

I'm Muna Oli, a registered nurse from Nepal with over two years of clinical practice and research experience. My areas of expertise are community health, emergency services, and critical care. I'm currently an international student living in Australia, attending Western Sydney University to pursue a Master of Health Science in Health Service Management. My professional objective is to transition from practical clinical practice to a focus on health promotion and policy, with the goal of working for NSW Health as a Health Promotion Officer. My unique blend of international clinical experience, expertise in public health research, and intercultural competence closely reflects the values of the Australian healthcare system.

I started my professional career in Nepal, where I oversaw health education programmes in underserved communities and schools, and provided critical care in tough hospital settings. In cooperation with the University Hospital of Bern, I participated in the Rheumatic Heart Disease Prevention Project, which was acknowledged by the WHO. Additionally, from June 2021 to June 2023, I worked as a part-time volunteer at Manav Sewa Ashram, where I helped people with mental health issues, disabilities, and homelessness by offering medical support. I currently work in aged care in New South Wales, where I manage care teams and advocate for person-centered approaches in my roles with Advance Care Agency and Hall & Prior. My understanding of the Australian healthcare system, evidence-based health planning, and service delivery methods has expanded because of my postgraduate studies (Khatri & Assefa, 2023).

The Code of Conduct of the Nursing and Midwifery Board of Australia (NMBA, 2018) serves as a framework for my ethical approach as a healthcare practitioner. It is based on fundamental principles such as honesty, compassion, responsibility, and equity. During my time in Nepal and Australia, I have provided inclusive, courteous, and culturally aware care to people with disabilities (Health, 2024). During the COVID-19 pandemic, I volunteered in isolation units, demonstrating my strong sense of professional duty and moral responsibility to help communities in times of distress (Lewis et al., 2025). My beliefs guide my profession, whether I'm providing daily aged care in Australia or working on community health programs in Nepal. At Manav Sewa Ashram, I offered holistic care in difficult conditions, where my compassion and perseverance reinforced my ethical commitment to helping those in need (Ambushe et al., 2023).

My work with Nepalese hospitals, Swiss research teams, and Australian aged care facilities has allowed me to develop strong professional networks and collaborative abilities that are essential for effective multidisciplinary healthcare. I work closely with physicians, educators,

social workers, and community leaders. I provide a strong cultural understanding moulded by my employment in the Australian and Nepalese healthcare systems as a globally experienced health practitioner. In Australia, I quickly adapted and gained excellent experience addressing the unique health requirements of culturally and linguistically diverse (CALD) groups, particularly in aged care and community education settings (Chauhan et al., 2021). My academic and professional expertise encompasses nursing, public health research, and health-care administration. My abilities have improved in the areas of logic model creation, STROBE-guided research appraisals, and thorough needs analysis. These skills enable me to create and carry out well-organized, theory-driven health programs, and they are reinforced by my master's degree (NSW Ministry of Health, 2017).

My professional perspective has been greatly expanded by my studies in Australia. At Western Sydney University, I got the opportunity to put public health theory into practice. To complete my master's degree, I managed a team project called "Enhancing Health Literacy on Type 2 Diabetes Mellitus Among Aboriginal Communities in NSW." This programme was consistent with NSW Health goals and the Future Health Strategic Framework 2022-2032. Our approach included stakeholder mapping, budgeting, policy evaluation, and developing culturally appropriate solutions (Diabetes, 2024). This project helped me improve my skills in systems thinking, community participation, and health care evaluation all of which are essential for a future Health Promotion Officer.

Furthermore, I was able to put my academic skills to use in practical public health settings in my former position as a research coordinator for Nepal's Rheumatic Heart Disease Prevention Programme, which related to the WHO. To present findings internationally, I worked with local authorities, conducted health education programmes, and established standardised screening procedures in schools. To prevent illness and improve community health outcomes, this experience strengthened my capacity to convert evidence-based recommendations into workable solutions. It also demonstrates my dedication to applying theory in ways that promote health equity for a diverse population.

I regularly use the knowledge I've gained from my academic degrees to my current job in Australia by actively participating in continuous reflection to promote my professional development. My goal is to operate as a link between clinical practice, health-care management, and the achievement of health fairness.

One of my greatest skills is adaptation; I've successfully traversed several nations, healthcare systems, and professional responsibilities, progressing from an ICU nurse in Nepal to a team leader in elderly care in New South Wales. I also thrive at communication and cultural responsiveness, allowing me to build great relationships with clients, families, and multidisciplinary teams (Lyng et al., 2021).

I am currently attempting to improve my digital health literacy. While I have prior experience with electronic health records and care planning tools, my current focus is on improving my expertise of Australian health informatics systems. To support this, I often attend training sessions and seek mentorship to better connect with the digital innovations that are influencing modern healthcare delivery (Digital Health Literacy, n.d.).

Area of Expertise

- Critical Care and Emergency Nursing - In Nepal, I provided critical care and emergency treatment, which included administering medication and performing life-saving treatments.
- Community Health and Health Education - Coordinated school health programmes, rural outreach clinics, and preventative health efforts that emphasised community participation.
- Public Health Research - Oversaw data collection and international reporting for a WHO-sponsored study on rheumatic heart disease, working with global research partners.
- Volunteer Work and Health Advocacy - Provided continuing medical and rehabilitative care to disadvantaged populations at Manav Sewa Ashram through long-term volunteer service.
- Health Service Design and Planning - As part of my postgraduate studies, I gained practical experience designing programme ideas, logic models, budgets, and stakeholder maps.

With a global nursing experience and current academic studies in Australia, I provide a unique viewpoint to the field of health promotion. I am committed to addressing the social determinants of health, supporting inclusive service delivery, and promoting equity throughout the healthcare system. With my hands-on clinical experience, public health education, and cross-cultural awareness, I am well-prepared to contribute meaningfully to NSW Health's goals and values.

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