

# UNIVERSITY OF ROCHESTER SCHOOL OF NURSING CURRICULUM VITAE

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**Date of Birth:** 05/26/1992

**Citizenship:** United States

## CURRENT POSITIONS

Family Nurse Practitioner, University of Rochester Medical Center Urgent Care, Rochester, NY  
Assistant Professor, University of Rochester School of Nursing, Rochester, NY

## EDUCATION

2019-2021	Doctorate of Nursing Practice, Chatham University, Pittsburgh, PA
2014-2017	Masters of Science in Nursing, Family Nurse Practitioner, St. John Fisher College, Rochester, NY
2010-2014	Bachelors of Science in Nursing, Family Nurse Practitioner, St. John Fisher College, Rochester, NY

## POST-DEGREE TRAINING

March 2018 – October 2018	Urgent Care Fellowship, University of Rochester Medical Center, Rochester, NY
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## PROFESSIONAL LICENSURE & CERTIFICATIONS

10/10/2017	Family Nurse Practitioner, American Academy of Nurse Practitioners
07/12/2017	Medical-Surgical Nursing Certification, American Nurses Credentialing Center
06/23/2014	Registered Nurse, National Council of State Boards of Nursing

## HONORS AND AWARDS

2019	Bronze Star Recipient, University of Rochester Medical Center
2017	Gold Star Recipient, University of Rochester Medical Center

## ACADEMIC & PROFESSIONAL ORGANIZATIONS

2017	American Academy of Nurse Practitioners
2013	Sigma Theta Tau: Delta Sigma Chapter

## COMMITTEES & OTHER ADMINISTRATIVE SERVICE

2020-Present	Member, Urgent Care Newsletter Committee, University of Rochester Medical Center
2020-2021	Member, Advance Practice Providers Wellness Group, University of Rochester Medical Center
2019-2021	Member, unit council, Urgent Care, University of Rochester Medical Center
2016-2018	Member, unit council, unit 6-1400, University of Rochester Medical Center

## **EDUCATIONAL CONTRIBUTIONS**

01/2022 – Present Course coordinator, University of Rochester School of Nursing  
05/2021 – Present Simulation Educator, University of Rochester School of Nursing  
09/2021 – Present Clinical faculty, University of Rochester School of Nursing  
2020 – Present Clinical preceptor, St. John Fisher College  
09/2021-12/2021 Undergraduate nursing clinical instructor, University of Rochester School of Nursing  
2016-2017 Undergraduate health assessment lab instructor, St. John Fisher College, Rochester, NY

## **UNFUNDED / OTHER RESEARCH PROJECTS**

01/2021-04/2021, Principal Investigator, Feeling the Burn: Implementation of Mindfulness Practices to reduce Burnout in Medical-Surgical Nursing, Mindfulness interventions including body scans and grounding techniques were introduced to nurses working on a Medical-Surgical Unit over the course of ten weeks to assess for reduction of stress and burnout.

09/2016-05/2017, Principal Investigator, An S.O.S. from the LGBT: Identifying Healthcare Barriers Among the LGBT Community

## **PRESENTATIONS**

07/2020 Feeling the Burn: Implementation of Mindfulness Practices to reduce Burnout in Medical-Surgical Nursing  
12/2014 Implementation of Nurse Residency Programs Among Graduate Nurses in Intensive Care Units