CYNTHIA RUSNAK MSN, APRN, PMHNP-BC

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Professional Objective

A compassionate and goal-driven advanced practice registered nurse, seeking to expand current skills and knowledge. Aspiring to provide altruistic patient care and contribute to the progression of the nursing profession and global advancement of healthcare. Focusing on behavioral health.

Formal Education

University of St. Francis, Joliet, IL

* Degree*: Post Masters Certificate* *Psychiatric Mental Health Nurse Practitioner*
* Completion date: December 2019

Olivet Nazarene University, Bourbonnais, IL

* Degree: *Master of Science in Nursing, Leadership*
* Graduation date: January 2018

Lewis University, Romeoville, IL

* Degree: *Bachelor of Science in Nursing, RN to BSN program*
* Graduation Date: December 2013

Joliet Junior College, Joliet, IL

* Degree:*Associates of Science in Nursing*
* Graduation Date: May 2007

Professional Employment

Advocate Christ Medical Center, 4440 W. 95th Ave., Oak Lawn, IL 60453

*Psychiatric Mental Health Nurse Practitioner- Chemical Dependency (December 2020 -present)*

* Planning, management, implementation and evaluation of operations/services to ensure quality, efficiency and cost effectiveness.
* Is a local expert on OUD/SUD including evidence-based practices for diagnosis, evaluation, comprehensive treatment, family support and consultation. Remains current on literature, practices and resources, and changes within the field. Updates the program accordingly to reflect best practice.
* Designs, develops, and implements protocols specific to the assessment and treatment of patients with OUD/SUD in the hospital and post-discharge.
* Provides leadership for development of program guidelines and related workflow. Develops and implements policies and procedures to assure effective and efficient operations consistent with Christ/Advocate Health Care philosophy, policies, and procedures.
* Ensures programs include comprehensive multidisciplinary services, consulting with support team members and other disciplines to enhance patient outcomes.
* Develops clinical/educational materials to support the program.
* Participates in Advocate and community activities as appropriate: a. Participates in institutional meetings, activities and in-services. b. Participates in professional, community and government committees, activities and networks affecting the services provided to patients.
* Provides expert information both internally and externally, including preparing and providing presentations and conducting or facilitating trainings or continuing education activities.
* Participates in short- and long-term planning. Analyzes and plans for the needs of the area.
* Monitors quality of patient care and patient satisfaction; oversees implementation of measures to improve both.
* Ensures compliance with all regulatory agency standards including federal, state, city, Accrediting Organizations, IDPH and all hospital policies and procedures.
* Provides services including: assessments, direct therapeutic services, medication management, and follow up appointments as needed.
* Collaborates with care coordinators and medical staff in relation to appropriateness of care and supports the development of the plan of care.
* Ensures long-term follow-up, consultation and re-evaluation as necessary.
* Completes all required steps to ensure appropriate documentation and billing, e.g., notes in EMR, documentation for insurance verification, billing.

Advocate Christ Medical Center, Oak Lawn, IL

*Clinical Practice Specialist-Trauma Surgery (June 2016-December 2020)*

* Supporting Advocate’s initiatives on working collaboratively with unit leadership to achieve unit, department, and site organizational goals to ensure safety, quality, and service.
* Participates in the design and implementation of protocols, order sets, and clinical improvement tools.
* Champions key result areas (KRA) outcomes and coaches' others on achieving these results.
* Designs and evaluates programs and initiatives that are congruent with the organization’s strategic plans, regulatory agency requirements, and nursing standards.
* Responsible for providing quality and efficient education within the trauma unit as well as within the organization.
* Collaborates with Advanced Practice Nurses, Physicians, and Clinical Practice Specialists in various divisions and the unit’s leadership team.
* Mentors and consults with developing professional nursing staff regarding their clinical development needs.
* Promotes process improvement by identifying opportunities, leading quality initiatives, and implementing change.

Advocate Christ Medical Center, Oak Lawn, IL

*Assistant Clinical Manager-Inpatient Behavioral Health (November 2012-June 2016)*

* Performed all duties to support the manager of clinical operations.
* Responsibilities included providing quality and efficient care to inpatient behavioral health patients.
* Provided leadership and support to team members, complete unit schedules, performance evaluations, and role as Charge Nurse on the units.

Advocate Christ Medical Center, Oak Lawn, IL

*Staff Nurse-Trauma/Neurosurgical/Medical-Surgical (November 2007-November 2012)*

* Responsibilities included providing quality and efficient care to individuals in the neurological, surgical, trauma, psychiatric, hospice, and orthopedic patient setting.
* Performed duties as a Charge Nurse as well as a Nurse Preceptor to newly hired staff and graduate nurses.
* Experience in caring for patients with tracheostomy tubes, chest tubes, complex wound care, substance abuse withdrawal, and central lines.
* Active member of unit council and peer interviewing team.

Elmhurst University, Elmhurst, IL

*Adjunct Faculty – Inpatient Behavioral Health (August 2017-present)*

Licensure and Certifications

Illinois Registered Nurse #041.363780

Illinois Advanced Practice Registered Nurse #209.021605

Illinois Controlled Substance Schedule II III IV V #309.016054

Indiana Registered Nurse license pending

Indiana Advanced Practice Registered Nurse license pending

American Nurses Credentialing Center, Psychiatric Mental Health Nurse Practitioner (Across the Lifespan) (PMHNP-BC) 2020-2025

American Heart Association, Basic Life Support

National Provider Identifier (NPI) #1417567546

CAQH #14934132

DEA Schedules 2, 2N, 3, 3N, 4, 5

MAT Waiver MLP Nurse Practitioner-DW/100

Professional Accomplishments

Presentation: Executive Leadership: Human Trafficking March 9, 2020. Advocate Christ Medical Center.

Grand Rounds Presentation: Human Trafficking March 11, 2020. Advocate Illinois Masonic.

IRB- Evaluation of a Therapeutic Day Room for Brain Injured Patients, October 2017. Advocate Christ Medical Center.

Committees

Suicide Litigation and Restraint Committee IRB Sub-Investigator Brain Injury Dayroom

Clinical Practice Specialist Council Chair Cook County Human Trafficking Committee Member