

Curriculum Vitae

Tina M. Lambert MS, RN, CMSRN, CCRN

University of Rochester School of Nursing
Instructor of Clinical Nursing
University of Rochester Strong Memorial Hospital
Registered Nurse Medical Intensive Care Unit
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EDUCATION

MS Master of Science in Nursing Education
University of Rochester School of Nursing, Rochester, NY
May 2022: GPA 4.0

Master's in Health Services Leadership & Management, Focus in Education
GPA: 4.0, 9 credits completed, transfer to URSON
University of Maryland School of Nursing, Baltimore, MD

BS Bachelor of Science in Nursing
York College of Pennsylvania, York, PA
May 2013

HONORS & AWARDS

2021-2022 Dr. Robert A. Scala and Mrs. Janet C. Scala '55 Nursing Scholarship, University of Rochester School of Nursing
2020-2021 McLouth Scholarship, University of Rochester School of Nursing
2020 Silver IICARE Star, Employee Recognition
2020 "The First Responder" on MICU 7
Quickest and most likely to respond to a patient, family, or staff member in need
2018-2019 Charge Nurse of the Year, Unit-based Award
2018 Best in a Code, Unit-based Award
2017 Nominee for Nurse's Week Award
Nursing Excellence Award for "Precepting, Mentoring, and Education"
2015 Manager's Pet: Awarded to a nurse who the manager was able to rely on for tasks that were important and needed to be completed in a timely, organized manner, Nurse Manager is able to call on this nurse for help with various projects occurring on the unit at any given time

EXPERIENCE

Academic Service

Fall 2022

Clinical Instructor

- Advanced Medical-Surgical Final Semester Students [NUR 377]
- Location: University of Rochester Strong Memorial Hospital, Medical-Surgical Unit

Didactic Instructor

- Beginning Medical-Surgical Students [NUR 372]

Summer 2022

Clinical Instructor

- Advanced Medical-Surgical Final Semester Students [NUR 377]
- Location: University of Rochester Strong Memorial Hospital, Medical-Surgical Unit

Lab Instructor

- Beginning Medical-Surgical Students [NUR 372]
- Intermediate Medical-Surgical Students [NUR 376]

Didactic Instructor

- Beginning Medical-Surgical Students [NUR 372]

Hospital Service

University of Rochester Strong Memorial Hospital

July 2019-Present

Medical Intensive Care Unit

Level II RN: July 2019-July 2020, Present

Level IV RN Assistant Nurse Manager: July 2020-September 2022

Assistant Nurse Manager- Level IV RN

July 2020-September 2022

- Unit Educator
- Orientation Coordinator
- JCAHO, Magnet, CMS Leader
- RL Solutions Unit Leader

Highly Infectious Disease Unit (HIDU) RN & Prone Team Member

March 2020-December 2020

- Volunteered to participate and coordinate patient care of highly infectious disease patients

Charge Nurse

November 2019-Present

- Manages unit daily operations on either day or night shift, attends daily bed meetings, conducts bedside rounding, conducts daily environmental rounding and equipment checks, manages flow and movement of patients admitted, discharged, or transferred, resolves issues on the unit involving staff, family, patients, equipment, or medications, serves as a resource for nurses on the unit or in other units

RN, LPN, & Charge Nurse Preceptor

November 2019-Present

- Mentor and educate new and experienced nurses to the RN, LPN, and Charge Nurse roles

University of Maryland Medical Center

July 2013-June 2019

Surgical Acute Care

Senior Clinical Nurse I

July 2016-June 2019

- Unit Scheduler
- Unit Educator
- JCHAO, Magnet, CMS Unit Leader
- Unit Super-User for New Equipment

Nurse Scheduling Coordinator

November 2014- June 2019

- Prepare monthly RN schedules based off unit needs and employee's preferences
- Coordinate and balance weekend and holiday schedule for all nurses

Charge Nurse

December 2015-June 2019

- Manages unit daily operations on either day or night shift

Resource Nurse Role

November 2014-June 2019

- Assists staff with various tasks or procedures on the unit, supports the charge nurse role in all tasks listed above, and aids in charge nurse tasks, keep track of unit equipment

