

## ELEANA M. CONWAY, MS, RN, CS-FNP, TTS

### EDUCATION

#### **Boston College**, Chestnut Hill, MA

Master of Community Health Nursing, 1998 *Alpha Chi*, National Honor Society

Family Nurse Practitioner, 1998 *Sigma Theta Tau*, International Nursing Society

#### **Saint Anselm College**, Manchester, NH

Bachelor of Science in Nursing, May 1995

**UMass Medical School Center for Mindfulness:** Oasis Institute MBSR teacher Training

**Massachusetts General Hospital Psychiatry Academy, Boston, MA:** Stress and the Relaxation Response: The Fundamentals of Mind Body Medicine

**Mindful Schools:** Mindfulness Fundamentals, April 2020

### Experience

#### **Winchester High School, Winchester, MA**

*Dec. 19- present Registered Nurse, Student Health*

Winchester High School, Winchester, MA Dec. 19- present Registered Nurse, Student Health Assess and deliver care to students with acute and chronic illnesses (including diabetes, seizure disorders, ADHD, Asthma, Life Threatening Allergies, Hearing and Visual Deficits) as well as, acute injuries. Oversee health records and ensure immunization compliance.

Complete DPH required reporting forms. Implement Individual Health Care Plans for students with various medical needs. Follow DPH School Health mandates and guidelines. Organize and carry-out mandated DPH health screenings programs and make appropriate referrals.

#### **Restore Meditation, Woburn, MA**

*Oct. 17- present Mindfulness Meditation Teacher, Owner/Founder*

Run mindfulness meditation classes and workshops for Kids, Teens, Adults, Schools and Corporate. Student classes explore mental health and resiliency training using breathwork movement/yoga, art, music modalities. Serve as a resource for schools in education and improving behavioral health.

#### **St. John's Preparatory School, Danvers, MA**

*Feb. 19- present Registered Nurse, Student Health, Substitute*

Respond to health issues encountered, provide counseling and crisis intervention when required. Provide first aid to injured students and staff and administer daily and as needed medications. Acts as a resource in health education, stress management and vaping to school personnel, students, and families.

#### **Lahey Health, Lahey Clinical Performance Network, LLC**

*Oct. 15- June 2019 Nurse Practitioner, Manager, Health Improvement Programs: Stress Management & Tobacco Treatment*

Explore population health and risk reduction opportunities across the Lahey Health system. Manage all ambulatory Tobacco Treatment staff and services. Develop Stress Management; Introduction to Mindfulness program designed to help patients decrease stress and build resiliency. Measure/ report on outcomes. Collaborate with local communities and serve as local expert on rising vaping crisis.

#### **Lahey Clinic Medical Center**

*May 10- Oct. 15 Nurse Practitioner, Manager, Health Improvement Programs*

Developed and implemented health and wellness benefits for patients and colleagues aimed at creating a culture of health and reducing health risks. Risks included Physical Inactivity (Walk at Work, Couch to 5K programs, and Fitness Discounts), Obesity (Create Your Weight, Cooking Up Good Health, and Medical Weight Loss), Tobacco Abuse (Coaching, Treatment and Lung Cancer Screening), Addiction (SMART Recovery), Stress Management (Yoga and Mindfulness) Reducing Injuries (Stretching and Personal training). Chaired the annual Colleague Health and Wellness Fair. Managed the Colleague Fitness Center and classes. Managed all inpatient, ambulatory and community outreach Tobacco Treatment services and staff.

Oct. 07- May 10 Nurse Practitioner, Smoking Cessation Program

Developed, implemented, and managed all inpatient and ambulatory Tobacco Treatment services and staff. Visited inpatients and counseled on health benefits of quitting tobacco. Lead outpatient smoking cessation coaching groups for patients, colleagues and community members. Chaired Tobacco Free Initiative. Co-Chaired Lahey Clinic APN Networking group. Magnet® Champion; authored Force 10; *Community Outreach through Smoking Cessation at Lahey Clinic*, 2009; cited as "Magnet Exemplar"

**Boston Medical Center, Boston, MA**

Feb.01-March 06 Nurse Practitioner, Pulmonary, Asthma and Allergy Clinic, Smoking Cessation and Asthma- Home Automated Telemanagement programs

Provided comprehensive care to outpatients. In-serviced Boston Medical Center and affiliated centers' staff on asthma management. Co-lead outpatient smoking cessation groups. Assisted in the development of an inpatient smoking cessation program. Assisted patients in managing their asthma via a secured web site. Developed curriculum for patient education.

Nov.98-Dec.00 Nurse Practitioner, Occupational & Environmental Medicine

Performed Pre-employment and DOT examinations. Provided care for colleagues and clients with industrial accidents as well as Blood-borne Pathogen and occupational exposures.

Educational programs- including "OSHA Training for Blood-borne Pathogens."

Organized Tuberculosis screening programs.

**Beth Israel Deaconess Hospital, Boston, MA**

Jan. 05- Jan. 09 Registered Nurse, OBGYN, Ante-Partum, Post-Partum, and New Born Nursery,

Sept. 05- Jan. 08 Registered Nurse, I- Shift (endoscopy)

**New England Medical Center, Boston, MA**

Mar. 97-Oct. 99 Registered Nurse, Endoscopy, General Medicine Surgery

**Yale New Haven Hospital, New Haven, CT**

Mar. 96-Mar. 97 Registered Nurse, ENT and Plastics and General Surgery

**North Shore Rehabilitation Hospital, Danvers, MA**

June 95-Mar 96 Registered Nurse

**PROFESSIONAL ACTIVITIES.**

**Mass Hospital Association Presenter:** *The Challenges of Establishing and Maintaining a Smoke-Free Hospital Campus*, and *South Shore Hospital, and Wellness Initiatives as a Strategic Imperative*

**CHES 2010**, San Diego- Presenter: *From the Inside Out*

**Magnet® Champion:** Attended Magnet® Recognition Conference, Chosen twice to travel and attend conference with Chief Nursing Officer to represent Lahey APNs

**Boston College:** Lecture and Precept Students for Boston College, School of Nursing

**MEMBERSHIPS**

Massachusetts Coalition of Nurse Practitioners

**LICENSURE/CERTIFICATION**

Family Nurse Practitioner/Registered Nurse, MA License #215808

ANCC certification, Primary Care and Family Health Nursing

Usui Reiki Ryoho Reiki I & II Certification

Tobacco Treatment Specialist- the Center for *Tobacco Treatment Research and Training* at University of Massachusetts Medical School

Freedom from Smoking® American Lung Association- Certified

ACLS/BLS- active certification

**VOLUNTEER/ INTERESTS**

Board Member Burbank YMCA Branch, Great Boston YMCA

Board Member: Reading Coalition for Prevention and Support (formerly RCASA)