

AISA SAHO SAHO

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CAREER PORFILE

A skilled registered Mental Health Nurse who's passionate about supporting individuals that struggle with mental health challenges. During university placements and my work in the healthcare sector, I have gained a wide range of experience that has reinforced my passion for caring for others. I have expertise in medication management, care planning, communication skills, risk management and clinical assessment.

EDUCATION

**BSc (Hons) Nursing (Mental Health) –
University of South Wales**

2022 – 2025

Key Modules:

- Mental Health Assessment and Care Planning.
- Therapeutic Communication and Relationship Building.
- Leadership and Professional Practice.
- Pharmacology and Medicines Management.
- Risk Management and Safeguarding.

Key Achievements:

- Completed 2,300+ hours of clinical placements in acute and community settings.
 - Successfully led a small care team during final-year placement.
 - Demonstrated excellence in patient communication, earning positive mentor feedback.
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CLINICAL PLACEMENT EXPERIENCE

Older Adult Mental Health Ward - NHS Wales

2024 – 2025

- Completed routine mental-state evaluations and helped with care planning.
- Helped with administration of medication under supervision, in accordance with NHS safety guidelines.
- Helped patients with dementia in the maintenance of routines, dignity, and emotional well-being.
- Helped with handovers, risk assessments, and patient observations.

Community Mental Health Team Placement - NHS Wales

2023 - 2024

- Shadowed RMNs to undertake case management and risk assessments.
- Made home visits
- Conducted psychoeducation with carers under supervision.

Mental Health Inpatient Ward Placement

2022 - 2023

- Assisted nurses in delivering one-to-one therapeutic interventions.
- Learnt de-escalation and crisis management techniques.
- Gained experience in administering medication under supervision.

EMPLOYMENT HISTORY

Bank Healthcare Assistant – Priory Hospital, Cardiff

2022 - 2025

- Delivered personal care and emotional support for older adults who had cognitive impairment.
- Collaborated with registered nurses and other health care team members.

Volunteer as a student mental health supporter- Cardiff and Vale College

2020 - 2021

- Facilitated support for well-being groups and promoted mental health education.
 - Enhanced listening and empathy skills through group activities.
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KEY SKILLS & COPETENCIES

- **Medication Safety:** Skilled in the safe administration, storage, and recording of medications.
 - **Communication:** Skilled in verbal, non-verbal, and written communication with patients, carers, and professionals.
 - **Leadership:** Experienced in mentoring and supporting HCAs under supervision and student nurses.
 - **Adaptability:** Effective and calm in emotionally challenging situations.
 - **IT Literacy:** Skilled in Microsoft Office (Word, Excel, Outlook...).
 - **Languages:** English(fluent), Spanish (Fluent), Catalan (Fluent) and Soninke (Fluent).
 - **Certifications:** Basic Life Support (BLS), Manual Handling, Safeguarding Adults Level 3.
 - **Driving:** Driving licence (Type B).
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PROFESSIONAL DEVELOPMENT

- **Risk Management Masterclass** – Ascent Training Wales (Jun 2024)
 - **Communication Skills for Mental Health Practitioners** (eLearning) – NHS (Oct 2023)
 - **Medication Management Training** – ProCare Nursing Cardiff (Feb 2024)
 - **Leadership & Management Short Course** (Virtual) – University of South Wales (Mar 2025)
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REFERENCES

- Available upon request.