

ELLEN FALCK, RN, BSN

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Determined and motivated RN and Life & Health Coach with diverse clinical nursing experience seeking to regain employment in the fields of mind-body/holistic medicine and nursing education after a break in practice due to illness. Life experience from the illness has fostered valuable perspectives of empathy, compassion & passion to advocate for patients. Volunteering currently to educate the community regarding the treatment of addiction/ recovery, & alternative/complementary therapies for pain relief.

Previous nursing experience includes work on behavioral health, medical/surgical, psychological & correctional units. Experience in medical/legal nurse consulting. Excellent learning and training skills. Possess positive attitude and passion for education and helping to improve the lives of others. Considered a reliable team player, hard-worker, and self-starter. Practice standard infection control measures and JCAHO standards/ compliance regularly. Consistent patient advocate and resource in case management.

EXPERIENCE

GIRLS AND BOYS CLUB OF AMERICA & RETREAT CENTER OF MARYLAND, Columbia, MD

Registered Yoga Teacher (RYT 200)

- **Create and deliver engaging classes for 6-12 year olds**
- **Create and deliver power yoga instruction for adults**

2015-Present - Break in Nursing practice due to disability

RECENT VOLUNTEER WORK

UNIVERSITY OF MARYLAND, MEDICAL CENTER

1/2019, 4/2020, 4/2021, future engagements booked

Speaking engagements

- Present to medical students self-prepared program surrounding the opioid epidemic, alternative therapies, neuroplasticity, & the treatment of substance use disorders

HAVEN ON THE LAKE, COLUMBIA, MD

February 22,23/ 2020, (planning another workshop for presentation at Haven Health Fair in January 2021)

Arranged a Two-Day Workshop entitled, "Addiction and Mind-Body Practices: Learning to Live a More Joyful, Empowered Life"

- Organized a team of other holistic health professionals including yoga, reiki, acupuncture, and sound healing practitioners
- Individually created a two-day workshop for the team, educating participants about mind-body medicine, neuroplasticity and addiction
- Created and delivered a PowerPoint presentation regarding addiction, neuroplasticity, and mind-body medicine
- Created a workbook/journal for participants that included mindfulness and meditation exercises, useful information about neuroplasticity, & health/life coaching material

NOT-FOR-PROFIT MEETUP GROUP ORGANIZER

April 2021-present

- Creator, organizer of the Meetup Group, Broken2Better, aimed to help create connections in the

community and educate individuals afflicted by or suffering with addiction, heartbreak, chronic illness, and trauma about holistic health and the principles of mindfulness, flow, neuroplasticity, & minimalism.

PRIOR NURSING EXPERIENCE

MAXIMUS, SILVER SPRING, MD

5/2013-8/2015

Clinical Practitioner Consultant

- Reviewed hospital records and legal documents to determine if Medicare's eligibility requirements were met
- Performed thorough chart analysis
- Worked with evolving technology to deliver the most efficient work
- Collaborated well with other team members to get work done in a timely manner

PROVIDENCE HOSPITAL, WASHINGTON, DC

12/2011 - 5/2013

Clinical Registered Nurse

- Thorough intake assessment, coordinating with other health care professionals to implement care for patients 18 years and older.
- Frequent role as charge nurse
- Address and treat psychological, medical, and substance abuse diagnoses
- Medical care performed including wound and skin care, diabetic management, PPD and vaccine administration, tuberculosis management, medication administration
- Frequent security checks and appropriate restraint and seclusion assessment and care
- Education of patients regarding adherence to medication, medication information and administration, and nutrition
- Discharge of patients including necessary patient referrals
- Consistently act as patient advocacy
- Enforce special precautions including specific implementation for high-risk suicide and high-risk fall patients, as well as prevention of infection and prevention of skin ulceration
- Respond to Rapid Response and Codes appropriately

LEGAL NURSE CONSULTANT Baltimore, MD

4/2010

Registered Nurse, Donahue, Durham, & Noonan, P.C.

Ellen Hirshman, Linton & Hirshman LLC

Various Law Firms

Reviewing patient chart information to determine alleged Hospital negligence

- * Performing chart analysis
- * Learning hospital policies regarding current case
- * Preparing formal report to assist legal consultant
- * Utilizing writing skills in formal report to prepare for depositions regarding the current case (trial date TBD)

MOLLEN IMMUNIZATION CLINICS, various locations in Washington, DC and Maryland,

6/2012 – Present

Registered Nurse

Administration of flu vaccinations throughout flu season

- * Self-directed coordination of corporate clinics without any supervision or assistance
- * Management of other nurses in corporate clinic situations
- * Frequent coordination with Mollen Corporate office regarding logistics, scheduling, and personnel.
- * Often remedy personnel and support issues by remaining a constant available resource

PATHWAYS RECOVERY CENTER, AAMC Annapolis, MD

2/2011-8/2011

Registered Staff Nurse, Pathways Addiction Recovery Center

Charge nurse role/ responsibilities

Consistently worked as sole nurse for entire unit overseeing up to 30 patients

Performed frequent inpatient assessments on child, adolescent, and adult populations

- * Delegated responsibilities as appropriate to other health care professionals
- * Thorough intake assessment, coordinating with social workers, medical director, and finance department
- * Addressed psychological needs/ dual diagnoses patients with appropriate care
- * Frequent inpatient assessment, involving random drug urine screening and TB testing for every patient upon admission.
- * Upon discharge, assessed patient emotional and physical stability for discharge.

