

## **Summary**

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BSc (Hons) Chemistry and PGDip Nursing graduate with good interpersonal and organisational skills developed working with both, public and private companies. During this time, I have developed effective team working skills and an ability to communicate clearly with the public in written and spoken form, being able to prioritize my work, work on my own initiative and meet tight deadlines.

## **Career History**

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### **Domestic Support Worker, May 2019 - Nov 2022**

St Thomas' Hospital

- Making beds.
- Cleaning beds after patients have been discharged.
- Deliver food to patients.
- Supervision and stock of nursing supplies in the ward.
- Taking patients for tests.

### **Senior Nursing assistant, Jan 2019 - May 2019**

St Thomas' Hospital.

- Making beds.
- Helping patients with personal hygiene.
- Attend patients' calls.
- Measuring and recording patients' vital signs.

### **Staff Nurse, Oct 2016 - Jan 2019**

St Thomas' Hospital.

- Developed a care plan for the patient and determined how to meet all their care and emotional needs, taking into account any social or personal problems they had
- Kept up-to-date with new policies, procedures and treatments in the industry
- Made careful and accurate records of treatments given and any changes observed in the patient's condition
- Performed practical duties, such as checking temperatures, taking blood pressure readings, giving injections, and dressing wounds and bandages
- Remained well organized and prioritised busy workloads
- Responded to emergencies quickly and worked well under intense pressure
- Talked to the patient's family or carer, updating them on the patient's progress or explaining treatments
- Worked effectively as part of a multi-disciplinary team to ensure excellent care was provided to the patient

### **Staff Nurse, Apr 2014 - Oct 2016**

St Thomas' Hospital

- Developed a care plan for the patient and determined how to meet all their care and emotional needs, taking into account any social or personal problems they had
- Kept up-to-date with new policies, procedures and treatments in the industry
- Made careful and accurate records of treatments given and any changes observed in the patient's condition
- Performed practical duties, such as checking temperatures, taking blood pressure readings, giving injections, and dressing wounds and bandages
- Remained well organized and prioritised busy workloads
- Responded to emergencies quickly and worked well under intense pressure
- Talked to the patient's family or carer, updating them on the patient's progress or explaining treatments

- Worked effectively as part of a multi-disciplinary team to ensure excellent care was provided to the patient

### **Supply Science Teacher, Sep 2011 - Feb 2012**

Synarbor Education

- Liaised with other tutors, parents, and peers when necessary
- Offered advice on further learning and progression opportunities to learners as required
- Motivated learners to study and encouraged confidence
- Promoted independent thinking and helped learners work effectively on their own
- Assisted learners in developing study skills specifically tailored to their individual needs
- Ensured learners were given regular feedback on their progress
- Ensured punctuality for each tutoring session

### **Science Teacher, Jan 2005 - Aug 2011**

Pimlico Academy

- Liaised with other tutors, parents, and peers when necessary
- Offered advice on further learning and progression opportunities to learners as required
- Planned, delivered and reported on the course, using methods and materials appropriate to the learner group and course content
- Motivated learners to study and encouraged confidence
- Prepared appropriate teaching materials including textbooks, worksheets and mock examinations
- Promoted independent thinking and helped learners work effectively on their own
- Assisted learners in developing study skills specifically tailored to their individual needs
- Ensured learners were given regular feedback on their progress
- Ensured punctuality for each tutoring session
- Evaluated and kept records of learners' progress in order to see where improvements could be made
- Evaluated my own teaching skills to ensure learners were receiving enough attention and assistance
- Gave learners tests to supplement formal tested material in courses to improve test scores in a given subject area
- Identified and assessed the needs of learners and adapted course content and delivery style to meet these needs when required

## **Education History**

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### **PGDip Adult Nursing, Feb 2012 - Feb 2014**

Kingston University

Post Graduate Diploma in Adult Nursing. Practical experience in Hepatics, Haematology, Plastics, Day surgery cases and Coronary Care Unit.

### **BSc (Hons) Chemistry, Oct 1988 - Sep 1993**

University of Cadiz (Spain)

Main subjects: Biochemistry, Biology, Organic chemistry, Inorganic chemistry, Analytical chemistry, Phisico-chemistry, Mathematics and Physics.

### **GCSE English, Sep 2000 - Jul 2001**

Westminster Adult Education Services.

Baccalaureate with subjects in Biology, Chemistry, Physics, Mathematics, Philosophy, English (foreign language) and Spanish language. **Sep 1987 - Sep 1988**

MS Word, Excell, Powerpoint.