

Sophie Williams

Newly Qualified Nurse

Southampton, United Kingdom · sophie.williams@gmail.com · +44 7219 638 475 ·

linkedin.com/in/sophiewilliams-nurse



Newly qualified adult nurse with a BSc from the University of Southampton and over 2,300 hours of clinical placement experience across 4 hospital wards. Skilled in patient assessment, medication administration, and care planning, with a particular interest in acute medicine and patient safety. Completed a quality improvement project on falls prevention that was adopted by the ward team.

EXPERIENCE

Healthcare Assistant (Bank), University Hospital Southampton NHS Foundation Trust, Southampton *Jun 2024 – Present*

Bank HCA role working across medical and surgical wards during university holidays and weekends.

- Worked an average of **3 shifts per week** during holiday periods across acute medicine, orthopaedics, and general surgery
- Provided personal care, observations, and nutritional support for up to **12 patients per shift**
- Recorded **NEWS2 scores** accurately and escalated 8 deteriorating patients to the nurse in charge over the past year
- Completed **phlebotomy training** and took blood samples from an average of 6 patients per shift on the medical assessment unit

EDUCATION

BSc (Hons) in Adult Nursing, University of Southampton, Southampton *Sep 2022 – Jun 2025*

Upper Second Class Honours (2:1). NMC-approved programme with 2,300 hours of supervised clinical practice across 4 placement settings.

- Placement 1: **Acute Medical Unit, Southampton General Hospital** (12 weeks) — managed a caseload of 6 patients under supervision, administered IV medications, and participated in ward rounds
- Placement 2: **Orthopaedic Surgery Ward, Southampton General Hospital** (12 weeks) — assisted in pre- and post-operative care for patients undergoing hip and knee replacements
- Placement 3: **Community District Nursing Team, New Forest** (10 weeks) — conducted 8 home visits per day including wound care, catheter management, and end-of-life care
- Placement 4: **Coronary Care Unit, Southampton General Hospital** (12 weeks) — cared for patients post-MI and post-PCI, monitoring cardiac rhythms and administering time-critical medications
- Relevant modules: Anatomy & Physiology, Pharmacology, Evidence-Based Practice, Mental Health Awareness, Leadership in Nursing

A-Levels in Biology (A), Chemistry (B), Psychology (B), Barton Peveril Sixth Form College, Eastleigh *Sep 2020 – Jun 2022*

Achieved ABB. Completed the college's Extended Health Sciences programme alongside A-Levels.

SKILLS

Patient Assessment (ABCDE, NEWS2), Medication Administration (Oral, IV, SC, IM), Care Planning & Documentation, Wound Assessment & Management, Phlebotomy & Cannulation, ECG Recording & Basic Interpretation, Infection Prevention & Control, Patient Communication & De-escalation, Team Handover (SBAR Framework), Time Management in High-Pressure Environments

CERTIFICATIONS

NMC Registration — Registered Nurse (Adult) , Nursing and Midwifery Council	<i>Sep 2025</i>
Immediate Life Support (ILS) , Resuscitation Council UK	<i>Jan 2025</i>
NHS Safeguarding Level 3 — Adults and Children , NHS Health Education England	<i>Oct 2024</i>

LANGUAGES

English (native), Welsh (basic)

PROJECTS

Quality Improvement Project — Falls Prevention on Acute Medicine *Jan 2025 – May 2025*

Final-year QI project aimed at reducing inpatient falls on a 28-bed acute medical ward at Southampton General Hospital.

- Audited **3 months of incident data** and identified that 68% of falls occurred between 22:00 and 06:00, with most involving patients aged 75+
- Introduced a **"Falls Bundle" checklist** covering bed height, call bell positioning, lighting, and footwear — trialled over 8 weeks
- Falls during the trial period dropped by **31% compared to the same period the previous year** (from 16 falls to 11)
- Presented findings to the **ward sister and matron** — the checklist was adopted as standard practice on the ward

EXTRA CURRICULAR ACTIVITY

Southampton University Nursing Society — Welfare Representative *Sep 2023 – Jun 2025*

Supported the wellbeing of nursing students through peer support and social events.

- Organised **8 peer debrief sessions** after challenging placements, attended by an average of 15 students each
- Set up a **mentoring scheme** pairing 30 first-year nursing students with second- and third-year buddies

Volunteer — Southampton City Mission Homeless Outreach *Jan 2023 – Dec 2024*

Volunteered on the weekly outreach team providing hot food and basic health checks to rough sleepers.

- Participated in **42 outreach sessions** over 2 years, serving food and offering signposting to health and housing services
- Took **basic observations** (blood pressure, temperature) for an average of 8 people per session under the supervision of a volunteer GP