

Sophia Anderson

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EDUCATION

Northeastern University

Master of Science in Nursing (MSN)

Relevant Courses: Leadership for Developing Professional Practice, and Applied Science, Caring for the Client with Dementia

Boston, MA

May 2022

Queen Margaret University

BSc (Honors) Nursing (BSN)

GPA: 3.6 estimated US

Dissertation topic: The influence of single rooms on the wellbeing of older adults during a hospital admission

Relevant Courses: Recognition and Management of the Deteriorating Patient, Recovery, Rehabilitation and Long-Term Issues, Interprofessional Education

Edinburgh, UK

July 2015

LICENSES AND CERTIFICATIONS

- **Registered Nurse** – Board of Registration in Nursing – Commonwealth of MA
 - License No. RN2307401
- **Basic Life Support for Healthcare Providers** – American Heart Association
- **Scotland's Mental Health First Aid Course**– March 2014

WORK EXPERIENCE

Steward Health Care – St. Elizabeth's Medical Center

Registered Nurse – Surgical Cardiothoracic Unit

Brighton, MA

February 2017- Present

- Assess patient health problems and needs, developed, and implemented nursing care plans, as well as maintained medical records
- Work under the supervision of a cardiologist, and cardiovascular surgeons treating critically ill cardiovascular patients including those recovering from bypass, pacemaker, or angioplasty heart surgery
- Educate postoperative cardiovascular rehabilitation activities to the patient, such as postoperative home care needs; necessary changes in diet, nutrition, and exercise to improve heart health; and how to administer heart medication and recommended physical therapy at home
- Attend Interdisciplinary Care Rounds and organize/attend Formal Developmental Care Rounds

Steward Health Care - Saint Anne's Hospital, float pool

Registered Nurse – Medical/Surgical units

Fall River, MA

June 2016 – January 2017

- Offered direct care to patients in a community hospital setting
- Supported physicians for surgeries and clinical examinations
- Assessed patient treatment plans and evaluated and updated patient progress reports
- Observed recorded and reported on changing patient symptoms and conditions
- Provided treatment to patients for a variety of minor illnesses and injuries
- Researched and reported on unusual patient medical histories to physicians and appropriate staff
- Provided support to nursing and other hospital staff as needed on a regular basis
- Floated to a variety of units including medical and surgical floors, oncology, geriatric psychiatry, and the emergency department

National Health Service – Lothian Hospital

Nursing Assistant

Edinburgh, UK

March 2014-August 2015

- Assisted patients with activities of daily living
- Followed infection control procedures
- Provided nutrition and mobility assistance with patient positioning
- Experience in acute medicine of the elderly, surgical and medical oncology, urology, respiratory, rheumatology and dermatology

CLINICAL ROTATIONS

Western General Hospital

Dermatology, and rheumatology Nurse (Senior Practicum)

Edinburgh, UK

Total: 2,201 hours

Hours: 688 hours

- Managed patient caseload under supervision of RN
- Assessed and monitored assigned patients
- Collaborated and communicated with members of the multidisciplinary team to plan, manage, and assess patient progress
- Documented all relevant nursing actions regarding patient care
- Prioritized the needs of patients while providing patient centered care
- Evaluated patient knowledge and provided patient education as needed
- Delivered and received nursing reports for shift change and unit transfers

Ambulatory setting: Lauriston Place, Edinburgh, UK

105 hours

Third sector placement: HealthLink 360 – Travel Clinic

38 hours

Intensive care unit: Royal Infirmary of Edinburgh, UK

255 hours

Surgical placement – gynecology: Royal Infirmary of Edinburgh, UK

302 hours

Rehabilitation placement – orthopedic: Western General Hospital, Edinburgh, UK

253 hours

Acute medicine of the older adult: Royal Infirmary of Edinburgh, UK

372 hours

Community nursing – district nurses: Prestonpans Health Centre, UK

188 hours

PUBLICATIONS AND PRESENTATIONS

- MacDonald, K., Paterson, K. and Wallar, J., 2016. Nursing students' experience of practice placements. *Nursing Standard*, 31 (10), pp. 44-50.
- Wallar, J. 2015. My clinical elective experience in Sri Lanka. *The Pelican Nurses' League Journal*, 80th Anniversary, pp. 71-72
- Carmichael, L, Wallar, J. and Paterson, K., 2013. 10 Top Tips for Clinical Practice. *Enhancing Nursing Through Educational Research conference presentation*. Edinburgh, United Kingdom

VOLUNTEER AND LEADERSHIP

Queen Margaret University

Class representative

Edinburgh, UK

September 2013 – July 2015

Neonatal Intensive Care Unit, Anne Arundel Medial Center

Student Volunteer

Annapolis, MD

July – August 2014

Mental health unit, Gynecology and obstetrics unit

World Student Nurse Volunteer

Kandy, Sri Lanka

June 2014