Standard Nursing Care

- * Treated any wounds encountered before admission or at Pathways.
- * Treated diabetic patients with special attention to care, monitoring the patients' blood sugars and administering insulin per protocol.
- * Assisted handicapped patients with personal care as needed.
- * Administered medications per protocol using Pyxis medication dispensing machine, including detoxification medications, which required careful assessment during patient detoxification period: assessing for fall risk, risk of injury, risk of seizure, risk of overdose and death (if patient has come into facility while still intoxicated).
- * Communicating frequently with the medical director regarding patient conditions and including emergent situations which required patients to be transferred to AAMC ED.
- * Counseled patients in processes of addiction, psychiatric disabilities, recovery, and medication
- * Involved in treatment planning and patient referrals after discharge.
- * Performed frequent security checks throughout facility

CORRECTIONAL MEDICAL SERVICES, Jessup, MD

2010

Registered Staff Nurse, Correctional Medical Services, Temporary position

Clinical and administrative responsibility for a varying amount of minimum-maximum security patients, including performing frequent assessments, treatments, and making necessary referrals

- * Charge nurse role/ responsibilities within first month
- * Hired as staff nurse with clinical ladder arrangement
- * Frequent resource for inmates both psychological and for medical conditions
- * Coordinated distribution of insulin and kept records for each distribution
- * Forwarded urgent medical needs to physicians as necessary
- * Frequent chart auditing, assessment, and organization

ADVENTIST BEHAVIORAL HEALTH, Rockville, MD

2009-2010

Registered Staff Nurse, Behavioral Health Inpatient Unit, Temporary Position

Responsible for 12-14 bed unit for all facets of triage, inpatient procedures, formation of treatment plans, making necessary referrals, consultation with families, and maintaining security on the unit working with other health care professionals,

- * Acted as charge nurse within first week of work for adolescents and children
- * Hired as staff nurse for both day and night shifts
- * Teaching of psychological and physical coping mechanisms.
- * Consistently worked with health care professionals to develop appropriate treatments and treatment plans
- * Called emergency codes when patients and/or health care professionals were in danger
- * Performed frequent chart auditing
- * Performed frequent security checks throughout night shifts (every 15 minutes)
- * Utilized detoxification medications, or substance/ alcohol abuse recovery treatments when necessary

(in dual diagnoses patients)

UNIVERSITY OF MARYLAND MEDICAL CENTER, Baltimore, MD

2008-2009

Registered Staff Nurse I, Surgical Acute Care Unit

Responsible for 3-5 patients at a time, depending on patients' acuity. Used clinical skills frequently with a variety of surgical patients

- * Supervised nurses aides and LPNs.
- * Proficient in IV insertion, swan- ganz catheters, use/ placement of central lines, telemetry, IV pumps, traction devices, EKGs & mechanical ventilation systems.
- * Drew blood samples venously and arterially
- * Performed wound care, including dressing application and removal
- * Organized discharge of patients
- * Inserted and removed indwelling (foley) catheters
- * Administered medications orally, parentally, and enterally
- * Administered tube feeding
- * Assisted with intubation insertion and removal & suctioning
- * Practiced clean & sterile technique. Prepare patient rooms and transport patients from the heliport to the room while collaborating with emergency health care professionals
- * Performed hygiene skills including hand-washing, bathing, and cleaning patients
- * Performed oral and skin care
- * Implemented education seminars for patients regarding their conditions, including pin care, diabetes, myocardial infarction, and ostomy care
- * Researched medications frequently
- * Care of patients pre- and post- operation phases
- * Bariatric patient care (frequent care of gastric bypass patients)

EDUCATION

Johns Hopkins University, Baltimore, MD Graduated May, 2007
BSN, RN degree

2005-2007

Loyola University Chicago, Chicago, IL
Nursing major

2002-2004

University of Miami, Coral Gables, FL
Motion Pictures, Nursing

2001-2002

LICENSES/CERTIFICATIONS

Registered Nurse in State of Maryland and Washington, DC

CPR

BLS, ACLS

Substance Abuse counselor certification, *Penn Foster University*

Life and Health Coach certification, *Health Coach Institute*

RYT 200 (Registered Yoga Teacher)

OTHER SKILLS

Proficient in Meditech and Medstar Software, Kronos technology, Word, PowerPoint, PowerChart, Excel