

**10th March 2003 to present**

**Staff Nurse**

**MEDICAL ADMISSIONS UNIT**

**Craigavon Area Hospital**

**SHSCT**

**Nov 2001- March 2003**

**Staff Nurse (E), Ward 6, Lurgan Hospital,  
CAH.**

**6th May 1999- Nov 2001**

**Staff Nurse (E), Ward 7&8, Lurgan Hospital,  
CAH.**

**26th April 1999- 6th May 1999**

**Staff Nurse (Acting E), Ward 7&8, Lurgan  
Hospital.**

**16th March 1999- 26th April 1999**

**Staff Nurse (Acting E), 2 South Acute Med,  
CAH.**

**26th Jan 1999- 16th March 1999**

**Staff Nurse (Acting E), Ward 7&8, Lurgan  
Hospital.**

**Jan 1995- 26th Jan 1999**

**Staff Nurse (D), Ward 7&8, Lurgan Hospital.**

**Oct 1992- Jan 1995**

**Staff Nurse (D), Stroke Unit, Lurgan  
Hospital.**

**Jan 1990- Oct 1992**

**Staff Nurse(D), Ward 7&8, Lurgan Hospital.**

**Oct 1989- Jan 1990**

**Staff Nurse(D), Wakehurst, BCH.**

**7th May 1989- Oct 1989**

**Staff Nurse(D), Whiteabbey & Greenisland  
Hospital.**

**Qualifications**

<b>Date</b>	<b>Qualification</b>
<b>1989 05</b>	<b>RGN (Registered General Nurse)</b>
<b>1992 05</b>	<b>NEBSM CERTIFICATE</b>
<b>1993 05</b>	<b>NEBSM DIPLOMA</b>
<b>2002 12</b>	<b>D32 D33 NVQ ASSESSOR</b>
<b>2003 07</b>	<b>SPEC ADV DIPLOMA (COMMENDATION)</b>
<b>2006 07</b>	<b>BSc (Hons)SPEC</b>

**I have worked in the Medical Admissions unit in CAH since March 2003 when it opened which is a well-recognised establishment that challenges practices and rituals. I have been told I am an enthusiastic medical nurse and I have over 23 years of experience providing expert nursing care to older people and with a range of medical conditions in the acute sector. I believe I am very professional in carrying out my work, and that I am committed to improving the standard of care through evaluation of practice, knowledge of research and life-long learning.**

**As a Band 5 Staff Nurse I assist the Ward Manager in the general running of the Ward and aim to deliver a high quality of service to patients. In the absence of the Ward Manager I take charge of the Ward on a regular basis and whilst I have been on night duty, I have been told that I have dealt with many challenging situations and people very competently. I believe I have influenced and managed change effectively within the unit through personal example, assisting with audits, collecting data, assisting and implementing new data, patient satisfaction surveys and following new pathways of care.**

**I have effective verbal and written communication skills and these skills come to the fore at Ward reports, meetings and when I work within the multidisciplinary team. Since obtaining an Advanced Diploma in Specialist Care in Older People in 2003 and a BSc Hon in Specialist Care in Older People in 2006; I feel I am more skilled than I was in giving evidenced based practice to my patients. Throughout my career I have tried to be dynamic and up to date with current trends and I feel by being a wound care link nurse, NUO Assessor in the past plus**

being heavily involved with the Royal College of Nursing from 2007 I have gone some way to achieving this.

As a RCN Learning Representative from 2007 I have been highly trained and I feel this has complemented my role as a Staff Nurse. I am currently an RCN NI Regional Board Member, RCN NI Learning Rep Committee Member, RCN NI Diversity Sub-Group Member, RCN NI Older People's Nursing Network Sub-Group Member and a RCN Southern Branch member. In these roles I have developed and established networks throughout the Trust in the Independent and Acute sector. In these roles I am able to influence and motivate others and in some circles I am able to negotiate and improved certain circumstances and scenarios.

As a Staff Nurse I have challenged individual's practice, if needed, in a pleasant manner and colleagues have been receptive to the knowledge I have tried to give them. Recently I was asked to represent the Trade Unions on the Trust Excellence Awards Committee. The RCN Learning Representatives in NI have been involved in the Union Representative Funding and with the guidance of RCN Staff in Belfast have been involved in collecting data for a research paper which will hopefully be released in the not so distant future.

My Learning Representative role also involves assisting in the organising of seminars and conferences for RCN members and it can be very rewarding when you have received positive feedback from people in attendance. Many of my experiences have broadened my knowledge of the challenges being experienced by other disciplines and sectors of the NHS. It has also provided me with the opportunity to advise on issues relating to my own area of expertise and has enlarged my professional view from a number of perspectives. I have proved to be flexible with regards working arrangements. Furthermore my time keeping is impeccable and my attendance record is very strong.