RN and Charge Nurse Preceptor

July 2014- June 2019

- Oversee, develop, and educate new nurses, oversee safety of care for patients

Department Educator for General and Bariatric Minimally Invasive Surgeries

August 2016- June 2019

- Meet with Attending Surgeons and Physicians monthly or quarterly to discuss and plan education, address issues, evaluate pathways of care, create EBP/PI projects, evaluate program and prepare for re-certification

Professional Certification

Certified Critical Care Registered Nurse: October 2020-Present

Micro-credential: COVID-19 Pulmonary and Ventilator Care: March 2021-Present

Certified Bariatric Nurse: July 2018-July 2022

Certified Medical Surgical Registered Nurse: September 2016- August 2026

NIH Stroke Scale Certification: 2018-2019; 2022-2023

Professional Organizations

The Greater Rochester Area Finger Lakes Chapter of AACN: October 2019-Present

American Association of Critical Care Nurses: July 2019-Present

Association for Nursing Professional Development: September 2020-Present

American Society for Metabolic and Bariatric Surgery: March 2018-July 2021

Academy of Medical-Surgical Nurses: October 2015- September 2019

American Nurses Association: August 2014-October 2015

Maryland Nurses Association: August 2014- October 2015

EBP & PI PROJECTS

University of Rochester Strong Memorial Hospital

LPN Orientation in Critical Care

- Project during MNE Capstone Course to implement an LPN specific Orientation Program to support LPN success in Critical Care

Rapid Sequence Induction PI Project

- A need was identified to improve safety and efficiency of rapid sequence induction prior to intubation in the ICU. I worked with our unit dedicated pharmacist to create and disseminate education on RSI medications, safety, and management. Unit education was provided to all staff and posted in the medication room for quick reference

Portfolio Education Project on MICU 7

- Identified need for education on advancement, portfolios, CVs, and resume development. PowerPoint, tip sheets, and in-person classes held for staff to support individual development

University of Maryland Medical Center

Improvement of Pain and Nausea in Post-Op Weight Loss Surgery Patients through Patient Involvement December 2017- June 2019

Lead- PI Project PDSA

- PI project evaluating pain and nausea scores in post-op weight loss surgery patient population
- Created and implemented a patient engagement tool for the patient to track nausea scores, pain scores, activity, and intake of fluids, piloting in Bariatric patient population, to be expanded to minimally invasive surgeries if effective
- Created an “MIS/Bariatric N/V” flowsheet that was integrated into EPIC Portfolio to record RN compliance with Nausea Score Protocol, used to evaluate current medication regimen for Bariatric Surgery

Improving Understanding of Discharge Medication: Pharmacy and Nursing Collaboration

Facilitator

PI, PDSA, June 2019

- Unit-based PI project guided by the Patient Experience Committee, utilizing Press Ganey data results we noticed an area of improvement for understanding discharge medications, researched articles relating to pharmacy involvement in discharge medication education, collaborated with pharmacy to have inpatient pharmacists go to the bedside and discuss medications with the patient, implemented December 2018

Bariatric Immunizations Needle Length

Co- Lead

EBP-JHNEBP, Fall 2015-Fall 2017

- Led team in researching evidence based articles that related to appropriate needle length sizes for the bariatric population, coordinated weekly meetings, created agendas and time tables to determine length of each stage of the process, developed education materials including charts and handouts to present to RNs about the correct needle sizes, gathered and measured data

Charge Capture

Co-Lead

PI-PDSA Model, Spring 2016

- Attended Charge Reconciliation education session, gathered information from EPIC Portfolio and educational articles in order to educate unit staff on how to appropriately charge patients, educated staff on charge capture items that were pertinent to the unit, formulated, distributed, and analyzed pre and post surveys to determine effectiveness of education, developed an internal publication “cheat sheet” about charge capture

Subcutaneous Heparin Administration Needle Size and Syringe

EBP-JHNEBP, Fall 2015

- Distribute and analyze post survey and questionnaires regarding the correct needle size and length for administering heparin subcutaneously

