

CURRICULUM VITAE

- **Name:** Vanessa Ribau
- **Profession:** Practice Nurse
- **Nationality:** Portuguese
- **Address:** 16 Peascroft House NW6 7YQ
- **Date of Birth:** 26/10/1993
- **Mobile:** 07496054323
- **Email:** v.ribau@nhs.net

EDUCATION

Aveiro University, Portugal — Degree
2012-2016
Adult Nursing

SUMMARY OF QUALIFICATION:

- Good skills in assessing, planning, implementing, documenting and managing patient care;
- Communicate effectively and collaboration with patients, families, physicians and other healthcare professionals in order to provide a high quality care;
- Excellent knowledge of healthcare software;
- Made a systematic review of the literature in my final year;
- Ability to be flexible and adapt to challenging situations;
- Committed to practicing nursing using a holistic approach;

WORK EXPERIENCE

Job Title: Trainee nurse

Employer: Aveiro University

Dates of Employment: 2012 to 2016

Duties & Equipment used: Several placements in GP surgery, surgery pediatric, nursing home, intensive care, emergency and surgical department.

Job Title: Registered Nurse in Neurosurgery Department

Employer: Addenbrookes Hospital

Dates of Employment: 09/2017 to 01/2020

Duties:

- Providing leadership and management of the nursing team on a day-to-day basis (worked as a nurse in charge in this ward setting)
- Working with other members of the multi-disciplinary team
- Responsible for managing patients with neurological conditions
- Link nurse for tissue and viability
- Participation in MDT meetings
- Rendered patient centered care
- Management of EVD and lumbar drain
- Carried out neurologic assessments to rule out any severe neurologic complications mainly in postoperative patients
- Perform vital signs, ECG, venipuncture, insertion of peripheral cannula, drug administration, GCS and limb assessments, urine cultures, wound swabs and health promotion in diabetes and HTN.
- Preceptor for students

Job Title: Registered Nurse in General Intensive Care Department (ITU)

Employer: Addenbrookes Hospital

Dates of Employment: 01/2020 to 05/2021

Duties & Equipment used:

- Assess critically ill patients from head to toe;
- Provide basic care patient;
- Administer oral, IV and IM medication as directed in a safe manner;
- Educate and update family regarding patient's conditions in a compassionate manner;
- Work directly with covid-19 patients, participation in proning patients;
- Able to provide respiratory and ventilator management and monitoring for patients;
- Provides care for critically ill patient with: hemodynamic pressure lines, pressure monitoring devices and artificial airway;

Job Title: Practice Nurse

Employer: AT medics: Barbly and Canberra Surgery

Dates of Employment: 06/2021 until present

Duties & Equipment used:

- Providing assessment, screening and treatment services and health education advice
- Chronic Disease Management such as asthma, COPD, diabetes and Hypertension;
- Contraception review and administration of contraceptive injections;
- Immunizations including travel, seasonal vaccinations and childhood vaccinations in accordance to the UK vaccination programme;
- Diet/Smoking/Lifestyle advice
- Assisting the doctors in minor ops and chaperoning;
- Cervical smears;
- Travel Health Advice and consultation. This also includes administration of travel health vaccines;
- Wound Reviews including ulcer management, burns and traumatic wounds;
- Administer injectable medication as required;
- Supervision of both health care assistants and nurse associates;
- Participates in infection control audit and lead of cold chain;

SKILLS

- Organizational and prioritization skills to provide care to many patients;
- Stress Management;
- Kind and Compassionate person
- Good communication skills and enjoy working with people;
- Dedication and Patience to work effectively
- Physical and Mental endurance;
- Accuracy and Attention for Detail;
- Critical Thinking; Alert and Observant;
- Responsible

TRAININGS ENROLLED (CERTIFICATES AVAILABLE UPON REQUEST)

- **03/11/2021** – respiratory training about both asthma and COPD delivered by impact – online course for 7 weeks
- **26/06/2022** – Asthma adults course delivered by eLearning for healthcare
- **10.05.2022** – Diabetes care: nursing with competence, confidence and compassion
- **15.09.2021** – Flu immunizations course delivered by eLearning for healthcare
- **14-18 March 2022** – Primary Care Nursing Live
- **08.03.2022** – Cervical cytology sample takers foundation training delivered by MKM healthcare
- **07.12.2021** - Introduction to travel health delivered by health academy
- **08.11.2021** - Basic Life support, AED and anaphylaxis training delivered by MKM healthcare
- **21.09.2021** - Childhood Immunizations Foundation Training delivered by MKM healthcare
- **18.11.2021** – Wound management delivered by Central London Community Healthcare
- **30.11.2022** – Supporting those on insulin therapy delivered by Medicof
- **19.08.2022** – polio (plus anaphylaxis webinar) given by Bromley GP alliance
- **13 – 14/09/2022** – Womens health professional Care
- **6-7/02/2023** – Contraception foundation training
- **10/05/2023**- Leg matter study day
- **18/05/2023** – Update on LARC Contraception
- **20/11/2023** – Travel health update
- **24/01/2024** - Ear Care update
- **06/03/2024** – Perimenopause: managing women's expectations
- **22/04/2023**- Managing hypertension
- **15/04/2024** – How to review diabetes effectively: in house training
- **23/05/2024**- STI update online

