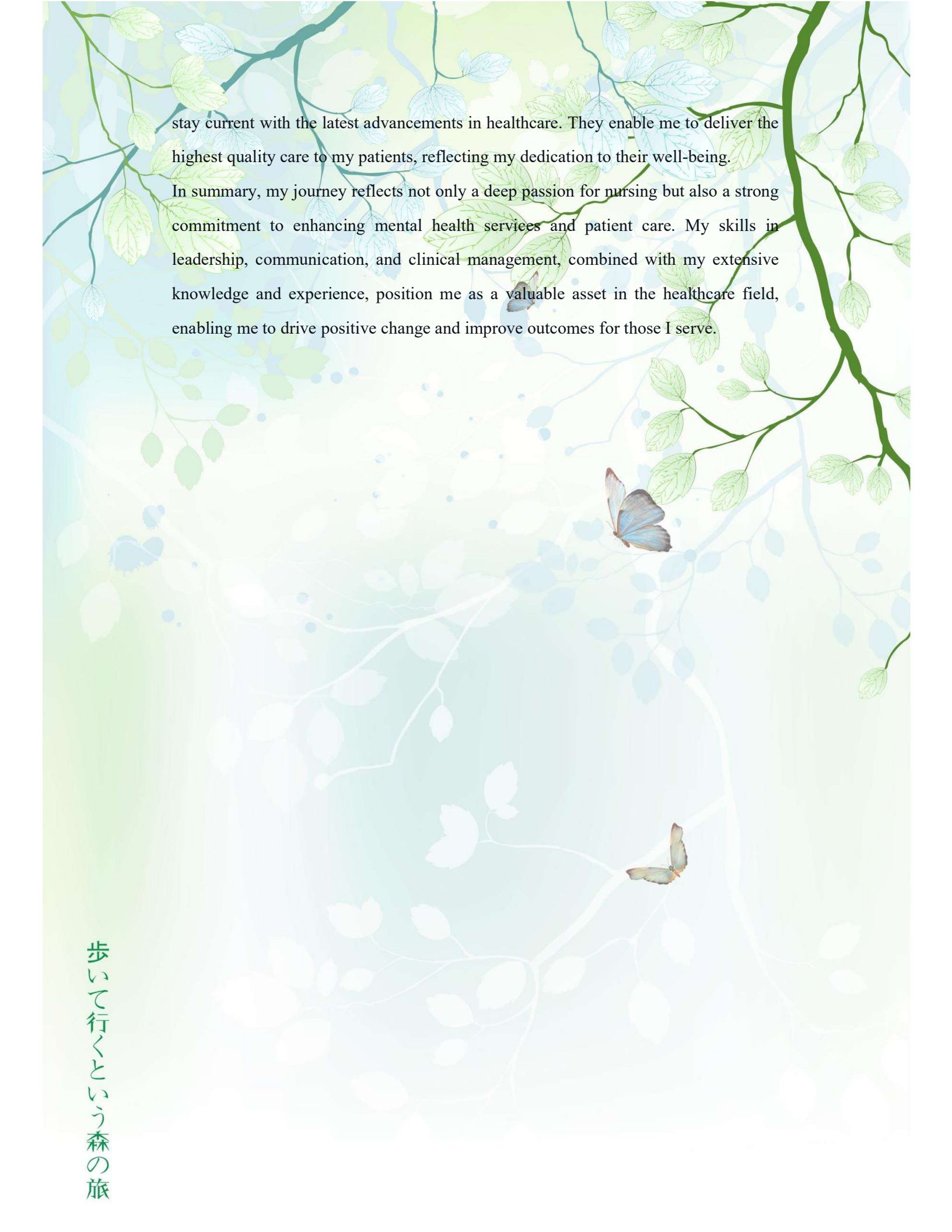


## Autobiography

My autobiography illustrates a dedicated and accomplished career in nursing, particularly in the realm of mental health and geriatric care. As the Physical Health Lead and Clinical Team Lead for Older People's Community Mental Health Dementia and Frailty Services, I have honed my skills in managing complex patient information, overseeing clinical research, and ensuring high standards of infection and medication control. My commitment is to empower people with physical disability to nurture their mental health and well-being, but also to give compassionate care for individuals with physical disabilities, mental health challenges, and terminal illnesses, which underscores my dedication to improving the quality of life for vulnerable populations. My strong organisational skills, effective communication, and ability to foster teamwork have been pivotal in creating an interesting environment for both patients and staff. My leadership roles, including Clinical Unit Manager and Nurse Home Manager, have equipped me with the expertise to demonstrate compliance with regulatory standards while delivering individualised care, reassuring the audience of my proven ability to manage and lead in healthcare settings.

My involvement in voluntary services, such as the Volunteer IOI program in the Galapagos and the HOPE European Exchange Programme, underscores my deep commitment to global health initiatives and collaboration among healthcare professionals. These experiences have broadened my understanding of diverse healthcare practices and the importance of sustainable health solutions, inspiring me and hopefully inspiring others to continue our efforts to improve healthcare worldwide.

My academic qualifications—including a Post-doctorate in psychology, a Doctorate in Health Science with a focus on Mental Health, and a Master's in Mental Health—demonstrate my commitment to continuous learning and professional development. These qualifications are not just titles, but practical tools that I use to



stay current with the latest advancements in healthcare. They enable me to deliver the highest quality care to my patients, reflecting my dedication to their well-being.

In summary, my journey reflects not only a deep passion for nursing but also a strong commitment to enhancing mental health services and patient care. My skills in leadership, communication, and clinical management, combined with my extensive knowledge and experience, position me as a valuable asset in the healthcare field, enabling me to drive positive change and improve outcomes for those I serve.