Post-operative Management of Ileus in Surgical Patients from the Nursing Perspective

Co-Lead

EBP-JHNEBP, Fall 2014-Nurse Residency Program

- Organizational and unit based project with incorporation of research into unit nursing practice, re-educated staff about prevention of post-operative ileus spring 2016

TEACHING

University of Rochester Strong Memorial Hospital

Formal Unit Education, Bedside Education, Informal Unit Training

2019-Present

- Telemetry, EKG, Blanketrol device, handoff compliance, tracheostomy education board, level 1/MTP, COVID education, CRRT, Swan catheters, CAUTI/CLABSI education, HAC prevention, JCAHO Preparedness, Magnet Education, Safety and Quality Compliance, RSI Education
- Basic Care Concepts for New Graduate Nurses: 2-8 hour education days spent with new graduate nurses developing confidence, safety, and competence in basic skills including: lines, medication administration, safety, arterial lines, telemetry, monitors, alarms, intubations, extubations, policy review

Thoracic Pigtales and Nephrostomy Tube Flushing Super User, Restraints Super User

2019-Present

- Ensures all unit staff can safely perform flushing of nephrostomy tubes and thoracic pigtales

NOVA Glucometer Super User

2019-Present

- Ensure staff are educated and signed-off on proper technique for completing POCT testing

Evaluation and Portfolio Education

January 2020-Present

- Created education for Yearly Evaluation Process and Portfolio creation, yearly education ongoing

University of Maryland Medical Center

Fundamentals of Early Resuscitation Leader: Surgery Division

August 2018- June 2019

- Surgery division leader, Leads 4 units: Surgical Acute Care, Surgical Intermediate Care, Transplant Surgery, and Thoracic Surgery, organizes unit meetings with Unit Trainers and Managers, monitor and ensures all staff attend class
- Created scenarios for education, in conjunction with other division leaders, designed overall course
- Lead Trainer for all classes for Surgery Division including didactic, simulation, debriefing

Bariatric Surgery Quarterly Education

Lead-June 2019

- Assess unit educational needs regarding the Bariatric and Weight-loss Surgery patient populations, collaborate with outpatient staff for continuation of patient education while inpatient and post-op
- Create and present education to staff quarterly with objectives and evaluation of information

MASTRI Center Simulation Confederate Champion

December 2018

- Course taken to be a confederate/educator in simulation style education and training, taken through MASRTI center with use of SimMan

Surgical Acute Care Unit Marathon

Co-Lead

April 2018-October 2018

- Developed evidence-based education for surgical acute care staff based on high risk, low volume skills and modules pertinent to unit needs
- Skills and topics included: Tracheostomy Care and Management, Bariatric Surgery Pathway, Ostomy Care and Management, HIPEC (Hyperthermic Intraperitoneal Chemotherapy) Patient Pathway, Nasogastric Tube Insertion and Management

Tuesday Education Instructor

Bariatric Education and updates-March-April 2018, June 2018

-Bariatric surgery education updates around plan of care, fluid challenge, nausea regimen

Quiet Hour & Call Bell Initiative- January 9, 2018

PCT Assignment Initiative- January 2, 2018

Medication Reconciliation- September 20th, 2016

-Educate staff on importance of medication reconciliation documentation on admission and transfer

Straight Catheterization Documentation- August 9th, 2016

- Educate staff on how to document straight catheterization using visual aids and handouts

Definity/Perflutren-January 5th, 2016

-Educate staff on indication/use/side effects/administration of perflutren for bedside echos

EPIC Portfolio/Practice Guidelines-October 6th, 2015

-Educate staff on newly developed practice guidelines and documentation in EPIC portfolio

