

RACHELLE MAE ARROYO LILLO

CONTACT

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ABOUT ME

Compassionate and motivated pre-registration Bachelor of Nursing student with a strong foundation in person-centred, evidence-based care. Across diverse placements in medical, surgical, child health, mental health, and community settings I have developed clinical reasoning, comprehensive assessment, therapeutic communication, and multidisciplinary teamwork skills while delivering culturally safe practice aligned with Te Tiriti o Waitangi and the Nursing Council of New Zealand competencies. Previous study in Psychology and clinical research experience further strengthen my holistic approach, empathy, and patient advocacy. I am eager to commence my career as a Graduate Registered Nurse through the ACE programme and continue growing as a reflective practitioner committed to improving outcomes for individuals, whānau, and communities.

KEY SKILLS

- (Pou 1) Māori health & Kawa Whakaruruhau: Supporting equitable outcomes, protecting Māori rights, and practising in partnership with Māori patients and whānau
- (Pou 2) Cultural safety: Reflecting on personal cultural identity and power imbalances to deliver inclusive, responsive, and equitable care
- (Pou 3) Whanaungatanga & communication: Building trusting, culturally appropriate relationships through effective therapeutic communication with patients, tamariki, and whānau
- (Pou 4) Pūkengatanga & evidence-informed practice: Applying clinical reasoning, comprehensive assessment, risk assessment, and current evidence to plan and deliver safe care
- (Pou 5) Manaakitanga & people-centred care: Demonstrating compassion, partnership, and advocacy while prioritising the values and preferences of individuals and their families
- (Pou 6) Rangatiratanga & leadership: Escalating concerns appropriately, advocating for patients, and contributing practical solutions that improve care quality and safety

EDUCATION

Start Date	Finish Date	Tertiary Institute	Name of Qualification
2024	2026 (Present)	Manukau Institute of Technology	Bachelor of Nursing (Level 7)
2023	2023	Manukau Institute of Technology	New Zealand Certificate in Study and Employment Pathways Nursing Studies (Level 4)
2021	2022	Ateneo de Naga University	Bachelor of Science in Psychology
2019	2020	Technological Research for Advanced Computer Education	Bachelor of Science in Psychology

CLINICAL PLACEMENT HISTORY

Start Date	Finish Date	Organisation
July 2026	September 2026 (Present)	Haumaru Orite - Child and Family Unit (Starship), Mental Health, Auckland City Hospital (10 weeks) Conducted comprehensive mental state examinations and structured risk assessments, using clinical reasoning and current evidence to guide least-restrictive, recovery-focused.
March 2026	April 2026	Endoscopy Suite (Level 6), Community / Primary Health, Auckland City Hospital (5 weeks) Applied evidence-informed assessment and education to promote equitable health outcomes, particularly for Māori and priority populations.
August 2025	September 2025	Haumaru Orite - Child and Family Unit (Starship), Mental Health, Auckland City Hospital (5 weeks) Collaborated within the multidisciplinary team and escalated concerns appropriately, demonstrating emerging leadership, and accountability for patient safety.
March 2024	April 2024	Kidz First Medical, Medical Ward, Middlemore Hospital, Auckland (5 weeks) Recognised deteriorating patients using the Early Warning Score (EWS) and escalated care promptly, demonstrating accountability and advocacy for patient safety.
November 2023	November 2023	Orthopaedics Ward 24A (Starship), Surgical Ward, Auckland City Hospital (2 weeks) Performed systematic wound assessment, post-operative monitoring, and pain assessment using validated tools, applying evidence-informed practice to detect complications early

WORK EXPERIENCE

March 2023	(Present)	Clinical Trials Administrative Assistant - Optimal Clinical Trials Supported clinical research operations by accurately managing participant data, maintaining confidential records, and coordinating trial documentation in accordance with ethical and regulatory standards.
November 2025	(Present)	Retail Sales Assistant - Just Jeans Delivered client-centred service in a fast-paced retail environment, demonstrating effective

communication, problem-solving, and the ability to remain calm and professional under pressure.

March 2023	March 2026	Customer Sales Representative - Dragon Quest Lilliputt Mini Golf
		Strengthened communication, patience and the ability to create a safe, engaging environment through regular interaction with children, skills directly transferable to child and family-centred nursing care.

AWARDS, ACHIEVEMENTS, PRIZES

Date	Name of Award / Achievement	Details of Award / Achievement
2022	Graduated with Honours (Tertiary Level)	Demonstrated academic excellence and commitment to high standards of learning.
2019	Best in Research (High School Level)	Recognised for strong research and analytical skills, reflecting the ability to gather, evaluate, and apply information.
2019	Young Mathematicians In-House Intensive Training Program - Completer	Mathematics Trainers' Guild: Completed intensive training that strengthened logical thinking, problem-solving, and attention to detail.
2018	International Kangaroo Mathematics Competition (IKMC) and Pan Asia Pacific Competition - Completer	Mathematics Trainers' Guild: Successfully participated in an international mathematics competition, demonstrating perseverance, analytical ability, and the capacity to perform under pressure

REFEREES

Academic Liaison Nurse

Manukau Institute of Technology

Name: Ray Jauny

Phone: 027 591 4881

Email: ray.jauny@manukau.ac.nz

Clinical Nurse Educator

Current placement: Mental Health

Hospital: Haumaru Orite (CFU - Starship),

Auckland City Hospital

Name: Logan O'Hara

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