ADELE OLAMIPOSI TEMITOPE **RN, RM, RPHN, BSc, BNSc**

✉ adeleposi@gmail.com | 📞 +234 906 898 2905

PROFILE

A dedicated and motivated nursing professional with a strong academic background in Nursing Science and Human Anatomy. I have keen research interests in mental health nursing, neurobiological sciences, public health, and evidence-based clinical practice. I am committed to advancing healthcare through research, interdisciplinary collaboration, and culturally responsive nursing interventions, with a longterm goal of bridging the gap between research and clinical practice.

EDUCATION

Bachelor of Nursing Science (BNSc)
Chrisland University, Abeokuta, Ogun State, Nigeria
First Class Honours (4.55/5.00) – Top 5% **2020 – 2024**

Bachelor of Science (BSc) in Human Anatomy
Federal University of Technology, Akure, Ondo State, Nigeria
Second Class Honours (Upper Division) – 3.62/5.00 **2015 – 2019**

PROFESSIONAL LICENSURE

- Registered Nurse (RN) – Nursing and Midwifery Council of Nigeria, **2023**
- Registered Midwife (RM) – Nursing and Midwifery Council of Nigeria, **2024**
- Registered Public Health Nurse (RPHN) – Nursing and Midwifery Council of Nigeria, **2024**

CLINICAL & PROFESSIONAL EXPERIENCE

Nursing Officer

Crux Pharmacy

May 2026 – Till Date

- Administered prescribed medications and injections in accordance with physician orders and established protocols.
- Monitored patients for therapeutic responses, adverse drug reactions, and medication compliance.
- Provided patient education on medication use, dosage schedules, side effects, and lifestyle modifications.

- Assisted in medication dispensing under pharmacist supervision while ensuring accuracy and patient safety.
- Conducted basic patient assessments, including vital signs monitoring, blood glucose testing, and blood pressure screening.
- Maintained accurate patient records and medication administration documentation.
- Counseled patients on preventive healthcare measures, chronic disease management, and medication adherence.
- Participated in inventory management, stock monitoring, and reporting of low-stock medications and consumables.
- Ensured proper storage and handling of pharmaceuticals according to regulatory and manufacturer guidelines.

Intern Nurse

State Hospital, Ijebu-Ode, Ogun State, Nigeria
(Nursing Internship Programme)

March 2025 – February 2026

- Rotational internship across medical, surgical, pediatric, obstetric, and emergency units
- Assisted in patient assessment, vital signs monitoring, medication administration, and documentation
- Provided nursing care including wound dressing, catheter care, IV line monitoring, and infection prevention practices
- Participated in antenatal, intrapartum, and postnatal care under supervision
- Collaborated with doctors, senior nurses, and allied health professionals in patient management
- Developed clinical judgment, teamwork skills, and patient-centered communication

Nursing officer

God's Apple City Hospital, Aseese, Ogun state

November 2024 – January 2025

- Provided comprehensive patient care including assessment, medication administration, wound care, and monitoring of patients' clinical conditions to ensure optimal health outcomes.

- Collaborated with multidisciplinary healthcare teams in planning, implementing, and evaluating individualized patient care plans in accordance with professional nursing standards.

- Educated patients and relatives on disease management, treatment adherence, infection prevention, and health promotion to support recovery and continuity of care.

Student Nurse

Oba-Ademola Maternity Hospital, Abeokuta, Ogun State 2023 – 2024

- Conducted antenatal assessments and assisted in labor and delivery

- Educated mothers on postnatal and newborn care
- Supported neonatal care and maternal health services

Student Nurse (Mental Health Posting)

Federal Neuropsychiatric Hospital, Aro, Abeokuta, Ogun State August 2023 – December 2023

- Observed and supported patients receiving psychiatric care
- Participated in therapeutic activities and patient documentation
- Applied empathetic communication in mental health settings

Laboratory Assistant

Ade-Tade Hospital, Akure, Ondo State September 2018 – February 2019

- Collected and processed specimens for histological examination
- Maintained laboratory equipment to ensure diagnostic accuracy

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Laboratory Assistant

Gross Anatomy Laboratory, LASUCOM, Ikeja, Lagos State September 2017 – February 2018

- Prepared and maintained cadavers for dissection
- Assisted with anatomy demonstrations and student guidance

RESEARCH EXPERIENCE

- **BNSc Thesis (2024):** *Knowledge, Attitude, Perception, and Factors Influencing Contraceptive Usage Among Adolescents in Chrisland University, Abeokuta, Ogun State*
- **BNSc Thesis (2023):** *Perceptions of Caregivers on the Spiritual Conception of Mental Illnesses Among Clients Receiving Care at Federal Neuropsychiatric Hospital, Aro, Abeokuta*
- **BSc Thesis (2019):** *Role of D-Ribose-L-Cysteine Following Manganese-Induced Neurotoxicity on the Thalamus of Adult Male Wistar Rats*

PUBLICATIONS

Adele, O. T., *et al.* (2025). **Knowledge of Hypertension, Risk Factors and Awareness Among Students in Federal University of Agriculture Abeokuta, Ogun State.** *International Journal of Contemporary Medicine*, **13**(2), 16–35. https://doi.org/10.37506/f88k3408 (License: CC BY-NC 4.0)

AWARDS & HONOURS

- Vice-Chancellor's Commendation Prize for Public Speaking Excellence – **2024**
- Award of Academic Excellence, Chrisland University – **2021**
- Best Student in Nursing (200 Level)

TRAINING, WORKSHOPS & CONFERENCES

- Talking to Children About Mental Health – Mindspring Mental Health Alliance, USA (Online)
- Mental Health Recovery Tools – Lifemark Health Group, Canada (Online)
- Social & Psychological Effects of COVID-19 on Mental Health – SPAN (Online)
- Nursing and the Future of Healthcare – NUNSA Lagos Conference

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LEADERSHIP & VOLUNTEERING

- General Secretary, NUNSA Chrisland University Chapter (2022–2023)
- Assistant Class Representative, Nursing Class of 2024
- Volunteer, Institute of Nursing Research, Lagos
- Volunteer, Lagos Food Bank Initiative

SKILLS

- Clinical nursing care
- Research & data analysis (SPSS)
- Microsoft Office Suite
- Scientific writing & public speaking

HOBBIES

Public speaking, singing, playing musical instruments, networking, travelling

REFERENCES

Available on request