

Laura Romulus BSN, RN, PCCN  
Multi-Trauma IMC 6  
Senior Clinical Nurse I  
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## EDUCATION

- Bachelors of Science In Nursing**
  - University of Maryland School of Nursing
  - January 2017- December 2018
  
- Associates of Science Nursing Transfer Studies**
  - Anne Arundel Community College
  - May 2014 - May 2016

## EXPERIENCE

- R Adams Cowley Shock Trauma Center , Baltimore MD**

*Clinical Nurse II Beacon Awarded Multitrauma IMC 6*  
Provides multidisciplinary care to critically-ill patients who have sustained multiple traumatic life threatening injuries

  - October 2020-Present
  - Lead charge nurse and charge nurse preceptor
  - Primary preceptor for New Graduate nurses
  - Performs lead role as Hand Hygiene Unit Champion
  - Performs lead role as Discharge Task Force Champion
  - Performs lead role as Flu Vaccine Unit Champion
  - Certified Ultrasound Peripheral IV placement
  - Active participant Healthy Work Environment Council with responsibilities including interviewing staff and maintaining Unit Spotlight Recognition Bulletin Board
  - Active participant in Train the Trainer Education
  - Provides unit and hospital based education
  - Co-leader of Unit Shared Governance Council
  - Active participant unit and hospital based committees
  - Implementation Unit based process improvement project utilizing Activity Apron to decrease restraint application in patients with altered mental status
  - Serves as a Clinical Resource for the unit

**University of Maryland Medical Center , Baltimore MD**

*Clinical Nurse I Surgical Acute Care*

Provides multidisciplinary care to general surgical, cancer, bariatric, oral maxillofacial, otorhinolaryngology, thoracic, and urological surgical patients

- June 2019-October 2020
- Lead Preceptor Student Nurse Practicum
- Falls Champion Surgical Acute Care
- Infection Prevention Champion Surgical Acute Care
- Successful Completion New Graduate Nurse Residency Program

PROFESSIONAL CERTIFICATIONS

**Progressive Care Certified Registered Nurse (PCCN)**

October 2021-September 2024

PROFESSIONAL ORGANIZATIONS

**American Association of Critical-Care Nurses (AACN)**

- April 2021-Present

RESEARCH, EBP, PI PROJECTS

**Process Improvement**

- **Title:** Nursing Utilizing Activity Apron To Prevent Falls and Restraint Application
- **Date:** July 2021
- **Explanation:** Multiple falls related to patients with periods of confusion had occurred on Multi-Trauma Intermediate Care- 6 in combination with providers expressing concern in rounds at the increased use of restraints and antipsychotic medication administration prompting the need for an alternative intervention. A new standard for restraint application was created through a nursing driven protocol. CAM ICU scores in combination with neurological assessments will determine if activity apron is appropriate to apply ideally before behavior escalates to prevent restraint application.
- **Interventions:** Application of an activity apron, data collection, trending data, pre and posttest surveys to assess baseline understanding and retention of knowledge
- **Current process:** Implementation and data collection process
- **Role:** Co-Lead
- **Unit based Process Improvement:** Unit based

**Evidence Based Practice**

- **Title:** How A Health Literacy Based Education Tool Utilizing The Teach Back Method Improves Incentive Spirometer Compliance Compared To Those Without Access
- **Question:** Does a health literacy based education tool using the teach back method improve incentive spirometer compliance in surgical patients compared to those with no access?
- **Date:** New Nurse Graduate Residency Program Evidence Based Practice Submission April 2020
- **Recommendations:** Health literacy Pamphlet, Teach back method, Partner with Us
- **Impact:** Success of the intervention was measured through the use of a pre and post survey data collected from surgical patients as well as nuse and provider teaching effectiveness.  
Evaluations of this project will be completed every six months to evaluate teaching effectiveness of teaching tools and patients outcomes will be assessed to verify Incentive Spirometer compliance.
- **Unit based Process Improvement:** Unit based
- **Role:** Leader

INTERNAL PUBLICATIONS

- Health Literacy Based Education Tool Incentive Spirometer**
  - Surgical Acute Care April 2020

FORMAL PRECEPTORSHIP

- New Graduate Nurse Lead Preceptor**  
C. J July 2021- Present  
L.L September 2021
- Charge Nurse Preceptor**  
C.W July 2021-Present
- New Graduate Nurse Preceptor**  
A.B March 2021 Preceptor
- Student Nurse Practicum Lead Preceptor**  
V.N September 2020-October 2020

## TEACHING

- Fall Competency Marathon Education**
  - Role: Lead Instructor
  - Intended Audience: Registered Nurses
  - October 2021
  
- Non-ICU Fundamentals of Resuscitation**
  - Role: Confederate, Co-instructor
  - Intended Audience: Registered Nurses, PCTs
  - August 2021-Present
  
- Inservice: Nursing Utilizing Activity Apron To Prevent Falls and Restraint Application**
  - Role: Lead Instructor and Speaker
  - Intended Audience: Registered Nurses Multi-Trauma IMC 6
  - July 2021
  
- New Graduate Nurse Residency Clinical Small Group Facilitator**
  - Role: Lead Instructor and Speaker
  - Intended Audience: New Graduate Nurses Cohort 3 2020
  - August 2020-July 2021
  
- Lecture Fall Prevention**
  - Role: Lead Instructor and Speaker
  - Intended Audience: Registered Nurses and Nursing Staff Surgical Acute Care
  - July 2020

## COMMITTEE APPOINTMENTS

- Unit-Based Shared Governance Council**  
Co-Chair Multi-Trauma IMC 6  
July 2021-Present
  
- New Graduate Nurse Advisory Committee**  
Chair Unit Representative Multi-Trauma IMC 6  
July 2021-Present
  
- Restraint Committee**  
Chair Unit Representative Multi-Trauma IMC 6  
June 2021-Present
  
- Airway Safety Council**  
Chair Unit Representative Multi-Trauma IMC 6  
June 2021-Present
  
- Discharge Task Force**  
Chair Unit Representative Multi-Trauma IMC 6  
January 2021-Present
  
- Healthy Work Environment Council**  
Active Participant  
December 2020-present

## HONORS AND AWARDS

- Daisy Award Winner**
  - University of Maryland Medical Center
  - April 2020
  
- Manager Spotlight Recognitions**
  - University of Maryland Medical Center