

## Essay

### Characteristics and Contributions to Neuroscience Nursing

The nominee exemplifies a distinguished and impactful career in neuroscience nursing, characterized by her unwavering commitment to advancing patient care, fostering professional development, and making substantial contributions at local, regional, and national levels. Her trajectory from a highly skilled critical care Registered Nurse to an Advanced Practice Registered Nurse (APRN) specializing in Vascular Neurology highlights a journey dedicated to lifelong learning, leadership, and the propagation of best practices within the neuroscience community.

Demonstrates development and support of neuroscience nurses through role-modeling, education, mentorship, and/or other leadership activities.

The nominee's commitment to developing and supporting neuroscience nurses is evident across multiple facets of her career. As a Vascular Neurology Nurse Practitioner at Barrow Neurological Institute, she daily role-models excellence in advanced practice, intricate clinical decision-making, and compassionate patient care within a high-acuity setting. Her sustained engagement in various leadership capacities directly contributes to the professional growth of her colleagues:

- **Role-Modeling Clinical Excellence:** The nominee meticulously manages complex stroke patients in the Neuro ICU, serving as a beacon of expertise for bedside nurses. Her mastery of neurological assessments, rapid intervention protocols, and advanced monitoring techniques (e.g., EVD, managing TTM parameters, complex stroke thrombolysis/thrombectomy aftercare) provides a tangible standard of care for other nurses to emulate.
- **Education and Training Initiatives:** She has been instrumental in educational programs designed to elevate the general nursing workforce. As a member of the Stroke Nurse Champion Committee, the nominee contributed significantly to the development and implementation of specialized training programs. These programs focused on early stroke recognition, accurate NIH Stroke Scale assessment, and adherence to acute stroke protocols. This direct education has demonstrably improved the confidence and competence of bedside nurses in managing acute stroke, leading to quicker interventions and enhanced patient outcomes.
- **Mentorship:** Beyond formal programs, the nominee actively mentors less experienced nurses and aspiring APRNs. She creates an environment where questions are encouraged, and complex cases are used as learning opportunities. This informal mentorship helps build critical thinking skills and fosters a deeper understanding of neuroscience principles, guiding junior colleagues in their professional development.
- **Leadership on Quality Improvement Committees:** Her consistent presence and active participation in the Interdisciplinary Stroke Committee, Neuroscience Research Committee, and Stroke Quality Improvement Work Group not only contribute to institutional excellence but also serve as opportunities for collaborative education and leadership development for all members. Her contributions streamline processes, integrate evidence-based practices, and ultimately enhance the overall quality of neuroscience nursing care provided.

Demonstrates application of advanced practice knowledge and skill in the care of neuroscience patients and/or families.

The nominee's transition to an APRN role in Vascular Neurology represents the direct application of advanced practice knowledge and skill critical to neuroscience patient care. Her day-to-day responsibilities showcase a sophisticated level of clinical acumen:

- **Comprehensive Patient Management:** As an APRN, she holds direct responsibility for the comprehensive care of stroke patients within the Neuro ICU and through telemetry. This involves advanced diagnostic interpretation, therapeutic intervention, and disease management, often requiring a nuanced understanding of neuroanatomy, neurophysiology, and complex pharmacological agents.
- **Critical Decision-Making:** The nominee regularly applies advanced knowledge to make time-sensitive decisions, such as identifying neurological changes, adjusting treatment plans, and coordinating care with multidisciplinary teams (neurologists, neurosurgeons, intensivists, rehabilitation specialists). Her skill in managing conditions like subarachnoid hemorrhage, ischemic stroke, intracerebral hemorrhage, and status epilepticus reflects a deep integration of scientific evidence with clinical judgment.
- **Family-Centered Care:** Beyond the patient, the nominee recognizes the critical role of families in the neuroscience journey. She applies her advanced communication skills to educate families on complex neurological conditions, treatment pathways, and prognosis, offering crucial support and ensuring their involvement in care planning, which is especially vital in severe neurological injuries. The nominee started a support group for stroke survivors and their families.
- **Certifications as Proof of Advanced Skill:** Her impressive array of certifications – ANCC-Adult-Gerontology Acute Care Nurse Practitioner (AGACNP-BC), Stroke Certified Registered Nurse (SCRN), and Advanced Neurovascular Practitioner Board Certified (ANVP-BC) – are concrete evidence of her validated expertise and dedication to maintaining the highest standard of advanced practice in neuroscience.

