

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

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