

# NICHOLAS VELLA

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## SKILLS

- R statistical Software, LaTeX
- Python
- Excel: VBA, Pivot tables
- Microsoft Word, Powerpoint
- Financial modelling
- Comprehensive report writing
- Adaptability
- Prioritisation/Organisation
- Teamwork
- Verbal Communication

## ACTUARIAL EXEMPTIONS

CS1 – satisfied

CM1 – satisfied

CB1 – satisfied

CS2 – satisfied

CM2 – satisfied

CB2 – satisfied

## EDUCATION

### **Macquarie University Business School**

*Bachelor of Actuarial Studies*

**Macquarie Park, NSW**

*Graduated 2024*

- Distinction Average WAM
- Relevant courses: Calculus/Linear Algebra, Statistics, Probability Theory, Survival Models, Quantitative Methods for Risk Analysis, Macro/Micro Economics, Econometrics, Quantitative Asset and Liability Modelling

### **The University of Newcastle, Australia**

*Bachelor of Physiotherapy (Honours)*

**Callaghan, Tamworth NSW**

*Graduated 2020*

- Systematic Review of Physiotherapy for Paediatric Joint Hypermobility

### **Penrith Selective High School**

*Higher School Certificate*

**Penrith, NSW**

*Graduated 2016*

## WORK EXPERIENCE

### **Nepean Hospital**

*Physiotherapist*

**Penrith, NSW**

*Feb 2022 – Present*

- Quality improvement project aimed at constructing efficient weekend handover processes and measuring impact of increased staffing. Data collection/analysis in Excel involving VLOOKUP, pivot tables, statistical methods.
- Writing comprehensive NDIS and guardianship reports, documenting patient interactions
- Providing comprehensive health education to medically unwell/post-operative patients
- Presentations to colleagues on latest evidence-based care during in-services and journal club using teams and powerpoint
- Collaborating and problem solving complex discharges as part of the multidisciplinary team including surgeons, consultants
- Providing acute care in various environments including Emergency, Neurosurgery, Respiratory and Vascular
- Creating and fitting plaster casts, splints, slings, spinal braces/collars

### **Norwest Private Hospital**

*Physiotherapist*

**Bella Vista, NSW**

*Feb 2022 – Present*

- Facilitating safe discharge as the sole allied health practitioner
- Organising and delegating caseload to allied health assistants
- Providing acute care to deteriorating patients in the Intensive Care Unit; post-operative acute care to Orthopaedic, Surgical, and Neuro-surgical patients

### **Nepean-Blue Mountains Local Health District**

*Rotational Physiotherapist*

**Blue Mountains, NSW**

*Feb 2021 – Feb 2022*

- Six months rotation in community involving:
  - Managing a caseload of 20-25 Chronic and Complex Care clients
  - Meeting KPIs of 5 hours of therapy (home visits) across broad geographical location (Blue Mountains)
  - Completing intake assessments for Transitional Aged Care Program
- Six months rotation at Katoomba Hospital involving:
  - Facilitating safe discharge home for socially and medically complex patients
  - Managing caseload of up to 50 beds; sole allied health practitioner on weekends
  - Using powerpoint to create education inservices

## **LEADERSHIP**

### **University Network for Investing and Trading Macquarie**

*Finance Team*

**Macquarie Park, NSW**

*March 2022 – Nov 2022*

- Analysing costs and creating a budget for events
- Social media posts including designing flyers using photoshop

### **University of Newcastle Department of Rural Health**

*Year Long Placement Program*

**Tamworth, NSW**

*Jan 2020 – Nov 2020*

- Selected applicant to study fourth year of physiotherapy degree at rural campus site
- Developed health professional skills through community engagement and built understanding of rural healthcare issues
- Assisted with careers fair for high school students aimed to educate on health careers and encourage to apply

### **Hillvue Public School**

*(Year Long Program)*

**Tamworth, NSW**

*Feb 2020 – Nov 2020*

- Program designed to engage disadvantaged primary school children in physical activity and health education
- Created educational presentations and planned activities monthly for 20-30 local students

### **Physiotherapy Student Society**

*Social Outreach Coordinator*

**Callaghan, NSW**

*Feb 2019 – Nov 2019*

- More than doubled available funds to the society in one year
- Liaised with private companies and organised two new sponsorships for the society
- Planned and executed social events to engage health students including inter-faculty sports day, annual ball
- Assisted with designing and marketing merchandise; analysing costs of events, creating budgets

## **REFERENCES**

Available on request

## **OTHER INFORMATION**

*Interests:* Gym, Football, Running, Podcasts, Coffee