Restraints-August 25th, 2015

-Refresher on restraint application and documentation

Documentation Bingo-July 28th, 2015

-Lead game with clues and definitions describing documentation

Document your Communication-May 19th, 2015

EPIC Portfolio Continuing Education on Weinberg 5

Formal Teaching: Co-Lead with Nurse Manager

November 2015- June 2019

- Along with manager, analyzed and audited charts and determined inconsistencies in documentation in new computerized charting, developed education material to re-educate unit on certain noted deficiencies in charting, lead education sessions in small groups with hands on education to help improve charting, specific audit tool created, post survey on effectiveness of education completed by all participants and analyzed after all educational sessions completed, done for all RNs and PCTs

Restraints Trainer

2018, 2017, 2016, 2015, 2014

ACCUCHEK Trainer

2018, 2017, 2016, 2015

Pulsatile Flushing Unit Champion and Trainer

2018, 2019

Ultrasound Guided IV Unit Champion

2018, 2019

Shift Change Handoff Champion

2017, 2018, 2019

Bard SureStep Best Practice Unit Lead Trainer

2016, 2017, 2018, 2019

EPIC Portfolio Documentation Standards Class for Acute and Telemetry Units

Formal Teaching: Unit Educator

Informal Teaching: Hospital Nurses, Co-Educator for Mandatory Classes

December 2016- January 2017

- Mandatory education for all RNs, education included documentation standards and updates for EPIC Portfolio for the acute care and telemetry care units, participant in a small committee to help create and write practice guidelines and protocol for the basic standards of documentation

Med/Surg Divisional Marathon

Formal Teaching-Spring 2015- Wound Care and Documentation

- Participant in divisional marathon teaching wound care management, pressure sore prevention methods and equipment, and how to properly document use and initiation of those methods and equipment

Expert User Coach for EPIC Portfolio Go-Live

November 2015

- Attend advanced training for EPIC Portfolio Computer system, serve as a resource during EPIC Go-Live on Weinberg 5, attend meetings and classes related to EPIC Portfolio, develop and teach continuing education for Portfolio on Weinberg 5, Create a resource binder for RN, PCT, and US

Unit Marathon

November 2016, October 2014

- Trained to teach the following topics: Plan of Care, Patient Education, Patient Identification

Super User Coach for Suture-Less PICC

July 2014

- Attended in-service for suture-less PICC on the organizational level and educated staff about suture-less PICC care and management

PUBLICATIONS & PRESENTATIONS

University of Rochester School of Nursing

LPN Orientation & Education in Critical Care

Masters Capstone Presentation

Spring 2022

- Final capstone presentation for education and orientation structure that was created for LPN orientation to critical care

University of Rochester Strong Memorial Hospital

MICU 7 New Hire Padlet

Spring 2022

- Padlet was created to ensure easy transition to ICU unit. Topics include: Unit specifics, Hospital Maps, ICU policies, Unit specific policies, Where to go in Rochester, Pictures of the Unit

MICU 7 Orientation Packet

Spring 2022

- Electronic Orientation Packet was created for new hires to MICU 7 outlining: unit expectations, vacation policies, sick call, unit phone numbers, documentation standards, time guide tools, how to give a safe handoff

LPN Orientation in Critical Care

Spring 2022

- Education created for LPNs in the ICU. Education comprises of online independent modules and in-person skills classes

GRAFL Panelist for “ICU Design, Renovation and Building for the Future” Presentation

October 20, 2020

- Served as a panelist, answered questions from peers in the community relating to the opening of the new Medical Intensive Care Unit

Blanketrol Tip Sheet

July 2020

- Created a tip sheet to aid in using the new Blanketrol machines in the ICU

Beginner's Guide to Making a Portfolio

January 2020

- Identified a unit-based need to educate staff about the URMC Yearly Evaluation Process requirements for evaluations and portfolios

Charge Nurse Daily Checklist

November 2019

- Created a daily worksheet to aid in the organization of the CN's day.

