iSoBAR handover to medical team when handing over patients in different situations such as shift change and discharge destination.

#### **Core Activities – Registered Nurse:**

- Provided person-centred, evidence-based nursing care as an RN and also leveraged advanced knowledge and skills in activities including:
  - Orientating new medical staff and familiarising them with ward-specific policies and practices;
  - Providing education and support in cases of deviation from safe practices or policy and guidelines;
  - Completing risk assessments of patients at risk from psychological or behavioural disturbance and/or high physical acuity and care needs;
  - Acting as PIVD nurse (specialising in venepuncture/peripheral intravascular device insertion);
  - Being preceptor to students and TPPP participants (supporting goal setting and completing performance reviews); and
  - Acting as competency assessor for new and less experienced nurses.

#### **REGISTERED NURSE (RN) | The Royal Melbourne Hospital | Melbourne VIC**

11/2009 – 02/2011

Worked across multiple areas of the hospital as part of a Graduate Nurse Program including:

- **Accident & Emergency (A & E):**
  - Provided immediate and urgent care management for various trauma patients (from infants to elderly) including basic life support as required (CPR and auto defibrillator), responding quickly and accurately to life threatening situations.
- **Respiratory & Cardiology:**
  - Provided person-centred nursing care and support for patients who had undergone major cardio thoracic surgery including clinical pathway assessing and responding to deviations, care and removal of chest drains, changing sternal vacuum dressings, care and assessment of surgical wounds, patient education.
- **Orthopaedics/Surgical/Gastroenterology:**
  - Managed post-operative patients (including regular monitoring of vital signs, neurovascular observations, and pain management; performing wound assessments (including removal of drain tubes and sutures).
- **Oncology/Neurology:**
  - Caring for the neutropenic patient, following precautions as per hospital protocol including preparing and administering morphine, heparin infusions and transfusions of blood products.
- **Haematology & Renal:**
  - Administered multiple IVs through PICC, CVC and PVC lines- monitoring patients for febrile neutropenia and other complications-careful documentation of fluid balance charts.
- **Paediatrics:**
  - Provided person-centred nursing care to paediatric patients including children with chronic conditions, monitored and responded to adverse medication reactions, and informed parents/carers of ongoing medical care/treatment following discharge.

#### **Referees**

1. **Elizabeth Robertson** | Nurse Unit Manager | St Vincent's Hospital | Melbourne VIC  
**M:** 0400 000 000 | **E:** elizabeth.robertson@stvincents.org.au
2. **Howard Wilson** | Director of Nursing | Alfred Health | Melbourne VIC  
**M:** 0400 000 000 | **E:** howard\_wilson@alfredhealth.org.au