FREYA BECKER

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SUMMARY OF QUALIFICATIONS

- Registered nurse who puts patient safety and dignity first.
- Experience across 3 employers, most recently as Ward Sister at Meadow View Care.
- Calm under pressure on busy wards.
- Known for clear communication with colleagues and for following work through to the end.

EDUCATION

University of Lisbon — **Lisbon**
BSc Adult Nursing — *2023*

PROFESSIONAL EXPERIENCE

Meadow View Care — **Toronto, ON**
Ward Sister — *Mar 2026 – Present*

- Educated patients and families on wound care before discharge.
- Took charge of the ward on night shifts.
- Cared for up to 13 patients a shift on a busy surgical ward.
- Completed safeguarding referrals when concerns were raised.

Riverside Clinic — **Toronto, ON**
Senior Staff Nurse — *Mar 2025 – Mar 2026*

- Worked with doctors and therapists on discharge planning.
- Kept care records accurate and handed over clearly at shift change.
- Administered medication and monitored patients after surgery.
- Supported newly qualified nurses through their preceptorship.

Meadow View Care — **Toronto, ON**
Staff Nurse — *Aug 2023 – Jan 2025*

- Escalated deteriorating patients using the early-warning score.
- Contributed to the ward's pressure-ulcer prevention plan.
- Took part in medication safety audits on the ward.

INITIATIVES

Falls prevention audit

- Planned and delivered it alongside day-to-day work, with a written plan and agreed success measures.
- Shared the results with the wider team and kept the documentation up to date.

Discharge checklist

- Planned and delivered it alongside day-to-day work, with a written plan and agreed success measures.
- Shared the results with the wider team and kept the documentation up to date.

RESEARCH & PUBLICATIONS

Notes on workplace surveys — **2021**

- Short paper shared internally and at a local meetup.

TECHNICAL SKILLS

General: Electronic patient records, Microsoft Office
Languages: English (Fluent)

CERTIFICATIONS

- Immediate Life Support
- Mentorship in Practice

EXTRA-CURRICULAR ACTIVITIES

- Volunteer at a local food bank twice a month.
- Organiser of a monthly running club with around 30 members.
- Mentor for a school careers programme, helping students with CVs and mock interviews.

REFERENCE

Freya Fernandez
Head of Operations, Riverside Clinic
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