

# Sophia Anderson

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## EDUCATION

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### 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

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- **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

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### 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**

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**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**

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- 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*, 80<sup>th</sup> 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**

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**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