University of Maryland Medical Center

"Bariatric/MIS N/V" Flowsheet in EPIC Portfolio

Author, collaboration with Bariatric Surgery Team and EPIC Informatics Team

Created & Published: Spring 2018

"Bariatric Surgery Patient Engagement"

April 2017, March 2018

"Drains", Just In Time Training

July 2017- June 2019

EPIC Portfolio: Standardized Lists

April 2018, December 2015

-Created standardized unit lists for Epic Portfolio that are unit and patient population specific, created a floor nurse standardized list, charge nurse report and standardized list, patient safety net, Discharge List, Family Care Liaison List

Bariatric PowerPoint, "Navigating through WLS"

April 2017

Charge Nurse Checklist

December 2016, February 2018

Surgical Acute Care Unit Practice Guidelines

Co-Author with Nurse Manager

Spring 2017, Fall/Winter 2015

Charge Capture Sheet

Co-Author

January 2016

RN and PCT Documentation Review for Epic Portfolio Review Course

Co-Author Nurse Manager

January 2016

PROFESSIONAL SERVICE

University of Rochester Strong Memorial Hospital

Masters Prepared Registered Nurse [MPRN] Committee

Member, Spring 2022

- New member of the MPRN Committee, meets bi-monthly to coordinate education in the ICU

Wound & Skin Care Team

Member, Summer 2021-Present

- Participate in weekly rounds for patients on the unit, assessing all skin, potential and actual breakdown. Weekly education on the unit and information sent to all staff via email based on the rounds

MICU 7 Unit Council Chair

December 2019-July 2020

- Chair of unit council, created agendas, planned meeting locations, addressed unit issues and concerns, met with leadership to create projects, started Beacon application. Stepped down upon advancement to Assistant Nurse Manager

Professional Nurses Council Member

January 2020-September

- Attend monthly meetings on a hospital-wide committee representing MICU 7, distribute the most up to date information to all staff after the meetings

Journal Club Member

January 2020-December 2020

- Participated in monthly journal article reviews with unit staff members

University of Maryland Medical Center

Fundamentals of Early Resuscitation

Surgery Division Leader

August 2018- June 2019

- Represent Surgery Division including units: Surgical Acute Care, Surgical Intermediate Care, Transplant Surgery, Thoracic Surgery
- Tasked with decision, coordinating, tracking attendance, lead all classes and simulations with debriefing

Safe Patient Handling & Mobility Taskforce Member: Multi-Disciplinary Hospital Based Committee

June 2018- June 2019

Clinical Education/Professional Development Practice Council

Co-Facilitator: January 2017- June 2019

Co-Chair: October 2015-January 2017

Member: May 2015-October 2015

Staff Satisfaction Committee

Facilitator: August 2016- June 2019

Chair: May 2016-August 2016

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Co-Chair: April 2015-May 2016
Member: April 2014-April 2015

Shift Change Handoff Committee Member: Hospital Based Committee
2017- June 2019

Clinical Informatics Council Member: Hospital Based Committee Meeting
2016- June 2019

Bariatric Surgery Committee
Surgical Inpatient Post-Op Representative: Multi-Disciplinary Hospital Based Committee
January 2017- June 2019

Patient Experience Facilitator: Unit Based Committee
November 2017- June 2019

Divisional Education Committee Member: Multi-Disciplinary Hospital Based Committee
June 2016-May 2018

Pain Committee Task Force Member: Multi-Disciplinary Hospital Based Committee
August 2015-May 2016

Strategic Planning Council Member
June 2014-November 2015

Skin Audit Committee & Pressure Ulcer Quarterly Report Team Member
May 2014-May 2015

COMMUNITY SERVICE

Stop the Bleed
2017- June 2019

-Initiative from the American College of Surgeons and The Committee on Trauma to educate medical staff and the community on life-saving equipment and emergency responses to shootings or casualties, educate end users about how to correctly apply C-A-T tourniquet and use QuikClot Bleeding Control Dressing to potentially save someone's life during an emergency

University of Maryland Community Health Fair at Lexington Market
2015: Coordinator

-Coordinated with Bariatric surgery liaison to develop a presentation and table to educate community about BMI, weight management, and bariatric surgery options (this was later canceled in April 2015 related to community safety issues)

2014: Participant

-BMI, height, weight education for participants including category tier under BMI, prevention strategies, management strategies, weight loss information, weight loss surgery information