

EDUCATION

2008 -2011 Walden University RN-MSN Program

Graduated June 2011 with 4.0 GPA

MSN in Nursing Education

2001- 2004 **NH Community Technical College, Manchester, NH**

Associate Degree in Nursing

1981 – 1983 White Pines College, Chester, NH

Associate Degree in Liberal Arts

Phi Theta Kappa, President of Senior class

HONORS

July 2019

Nominated for the Daisy Award for Nursing Excellence

July 2018 Mental Health First Aid USA certified

July 2015

Certificate of Qualification as a Brainsway Deep TMS Operator

November 2012	Invited to participate in a professional video shoot promoting Risperdal Consta
---------------	---

December 2006 – April 2010

October 2006 - present	ANCC board certified in Mental Health Nursing
------------------------	---

Fall of 2006 Nominated by manager as Rotary Exemplary Worker

2003- 2004 Peer Tutoring 2nd, 3rd and 4th semester

2004 Nominated to NHCTC Ambassador Program

May 2004 Celebration of Excellence Award

CLINICAL EXPERIENCE

2018-present Shannon Health Systems

San Angelo, TX

Per diem Psychiatric Nurse (July 2018 – Present)

- Work on 22 bed locked Behavioral Health Unit
- Process patient admissions and discharges
- Assessment, medications, and documentation of assigned patient load of 6 – 8 patients
- Work as part of a health care team to maintain a safe environment for patients and staff
- Provide therapeutic education groups to patients

2011-present **Angelo State University**

San Angelo, TX

Clinical Instructor (Fall 2015-Present), Adjunct Professor (Fall 2011- Spring 2015)

- As a teacher in the GBSN program coordinates learning experiences for 20-50 students (per course) while providing support and guidance

- GBSN courses taught: Health Policy & Politics; Psychiatric & Mental Health Nursing; Community Based Health Promotion; Clinical Nursing Skills; PTSD and Implications for Nursing
- Designed PTSD and Implications for Nursing as a Special Elective, In 2015 it went before curriculum committee and was adopted as a regular elective
- Between 2011- 2016 traveled to campus each semester to attend training with other nursing faculty and/or to provide mental health content through face-to-face lectures, as of 8/9/17 moved to San Angelo
- Completes documentation of grades in a timely manner
- Develops and provides varied learning experiences through the use of classroom discussion board, exams, quizzes, journaling, writing assignments, and flipped classroom
- Provides departmental student documentation as requested and required
- Committee, service, and research as noted below
- Taught and advised assigned RN-BSN students until program ended in 2017 (Nursing Role Transition; Policy & Ethics in Health Care; Informatics, Community Based Health Promotion)

2015 – 2017 (per diem) Healthy Perspectives Innovative Mental Health Nashua, NH
TMS Co-ordinator

- Helped to set up the Brainsway Deep Transcranial Magnetic Stimulation (TMS) clinic for treatment of chronic depression during summer 2015
- Screened referrals to see if they had the initial qualifications for this treatment
- Scheduled appointments for initial evaluations with psychiatrist
- Processed insurance prior authorizations
- Scheduled and administered TMS treatments, monitored patients

2013-2016 Manchester Community College Manchester, NH
Adjunct nursing faculty

- Spring 2017 taught 1 section of Community Nursing Clinical rotations
- Spring 2016 taught 3 sections of Community Nursing Clinical rotations
- Fall 2015 taught an 8-week Mental Health Clinical rotation
- Spring 2015 taught full semester of Community Nursing Clinical rotations
- Fall 2014 taught an 8-week Mental Health Clinical rotation
- Spring 2014 taught 3 sections of Community Nursing Clinical rotations
- Fall 2013 taught an 8-week Mental Health Clinical rotation and a full semester weekly Freshman lab

2013-2016 Saint Anselm College Manchester, NH
Part-time Lecturer, RN-BSN Online faculty

- Co-teacher for NU125 Mental Health Nursing, a new mental health integration course
- Developed and taught material through various media—PowerPoint, activities, videos, guest speakers and community learning. Fall 2014 began a 20 hour Service Learning portion to this course. Students were evaluated through exams, ATI and three writing assignments.

- Assisted with clinical integration of mental health concepts during Spring 2014 and Fall 2015
- As part of the RN-BSN program taught hybrid courses—Community Nursing and a special topics elective—PTSD and Implications for Nursing Practice

2011-2015 Greater Nashua Mental Health Center**Nashua, NH***Per Diem Nurse (8/13-2/15)*

- Performs coverage for other nursing and research staff per the needs of the department

Nurse Coordinator/Educator (8/11-8/13)

- Designed and facilitated therapeutic groups for Adults (offerings included—Promoting Wellness in Hispanic Women; Healthy Living and Weight Loss; Smoking Reduction)
- As Nurse Coordinator for In SHAPE began the agency's program which provides education and training on fitness and nutrition to clients with Severe Mental Illness
- As Research Coordinator conducted study appointments per protocols
- Acted as Injection Nurse giving approximately 125 long acting anti-psychotic injections per month
- Agency-wide Infection Control Officer—documented contagious illnesses, implemented yearly flu vaccine clinic for staff; documented Flu Vaccines per new Joint Commission regulations, provided a quarterly Infection Control newsletter to all staff
- Member of the Risk Management Committee—attended quarterly meetings and provided Infection Control education to all staff at yearly mandatorys
- Filled in as needed for one other RN and for the other study coordinator

2007-2008 Elliot Hospital System**Manchester, NH****Senior Health Primary Care of Londonderry (8/07-8/08)***Registered Nurse*

