

# Rachel Smith

## Mental Health Nurse

### AREAS OF EXPERTISE

*Anger management*

*One to one support*

*Enhanced thinking skills*

*Dual diagnosis (Drug and Alcohol)*

*Administration of medication*

*'De-escalation' techniques*

*Cognitive behaviour therapy*

*Administration*

### CAREER STATEMENT

*"I feel that my greatest strengths are firstly my ability to develop and maintain a close working relationship with my patients. Secondly my ability to liaise with psychiatrists, occupational therapists, GPs, social workers and other health care professionals to plan and deliver care using a multidisciplinary patient-centred approach."*

Rachel Smith

### PERSONAL SUMMARY

A knowledgeable and enthusiastic registered mental health nurse with hands on experience of working with children, adults and older people suffering from various mental health conditions. Experience of providing high quality patient centred care, and committed to National Service Framework, N.I.C.E. and Essence of Care initiatives.

Committed to safeguarding and promoting the welfare of patients and helping them to recover from their illness or come to terms with it in order to maximise their life potential. Rachel is currently looking for a opportunity to act as an independent practitioner with her own caseload.

### CAREER HISTORY

***Highrise Hospital - Watford***  
MENTAL HEALTH NURSE August 2009 - Present

Providing patients with a safe, person-centred, secure environment where individuals can receive the appropriate care and treatment required to manage their complex and long-term needs closer to home.

#### ***Duties:***

- Assisting in the supervision and development of health care assistants.
- Assessing the care needs of patients.
- Responsible for the custody, storage and administration of medicines.
- Development, implementation and evaluation of programmes of care.
- Working with mental health service-users in a multi-professional setting.
- Looking after patients with severe and enduring mental illness.
- Performing administrative duties.
- Involved in the screening, assessment and follow up support of patients.
- Liaising with other health care professionals and social workers.
- Reporting to senior managers.
- Involved in the provision of a structured substance misuse service in a community-based environment.

***Capeham Health Services - London***  
TRAINEE NURSE June 2007 – August 2009

Responsible for the assessment of care needs and the development, implementation and evaluation of programmes of care. Helping people to recover from their illness or come to terms with it.

#### ***Duties:***

- Responsible for the clinical co-ordination of individual and group therapies.
- Formulations of appropriate care plans and delivery of care co-ordination.
- Prioritising cases for allocation.
- Maintaining a safe and secure environment.
- Worked with personality disordered clients.
- Assisted patients with learning disabilities.
- Supervising junior staff.
- Maintaining a high standard of nursing care during procedures and treatments through supervision and instruction.

## PROFESSIONAL

*CRB cleared*

*POVA*

*Valid NMC PIN*

*Registered RMN*

## PERSONAL SKILLS

*Listening skills*

*Emotional resilience*

*Focused*

*Confident personality*

*Co-ordinating*

## KEY COMPETENCIES AND SKILLS

### *Professional*

- In depth understanding of the Mental Health Act.
- Experience of working in nursing homes and residential settings.
- Experience of various projects including drug and alcohol.
- In-patient nursing practises in accordance with clinically effective interventions.
- Experience of Microsoft software like Word, Excel and PowerPoint.
- Able to manage complex case loads.
- Experience of providing one-to-one care within the nursing home.
- Experience of working with adolescent children.
- Proven organizational and administrative ability
- Preparing and maintaining patient records.
- Can identify whether and when patients are at risk of harming themselves or others.

### *Personal*

- Good communication skills and professional approach to work.
- Flexible and able to work independently.
- Possessing a confident and articulate manner.
- Willing to work flexible hours and to travel to a variety of sites.
- Looking after patients with drug and alcohol abuse problems.
- Able to respond to distressed patients in a non-threatening manner.
- Ability to stay calm under pressure.
- Able to react quickly and effectively when dealing with challenging situations.

## ACADEMIC QUALIFICATIONS

### *Watford College, Watford 2006 - 2007*

A' Levels:

Maths	B
English literature	A
Physics	B
Geography	D

### *St Mathews Secondary School, Watford 2002 - 2006*

GCSE's:

English	C
Maths	C
Science	A
Technology	B

## PERSONAL DETAILS

*Rachel Smith*  
*89 Anywhere Road*  
*Watford*  
*W3 7RD*

*T: 0207 000 9999*  
*M: 0777 777 3333*  
*E: [rachel.s@dayjob.co.uk](mailto:rachel.s@dayjob.co.uk)*

*DOB: 24/08/1986*  
*Driving license: Yes*  
*Nationality: British*

REFERENCES – Available on request.

---

## Copyright information - Please read

© This [CV template](#) is the copyright of Dayjob Ltd August 2010. Jobseekers may download and use this CV example for their own personal use to help them create their own CVs. You are most welcome to link to this page or any other page on our site [www.dayjob.com](http://www.dayjob.com). However these CVs must not be distributed or made available on other websites without our prior permission. For any questions relating to the use of this mental health nurse CV template please email: [info@dayjob.com](mailto:info@dayjob.com).