Contributes to AANN at local, regional, and/or national level.

The nominee's dedication to professional organizations, including AANN, demonstrates her commitment to the broader neuroscience nursing community:

**Membership and Engagement:** As an active member of the American Association of Neuroscience Nurses (AANN) since 2018, the nominee remains engaged with the latest advancements, practice guidelines, and educational opportunities that the organization promotes. This foundational membership underscores her alignment with AANN's mission to promote the highest standards of neuroscience nursing.

**Future Contributions through Presentation:** Her upcoming presentation at the AANN Stroke Conference in 2025 through her poster, "The Journey of Creating a Hybrid Stroke Support Group from Scratch," represents a significant contribution at a national level. This will provide a practical, evidence-based framework for other AANN members and neuroscience nurses to develop crucial community support services, directly addressing patient and family needs post-stroke. This active participation in AANN's

scholastic events positions her as a contributor of practical solutions to the national neuroscience nursing body.

Contributes to neuroscience nursing through professional and community service activities (e.g., publishing, presenting, community service, community education).

The nominee's contributions extend beyond the clinical setting, significantly enriching neuroscience nursing through a multifaceted approach to professional and community engagement:

- Presenting Research and Best Practices: Her role as a presenter at both international and national conferences is a powerful form of professional contribution.
  - Her 2024 Poster Presentation at an International Stroke Conference, "Impact of Advanced Practice Nursing in Comprehensive Stroke Care," showcased her investigative work and disseminated critical insights on the value of APRNs in optimizing stroke care. This contribution not only garners international recognition for her work but also informs global best practices.
  - The forthcoming 2025 AANN Stroke Conference Poster, "The Journey of Creating a Hybrid Stroke Support Group from Scratch," demonstrates her commitment to sharing innovative models of care that directly benefit both patients and the healthcare community.
- Research and Evidence Generation: As a Sub-Investigator for numerous research studies (including Sleep Smart, Saturn, Discovery, Fastest, Aspire, Captiva), the nominee is actively engaged in generating new knowledge. This direct involvement in clinical research contributes to the evidence base that underpins neuroscience nursing practice, shaping future interventions and care protocols. Her participation ensures that nursing perspectives are integrated into groundbreaking studies.
- Community Service and Education: Her commitment to establishing a 2025 Barrow Stroke Support Group is a prime example of direct community service and education. This initiative provides invaluable long-term support for stroke survivors and their families, addressing their ongoing needs for education, emotional support, and reintegration into the community—a critical, yet often underserved, aspect of neurological rehabilitation. This work transcends the hospital walls, impacting quality of life long after acute care ends.
- Recognized Excellence: The 2024 Nurse Excellence Award is a testament to her consistent and outstanding contributions, recognizing her as a leader and exemplar in her field by her peers and institution.

In conclusion, the nominee is a transformative figure in neuroscience nursing. Her integrated approach to clinical excellence, leadership development, continuous education, research participation, and community advocacy positions her as an exceptional nominee. She not only practices at the pinnacle of her profession but also actively works to elevate the entire field of neuroscience nursing, embodying all the criteria outlined for this distinguished recognition.

## CV

### **Professional Objective**

Continue to learn and grow as an Acute Care Nurse Practitioner, which will require me to express my skills and expand my clinical practice experience while providing quality, safe, and cost effective health care.