- Primary RN for clinical care of geriatric patients, worked directly with the geriatrician to provide care to patients 65 and older, many with dementia and Alzheimer's Disease
- Telephone triage on Electronic Medical Records (EMR)
- Monitored PT/INR results and Coumadin dosages, refilled prescriptions, roomed patients, insurance pre-authorizations for medications, patient liaison for assisted living facilities and visiting nurse organizations, phlebotomy
- Cross-trained for secretarial duties—answering phones, scheduling appointments, referrals to specialists, filing, check-out
- Left this position due to clinic hours being drastically reduced

2002-2011 Southern NH Health Systems**Nashua, NH****2010-2011 Foundation Medical Partners Clinical Trials***Research Nurse (3/10-8/11)*

- Enrollment and follow-up of study subjects for Diabetes clinical trials
- Provided ongoing education to trial subjects
- Strict adherence to protocol requirements during all subject procedures
- Case report form (CRF) preparation and study documentation, Study specific EMR
- Adverse experience monitoring and reporting

- Learned aspects of regulatory documentation
- Prepared for sponsor and/or FDA audits, study close outs
- Travel for Investigator Meetings on new studies

2008-2010 Immediate Care Department

Registered Nurse (12/08-5/10)

- Triageed patients presenting for treatment –according to acuity
- Roomed and assessed patients, documented via EMR
- Assisted providers as needed with splinting, suturing and other procedures
- Treatment related testing—flu, strep, RSV, HCG, Urine Dip
- Phlebotomy and IVs

2002 - 2009 Southern NH Medical Center- Inpatient Behavioral Health Services Unit

Registered Nurse (5/04-8/07 full-time, then per diem)

- Planned, implemented and coordinated the care of mentally ill and detox patients on a 30 bed inpatient unit, holding an assignment of 3-6 patients
- Worked as medication, resource or floor nurse, precepted students
- Helped with groups, activities and milieu management
- Monitored medication efficacy, advocated for patients, worked on discharge planning
- Educated patients on disease process, medications & coping skills
- BCLS, CPI, phlebotomy, Basic IV
- Co-Chair of the Unit Based Practice Committee
- Unit Magnet Co-Pilot

Behavioral Health Assistant/Health Unit Coordinator (9/02-5/04)

Safety checks every 15 minutes. Assigned 4-6 patients per shift--provided emotional support through 1:1 conversations. Focused on goals for discharge. Educated patients about coping mechanisms, medications and support groups, Vital signs PRN. Groups. Assisted nursing staff with admissions and discharges. Documentation. Health Unit Coordinator duties included: phones, checking in visitors, preparing charts, taking off medication orders, misc.

PROFESSIONAL DEVELOPMENT

- Member of the Faculty Affairs Committee Fall 2018 - present
- Member of the E-Resource Committee SP 2018- 2019
- Chair of the E-Resource Committee SP2019 - present
- Member of the ASU Nursing Department Annual Evaluation Peer Review Committee and the Departmental Evaluation Committee 2015-2017
- Member of the Saint Anselm RN-BSN Committee 2013-2016
- GNMHC Infection Control Officer 2011-2013
- Member of Risk Management Committee 2011-2013
- Member of Evidence Based Practice Committee 2011-2012
- Participated in the Clinical Ladder Program at SNHMC and developed an orientation manual for nurses new to the Behavioral Health Unit. Also worked on developing new educational materials for patients. 2006 - 2007

- VHA's Nursing Leadership Institute 09–11/2006
- Co-Chair of the Behavioral Health Unit Based Practice Committee 09/2004–08/2007
- Elected as Unit Representative during process of SNHMC obtaining Magnet designation

RELATED EXPERIENCES

- 16-week (125 hours) internship at Greater Nashua Mental Health at Community Council, Nashua, NH March – June 2011

ADDITIONAL INFORMATION

- BCLS 7/28/20
- S.A.F.E training (previously CPI trained) 10/3/18
- Personal interests include reading, travel, spending time with family and friends

SERVICE

- Belly Breathes & Guided Body Scan Webinar presented through the ASU Counseling Center 4/29/2020
- Invited to present a mental health talk at the ASU April Secretarial Retreat Cancelled due to COVID-19 2020
- Scheduled to have a booth at 2nd Annual "Stress Less Fair" Cancelled due to COVID-19 2020
- Booth at the ASU "Stress Less Fair" 2019
- White Coat Ceremony "cloakier"- Fall and Spring 2017- present
- Explore STEM! Camp (SIM Lab Experience) 8/1/18
- Helping Hands ASU faculty/staff team 4/7/18
- Volunteer with ASU for Concho Christmas Lights Dec. 2017
- Member of the ASU Cat Coalition 2017-present
- Volunteer for Cassie's Place Microchip/vaccine clinic 10/14/17
- Preceptor for ASU MSN students 9/2017- present
- Adopt-an-RA Mentor at ASU 2014-2015
- United Way Day of Caring Volunteer 2009, 2010

RESEARCH

- *Guided Body Scan Meditation Impact on Decreasing Test Stress in Nursing Students* accepted for presentation at American Holistic Nursing Association's Annual Conference / June 3-6, 2020 / Albuquerque, NM. Conference Cancelled due to COVID19.
- *Guided Body Scan Meditation Impact on Decreasing Test Stress in Nursing Students*, ASU IRB approval 7/2018
Began study 9/2018
- Psychiatric clinical trials at Greater Nashua Mental Health 2011-2015
- Diabetes clinical trials at Foundation Medical 2010-2011