

Eleana M. Conway, MS, RN-CS, FNP

Eleana obtained her Bachelors of Science. in Nursing from Saint Anselm College in 1995 and earned her Masters in Community Health Nursing and Family Nurse Practitioner from Boston College in 1998. She has studied at the UMass Medical School, Center for Mindfulness.

For over 20 years, Eleana has run group sessions and has a longstanding interest in the practice of meditation. She believes cultivating mindfulness plays an important role in the reduction disease and suffering and in learning to live in a skillful way. She is dedicated to her own formal meditation practice.

Over the course of her professional career, Eleana has has worked with individuals across the lifespan struggling with a wide range of challenges; including chronic disease and addiction. She served as Head Nurse Practitioner in the Adult Pulmonary, Asthma, and Allergy Clinic and co-lead Smoking Cessation Programs at Boston Medical Center from 2000-2005.

For the last ten years, Eleana has directed population health and risk reduction opportunities across the Lahey Health Medical System. She passionately promotes a culture of health and encourages all to pursue a balanced lifestyle through the development and facilitation of evidence based and patient centered wellness programs; including Tobacco Treatment and Stress Management Training Programs. She serves as a direct link between improved health and lifestyle changes so that no one has to face their journey alone.

An important aspect of her life is family; including her husband, four children, and dog.

Eleana M. Conway
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Education

Boston College, Chestnut Hill, MA

Master of Community Health Nursing, 1998
Family Nurse Practitioner, 1998

Alpha Chi, National Honor Society

Sigma Theta Tau, International Nursing Society

Saint Anselm College, Manchester, NH

Bachelor of Science in Nursing, May 1995

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

Nurse Practitioner Experience

Lahey Health, Lahey Clinical Performance Network, LLC

Oct. 15- present Manager, Health Improvement Programs, Stress Management & Tobacco Treatment

Explore population health and risk reduction opportunities across the health system. Manage all ambulatory Tobacco Treatment staff and services across the health system. Develop Stress Management; Introduction to Mindfulness program designed to help patients decrease stress and build resiliency Measure and report on outcomes for all programs and services.

Lahey Clinic Medical Center

May 10- Oct. 15 Nurse Practitioner, Manager, Health Improvement & Tobacco Treatment 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 Stress Management (Yoga and Mindfulness), 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), and 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 11 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 using mindfulness. Lead outpatient smoking cessation coaching groups for patients, colleagues and community members. Chaired Tobacco Free Initiative: Cessation and Benefit Subcommittee; developed and implemented all benefits for colleagues as the medical center adopted a Tobacco Free Policy. Co-Chaired Lahey Clinic APN Networking group- together with leadership transitioned to an official APN Council. 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- Feb. 01 *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.

Preventative Medical Associates

May.98 *Nurse Practitioner, Addiction Medicine*
Assisted patients within a primary care model stressing home detoxification for drug addiction, guiding patients through the process and providing patients with coping skills they need to remain sober and treatment to specific medical conditions.

Registered Nurse Experience

Beth Israel Deaconess Hospital, Boston, MA

Jan. 06- Jan. 09 *Registered Nurse, OBGYN*
Sept. 05- Jan. 08 *Registered Nurse, I- Shift (float across multiple medical and surgical services)*

New England Medical Center, Boston, MA

Mar. 97-Oct. 99 *Registered Nurse, Part-time while NP student, General Medicine and Surgery*

Yale New Haven Hospital, New Haven, CT

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

North Shore Rehabilitation Hospital, Danvers, MA

June 95-Mar 96 *Registered Nurse, full-time*

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*

CHEST 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

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 against Substance Abuse

Foreign Language

Conversant in Spanish