



**Sofia Watkins** completed her Bachelor of Nursing and Midwifery at The University of Notre Dame Fremantle, and graduated in 2020 with High Distinction and Special Commendation for her academic endeavours. During her nursing studies, Sofia worked as a First Aid Officer and volunteered at several different hospitals, where she gained valuable experience within the medical field. After completing her degree, Sofia went on to undertake her Graduate Nursing Program at Sir Charles Gairdner Hospital (SCGH) in Nedlands, working in a busy department as a surgical nurse. After some time spent at SCGH, Sofia then moved to a General Practitioner (GP) located in the heart of Claremont, where she enjoyed working as a practice nurse and being involved in helping the wider community. After working as a GP nurse, in 2022 Sofia commenced a new role; working as a Research Coordinator/Research Assistant at the Dobney Hypertension Centre. Within this role she is involved in the daily

running of clinical trials and research studies and is currently involved in two studies looking into the treatment of Resistant Hypertension. Sofia also works as a Registered Nurse within the Hypertension Clinic at Royal Perth Hospital with Professor Markus Schlaich, where she assists patients along their journey to controlling their hypertension. Sofia loves engaging with both her research participants and her clinic patients, and says getting to know people from all different backgrounds, with each a unique story to share, is one of the best things about her job.