

**Cara I. Jagodzinski, BSN, RN, CMSRN**  
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**WORK & VOLUNTEER EXPERIENCE**

- Staff Nurse, Telemetry Unit** January 2022-Present  
*Amita St. Joseph's Hospital, Chicago, IL*
- Monitor and manage cardiac patients with acute and life altering arrhythmias
  - Provide patient care for adult and geriatric patients while supplementing staffing needs as a travel nurse
- Charge Nurse & Staff Nurse, General Medicine/Geriatric Medicine Units** September 2021-Present  
*Rush University Medical Center, Chicago, IL*
- Provide total care to patients with limited mobility and communication due to medical diagnoses including SARS-CoV-2, CVAs, and heart disease.
  - Lead the throughput of fast paced multifunction units as charge nurse as well as precept and onboard new staff nurses
- Charge Nurse & Staff Nurse, General Medicine Unit** November 2019-September 2021  
*University of Chicago Medical Center, Chicago, IL*
- Provide acute monitoring and care for patients with complex medical diagnoses including acute myocardial infarction, stroke, arrhythmias, airway events, and exacerbation of chronic conditions.
  - Implement advanced patient care protocols while collaborating with expert physicians and health care professionals at one of Chicago's largest level one trauma centers.
- Charge Nurse & Staff Nurse, Medical Observation Unit** March 2016-April 2020  
*Rush University Medical Center, Chicago, IL*
- Championed the startup and expansion of a new unit and appointed charge nurse after three months.
  - Participated in daily patient multidisciplinary rounds, shared professional knowledge, and initiated and maintained multidisciplinary treatment plans.
- Staff Nurse, Medical-Surgical Observation Unit** April 2015-May 2016  
*Silver Cross Hospital, New Lenox, IL*
- Contributed to the startup of a new 24-bed medicine unit and championed changes as a member of the Observation Unit Committee.
  - Provided complex, postoperative care to patients undergoing gastrointestinal, orthopedic, cardiac, vascular, bariatric, urologic, and emergent surgeries.
- Staff Nurse, Medical-Surgical Unit** January 2014-April 2015  
*University of Iowa Hospitals and Clinics, Iowa City, IA*
- Provided complex care to patients experiencing trauma, reconstructive joint surgery, reconstructive bladder surgery, tumor removals, spine surgery, hand surgery, foot surgery, amputations, sports injuries, skeletal traction, kidney stones, nephrectomies, radical prostatectomies, and wound care at Iowa's only level one trauma center.
  - Assumed role of charge nurse as needed on a 24-bed acute inpatient unit and cared for medicine overflow patients while coordinating admissions and staffing assignments.
  - Successfully completed a 12-month long AACN Nurse Residency Program.
- Volunteer, Gilda's Club Chicago** December 2016-Present  
*Gilda's Club is a place where men, women and children whose lives have been impacted by cancer, as well as their families and friends, can feel they are part of a welcoming community of support.*
- Assist with educational lectures, jewelry making, cooking demonstrations, reception, and outreach activities
- Tutor, Metro Achievement for Girls-Midtown Educational Foundation** September 2018-May 2019  
*Metro is a supplementary after-school and summer program serving 4<sup>th</sup>-12<sup>th</sup> grade girls providing a combination of academic support, and character development.*
- Tutored and mentored 4<sup>th</sup>-6<sup>th</sup> grade students one-on-one on various school subjects.

**Nurse Volunteer**, Community Health Initiative March 9<sup>th</sup>-16<sup>th</sup>, 2018  
*CHI is a non-profit organization that provides continuous primary healthcare to rural villages of Haiti. In addition to treating a number of acute diseases that could prove fatal, minor surgical procedures are also performed.*

- Partnered with Haitian medical professionals and provided culturally competent care to rural communities.

COMMITTEE EXPERIENCE:

**Quality Champions Committee**, *University of Chicago Medicine* July 2020- July 2021  
-Identify areas of improvement to deliver quality care and positive patient outcomes within the organization.

**NDNQI RN Survey Ambassador Committee**, *University of Chicago Medicine* Aug. 2020-Nov.2020  
-Encouraged staff to complete the RN Satisfaction Survey while identifying unit accomplishments.

**Representative, Department Advisory Committee**, *Rush University Medical Center* Jun. 2019-Oct. 2019  
-Collaborated with other unit representatives to discuss hospital and unit-based changes while communicating with the UAC.

**Member & Former Chairperson, Unit Advisory Committee**, *Rush University Medical Center* Dec. 2016-Oct. 2019  
-Led as the first chairperson to a brand new and expanding unit while promoting shared governance, encouraged employee engagement, and developed unit-based improvements through quality improvement projects.

**Mentor & Member, Magnet Champions Committee**, *Rush University Medical Center* May 2017-Oct. 2019  
- Performed duties as a communication link between frontline nurses and Magnet leadership to achieve accreditation.

**Member, Diabetes Champions Committee**, *Rush University Medical Center* May 2018-Oct. 2019  
-Collaborated with the diabetes educator to create resources for staff nurses including PowerPoints on diabetes survival skills, policies, and education materials to empower staff nurses and decrease hypoglycemic events.

**Member, Nurse Health Equity Council**, *Rush University Medical Center* Nov. 2018-Oct. 2019  
-Strived to combat health disparities through discussions of health inequities due to social determinants of health.

**Coordinator, Scheduling Committee**, *Rush University Medical Center* Feb. 2018-Mar. 2019  
-Ensured adequate staffing while adhering to scheduling policies and balancing staff requests.

AWARDS & NOMINATIONS:

**Recipient**, Good Catch Award May 2019  
**Nominee**, Luther Christman Award May 2018  
**Nominee**, Daisy Award May 2018  
**Recipient**, Magnet Essay Contest Award August 2017

EDUCATION:

**Saint Xavier University**, Chicago, IL Expected Graduation: August 2025  
*Candidate for Master of Science, Nursing, Nurse Educator Track*

**Northern Illinois University**, Dekalb, IL May 2013  
*Bachelor of Science, Nursing*

CREDENTIALS:

Certified Medical Surgical Registered Nurse October 2017-Present  
Registered Nurse: Illinois State Board of Nursing July 2013-Present  
Basic Life Support/Cardiopulmonary Resuscitation January 2010-Present  
Advanced Cardiac Life Support January 2022-Present

PROFESSIONAL AFFILIATIONS:

Member, American Holistic Nurses Association February 2020-Present  
Member, American Nurses Association October 2018-Present