



Tiia Annele Försti

Nationality: Finnish **Date of birth:** 11/06/1994 **Gender:** Female

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ABOUT ME

I am a registered nurse from Finland living in Espoo with 8 years of experience from working in a healthcare sector. I am currently working in my dream job as a surgical nurse in a ambulatory surgery unit in Jorvi Hospital. I am motivated to learn and grow as a healthcare professional and currently looking for education to guide me towards creating better healthcare for future.

EDUCATION AND TRAINING

RN, Registered nurse

Mikkeli University of Applied Sciences [07/01/2014 – 22/12/2016]

City: Savonlinna | Country: Finland | Website: <https://www.xamk.fi/>

Erasmus traineeship

Cespu-Cooperativa De Ensino Superior, Politecnico e Universitario, crl. [10/09/2015 – 14/12/2015]

City: Gandra | Country: Portugal | Website: <https://www.cespu.pt/en/>

LANGUAGE SKILLS

Mother tongue(s): Finnish

Other language(s):

English

LISTENING C1 **READING** C1 **WRITING** B2

SPOKEN PRODUCTION B2 **SPOKEN INTERACTION** B2

Swedish

LISTENING A2 **READING** A2 **WRITING** A2

SPOKEN PRODUCTION A2 **SPOKEN INTERACTION** A2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

COMMUNICATION AND INTERPERSONAL SKILLS

Emphaty

Emotional intelligence

Teamwork

Patience

Adaptability

WORK EXPERIENCE

Registered nurse

Helsinki University Hospital [20/02/2017 – Current]

City: Espoo | Country: Finland

- Töölö Hospital, Plastic surgery ward between 2017-2019.
- Common duties of a registered nurse.
- Offering care for adult patients in need of expertise in plastic surgery before and after surgeries.
- Most typical medical conditions that were treated in the ward were acutes and chronic wounds, skin cancers, soft tissue sarcomas, reconstructions after breast cancers and tissue defects caused by traumas. Also transgender patients were treated at the ward.
- Working as a nurse specialized in pain management and crisis support.
- Jorvi Hospital, anesthesia- and surgery unit L from 2019 - ongoing.
- Common duties of a registered nurse.
- Surgical nurse specialized in perioperative care.
- Working in ICU during COVID 19 pandemic as a covid-nurse.
- Providing care to patients before, during and after surgery
- Working in operation theatre and recovery room.
- Discharging patients after elective surgeries.