### **Education**

#### **Grand Canyon University. Phoenix, AZ Graduated: December 2017**

Master of Science in Nursing

- Acute Care Nurse Practitioner Program- Adult-Gerontology
- Clinical Rotations
  - Internal Medicine at Banner University Medical Center of Phoenix
  - Hepatology at Mayo Clinic Hospital
  - Neurology at Mayo Clinic Hospital
  - Palliative Care at Banner Boswell Medical Center
  - Critical Care at Banner Estrella Medical Center
  - Neurosurgery at Banner Desert Medical Center

#### **Grand Canyon University. Phoenix, AZ Graduated November 2014**

Bachelors of Science in Nursing

- Registered Nurse

#### **Saint John River Community College. Palatka, FL. Graduated April 2009**

Associate of Science in Nursing

- Registered Nurse

### **Work Experience**

#### **Barrow Neurological Institute July 2018-Present**

- Vascular Neurology Nurse Practitioner
- Provides acute care to stroke patients in Neuro ICU through Telemetry.
- Interdisciplinary Stroke Committee
- Neuroscience Research Committee
- Stroke Quality Improvement Work Group
- Stroke Nurse Champion Committee

#### **Mayo Clinic Hospital March 2015-July 2018**

General ICU

- Bedside RN
- 30 Bed ICU that cares for Heart Transplant, Liver & Kidney Transplant, Stroke, Neurosurgical, and Medical patients (skills: CRRT, LVAD, Impella, Balloon Pumps, EVD)

#### **St. Joseph Hospital Medical Center May 2012-March 2015**

ICU House Float

- Bedside RN-Provided care to patients throughout the facility in Medical, Surgical, Trauma, Heart & Lung Transplant, & Barrow Neuro ICU

#### **Banner Good Samaritan Medical Center October 2011-March 2015**

## Neuro ICU/Neuro Trauma PCU/Epilepsy Monitoring Unit

RN Clinical Manager

24 bed Neuro ICU, 15 beds Neuro Trauma PCU, 6 bed EMU at a Level One

Trauma Center in Phoenix, AZ

Rapid Response Nurse

Stroke Alert Responder

Neuro ICU Staff RN (skills: EVD, Bolts)

## Whidbey Island Hospital July 2010-October 2011

Critical Access Hospital

Bedside RN that provided care for medical and surgical ICU patients. 8 bed ICU

Lunch Relief for ICU, Labor & Delivery, and ER

Relief House Supervisor

## Memorial Hospital April 2009-July 2010

Stroke/Neuro PCU

Bedside RN for 30 bed step-down unit (skills: Peritoneal Dialysis)

## Licenses & Certifications

- AZ RN License #RN169822 Expires: 04/01/2027
- Advanced Practice Number #AP11036 Expires 04/01/2027
- DEA #MH4775788 Expires 10/21/2026
- ANCC-Adult-Gerontology Acute Care Nurse Practitioner- Expires 02/02/2028
- Stroke Certified Registered Nurse (SCRN). Expires: 12/2029
- ACLS Advanced Life Support. Expires: 08/2026
- BLS Basic Life Support. Expires: 12/2025
- NIH Stroke Certified. Expires: 01/2026
- Advanced Neurovascular Practitioner Board Certified: Expires 08/2028
- ENLS-Emergency Neurological Life Support: Expires 03/2026

## Professional Organizations

American Association of Neuroscience Nurses 2018-Present

American Nurses Association 2018-Present

Neurocritical Care Society 2020-Present

American Heart Association 2021-Present

Arizona Neurology Society 2022-Present

Association of Neurovascular Clinicians 2022-Present

## Achievements

-2024 Poster Presentation at International Stroke Conference- Impact of Advanced Practice Nursing in Comprehensive Stroke Care

-2024 Nurse Excellence Award

-2025 Poster Presentation at AANN Stroke Conference- The Journey of Creating a Hybrid Stroke Support Group from Scratch

## Community Outreach

-2025 Barrow Stroke Support Group

## **Research**

### **Sub-Investigator**

Sleep Smart

Saturn

Discovery

Fastest

Aspire

Captiva