

Kathleen Uwandu
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NMC PIN: 15K0608C

I am a caring and empathic registered nurse who is currently working in a 28 roomed care home. I am a conscientious professional who is committed to providing safe and effective care. I am currently studying for my Bachelor of Adult Nursing and want to continue to use my skills as a Psychiatric Nurse while I study. I am particularly keen to work with the elderly because I feel that good nursing care at that time of life is essential.

Education

2014 – 2015	Queen Margaret University, Edinburgh Bachelor of Adult Nursing ongoing
2009 – 2013	Wallington Institute of Technology, Wallington City, Wales Bsc (Hons) in Psychiatric Nursing
2003 – 2009	Antrim Community College, Dunway, Co. Antrim Leaving Certificate

Employment History

Dec 2014- Present **Job Title:** Registered Psychiatric Nurse

Employer: North Chester Care Home, Edinburgh.

I am currently working within a care home which caters for patients with dementia. It has two specialist wards, two elderly care wards and a residential unit. Whilst on duty I am the Nurse in charge of my ward.

Duties include:

- Providing Basic Care
- Administering Medication
- Observation of Client Behaviour
- Advocating on Behalf of Patients
- Management of Challenging Behaviour
- Hoisting and Manoeuvring Patients
- Palliative Care
- Wound Care
- Allocating duties to staff

Feb 2014-Aug 2014 **Job Title:** Registered Psychiatric Nurse

Employer: Nurses Plus, Dundee

I worked with the agency Nurses Plus, where I was allocated to Dundee Mental Health Services. I worked in an acute unit and care of the elderly hostel.

Duties included:

- Observation of Client Behaviour
- Responding Quickly to Emergencies
- Planning Discharges and Liaising with Community Nurse's & GP's.
- Advocating on Behalf of Patients
- Allocation of a team of clients
- Multidisciplinary Team Care
- Sound Knowledge of Admission Procedures of Involuntary Clients
- One to one Nurse Sessions with Clients Allocated to your Care
- Providing Evidence Based Care
- Writing patient care plans & implementing same
- Checking and Administering Medications and Injections

Sept 2013- Feb 2014 **Job Title:** Registered Psychiatric Nurse

Employer: NHS Wales (Wallington Mental Health Services).

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I worked across a broad range of mental health units, including Acute Psychiatry, Alzheimer's and Dementia Unit and Rehabilitation and Recovery Services

Duties Included:

- Providing evidence based care
- Writing patient care plans & implementing same
- Checking and administering medications and injections
- Assistance with restraint
- Observation of clients in seclusion
- Sound knowledge of admission procedures of involuntary clients
- Management of clients pre and post electroconvulsive therapy (ECT)
- Observation of client behaviour
- Management of challenging behaviour
- De-escalating potentially violent situations
- Responding quickly to emergencies

June 2007 - Jan 2013

Job Title: Child Care Assistant

Employer: Kids First, Dunway, Co. Antrim.

I gained valuable experience from working with a variety of intellectual disabilities such as; Downs Syndrome, Cerebral Palsy, Autism Spectrum Disorder and Attention Deficit Disorder.

Duties included:

- Providing a safe and fun environment from early childhood into supportive self-sustaining adult lifestyle
- Empowering children with intellectual disabilities to grow and develop with the support of community based services that Kids First provides
- Management of challenging behaviour

Achievements and Social Engagement

Social & Charity:

- Volunteer for a year in 2006-2007 at Kids First, was subsequently hired as a staff member from 2007-2013.
- Founding group member of Greenway Youth Café in Dundee.

Awards:

- Winner of "Service to Fellow Students Award" for Antrim Community College (2008).

Certificates:

- First Aid
- Elder Abuse
- Break-Away techniques training
- Assist Suicide Workshop
- SafeTalk
- Control and Restraint training
- Manual Handling training
- CPR and AED training

Referees

Mrs Mary Reid, Nurse Manager, NHS Wales, Wallington, Wales
Tel: 0122 130 2471 Email: mreid@wit.ie

Mr John Sinclair, Manager, Kids First, Centre of Mental Health Care and Recovery, Dunway, Co. Antrim
Tel: 0860 464 0771 Email: jsinclair@yahoo.com