

MARIKA GRAF

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CAREER OVERVIEW

Highly skilled and dedicated Registered Nurse, with extensive clinical, community care, corporate and education experience. Well respected in a multidisciplinary team as well as the ability to work autonomously. Proven ability to work under pressure and with a diverse array of professionals. Takes pride in the rapport and professional relationships developed. A very strong patient advocate with a compassionate nature. Possess leadership qualities and enjoy mentoring roles. Driven to continue taking on new challenges and willing to further develop my professional work experiences.

KEY STRENGTHS

- Experience in acute, sub acute, community, public and private / corporate sectors
- Effective public relation and networking skills
- Experience in health promotion and illness prevention
- Project development, implementation and review
- Leadership qualities and excellent rapport with colleagues and patients / clients etc.
- Ability to supervise and support less experienced staff
- Confident in public speaking
- Adaptable to any situation / thrive on challenges
- Proficient with MS Office Suite
- Effective business acumen

EDUCATION & TRAINING

- 2018 First Aid, Basic Emergency Life Support & CPR
- 2017 Mental Health First Aid
- 2014 **Immunisation for Registered Nurses – Australian College of Nursing**
- 2013 **Certificate IV Training & Assessment – ANMF**
- 1995 **Graduate Certificate in Clinical Nursing – Practice & Management (Rehabilitation Nursing)**
RMIT, Melbourne
- 1993 **Bachelor of Health Science (Nursing)**
Latrobe University, Victoria (Dux for clinical and academic excellence)

HOBBIES & INTERESTS

- Family outings / travel
- Cooking
- Sporting endeavours
- Community Volunteering

CAREER HISTORY

August 2018 – present (sessional)

Clinical Educator– Education Training & Employment Australia (ETEA)

**Clinical facilitation, classroom teaching & practical skills assessment -
(Diploma of Nursing and International Registration students)**

Feb 2017 – August 2018

Health advisor / claims analyst – Defence Health Limited (DHL), Melbourne
(Part time)

Key responsibilities:

- Telephone based health support, advice & health system navigation
- Project development, implementation & review
- Consultative role in medical / hospital / ancillary claims
- Mental health support, referral and advocacy
- Clinical support and education of non clinical staff
- Triage referrals to various chronic disease management programs
- Development of workflows and guidelines
- Provider relations – internal and external stakeholders
- Involvement in various committees / projects (Product enhancement, Peer review, Marketing health information, Provider relations, OH&S etc)
- Assessment and peer review of ex gratia claims
- First Aider / Fire Warden

2005 – present

Registered Nurse, Coronary Care/Cardiothoracic Unit, Warringal Private Hospital, Heidelberg (Part time)

Key responsibilities:

- Senior specialist Registered Nurse
- Care of patients with often life threatening conditions
- Leadership role among junior / less experienced staff
- Patient advocacy, health promotion and education
- Discharge planning
- Continual professional development
- Integral member of multidisciplinary health care team

Key Achievements:

- Highly regarded for advanced skill level
- Excellent rapport with patients, families and staff
- Positive feedback regarding mentoring and leadership role
- Empathetic approach to chronic / terminally ill patients and their families
- Involvement in various quality assurance projects
- Professional conduct within the private sector

May 2002 – July 2005

Case Manager, Northern Health/Care Connect Ltd - Victoria

- **Transition Care Programs – Northern Health**
- **Community Aged Care Packages – Western region**
- **Private Case Management - HARP, ACAS Rapid Response & Private clients**

Key Responsibilities:

- Attendance & advice at discharge planning meetings at acute and subacute facilities.
- Triage of referrals, determining eligibility for program acceptance.
- Co-ordination of discharge process including multi disciplinary care planning.
- Referral to various community support services
- Ongoing monitoring of clients management at home
- Co-ordinating hospital readmissions and entry to residential care facilities if required.
- Regular case conference reviews with program manager.
- Management of client files and budget.
- Promotion of the program in the health care network and community.
- Orientation, training and supervision of staff
- Involvement in program review, promotion & development

Key Achievements:

- Development and review of Northern Health pilot program
- Policy, Procedure and resource manual development
- Successful at preventing premature admission to residential care for many clients
- Presented to many forums about Transition Care program

March 2001 – April 2002

Community Spinal Advisor, Paraplegic and Quadriplegic Association of NSW - Sydney

Key Responsibilities:

- Involvement in the discharge process of people with spinal cord injuries (SCI) returning to the community
- Facilitating referral to various community support services
- Ongoing support and education to those with SCI, families and service providers (Rural NSW and ACT)
- Consultancy to various community services, presenting at informal and formal meetings / conferences
- Preparation of medical legal assessments for compensation claims
- Public education and promotion of disability awareness

Key Achievements:

- Involvement in The Rural Spinal Cord Injury Project, funded by the Motor Accident Authority NSW. This included assisting with the co-ordination and running of focus groups (for people with SCI and service providers), collection, analysis and reporting of data and promotion of findings and education and support material and services generated
- Raising the profile of SCI and the specialised care those affected need, particularly in remote and rural areas
- Input into the national guidelines for the care of people with SCI
- Improved quality of life for many

August 2000 – March 2001

Registered Nurse, Australian Red Cross Blood Service – Sydney (mobile unit)

- Interviewing for suitability to donate
- Blood product collection process
- Post care of the donor
- Education & public relations around donation.

November 1997 – May 2000

Senior Staff Nurse, The Wellington Hospital - London, United Kingdom
(Coronary Care Unit / Cardiac Catheterisation Laboratory)

January 1996 – August 1997

Registered Nurse, Spinal Injuries Rehabilitation Unit, Royal Talbot
Rehabilitation Centre - Kew

July 1995 – August 1997

Registered Nurse, Cotham Private Hospital, Kew & Warringal Private Hospital,
Heidelberg

January 1995 – February 1996

Practice Nurse, Princess Street Medical Centre – Kew

January 1994 – January 1995

Graduate Nurse Program, Maroondah Hospital - Ringwood, Victor

REFEREES:

Mr Mario Pilitis (CCRN)
NUM – CCU
Warringal Private Hospital
Ph: 9450 6994

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