



Elizabeth J Rock

MSN, RN

CONTACT

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Allen, TX 

EDUCATION

MSN
Nursing Administration with Nurse
Educator Certificate
University of Texas- Arlington
2014

BSN
BACHELOR OF SCIENCE
IN NURSING
Texas Women's University
2007

LICENSES AND CERTIFICATIONS

RN
Registered Nurse
State of Texas
Obtained 2007

Neonatal Resuscitation Instructor
American Academy of Pediatrics

BLS
Basic Life Support for Providers
American Heart Association

ACLS
Advanced Cardiac Life Support for
Providers
American Heart Association

PROFILE

Dedicated Obstetrical and Neonatal Registered Nurse with proven success in Nursing Administration, Education, and Quality Management.

PROFESSIONAL EXPERIENCE

REGISTERED NURSE

Methodist Richardson Medical Center/ Richardson, TX / Sept. 2017-Present

- Provided compassionate, evidence-based care for patients as OBED, Charge Nurse in Labor & Delivery and Mother Baby Units, Admit Nursery Nurse, and Level II Nursery.
- Trained new Labor & Delivery and Postpartum Nursing Staff.
- Provided continuing education and professional development opportunities for current staff to advance skills and practices.
- Assist in performance improvement process trend reporting

DIRECTOR

Medical City Denton / Denton, TX / 2012 - 2017

- Division level performance and quality improvement initiatives aimed at risk index reduction measures and cost containment.
- Provide guidance and support to nurse managers and clinical supervisors in their role while providing and focusing on succession planning.
- Oversight of daily staffing and daily productivity.
- Supported a shared governance model, inclusive of a unit practice council and peer interviewing.
- Responsible for payroll, disciplinary action, and other human resource functions of the units.
- Participate in executive planning of service line growth and expansion, inclusive of capital acquisition and bed expansion.
- Women's and Children's: NICU and Newborn Nursery Nurse, and Level II Nursery (Dec. 2012 – April 2014)
 - 19 FTEs, a 24 bed newborn nursery unit, and a four bed level two neonatal unit.
- Women's and Children's Services (April 2014 – Aug. 2015)
 - 70 FTEs, inclusive of two managers, 8 clinical supervisors, and front line staff roles.
- Progressive Care Unit (Aug. 2015 – Sept. 2017)
 - 30 FTEs, inclusive of 3 clinical supervisors and front-line staff roles.

RECOGNITIONS

*DFWHC Rex McRae
Scholarship: Past Recipient*

2017 DFW Great 100 Nurses

*2016 HCA Innovator Award
recipient*

NURSING LEADERSHIP AND AFFILIATIONS

Medical City Healthcare

Nursing Quality Council

Nursing Executive Council

Pain Safety Committee

Maternal Multidisciplinary

Taskforce Committee

Medication Safety Committee

Code Blue Committee

Ethics Committee: Chairperson

Methodist Richardson Medical Center

Unit Base Council: Chair

Bereavement Committee: Chair

Hospital Education Committee Chair

EXPERTISE

Development of Evidence- based
Nursing Policy/Procedures

Process Improvement

Collaborative Communication

Clinical Data Interpretation

Staff Training and Development

Regulatory Compliance

Analytical Problem Solving

Patient Assessment

Quality Analysis

Emergency Response and
Management

Patient Education

Patient Advocacy

Workload Prioritization

PROFESSIONAL EXPERIENCE, CON'T

REGISTERED NURSE- Clinical Supervisor

Centennial Medical Center / Dallas, TX / Sept. 2008 – Jan. 2010

Medical City Healthcare / Dallas, TX / Aug. 2009- Dec, 2012

- Provided compassionate, evidence-based care for patients as NICU, Newborn Nursery, Admit Nursery Nurse, Pediatrics, and Post- Surgical Unit.
- Trained new Staff.
- Functioned as Charge Nurse.
- Assist in performance improvement process trend reporting

REGISTERED NURSE

Texas Health Resources / Plano, TX / June 2007 – June 2009

- Provided compassionate, evidence-based care for patients as NICU, Transition, Newborn Nursery, Admit Nursery