

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

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EDUCATION

Boston College, Chestnut Hill, MA

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

Alpha Chi, National Honor Society
Sigma Theta Tau, International

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

Experience

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.

Beverly High School, Danvers, MA

Sept. 19- present Registered Nurse, Health Center

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.

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

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

Reiki I Certification

VOLUNTEER/ INTERESTS

Board Member Burbank YMCA Branch, Great Boston YMCA

Board Member: Reading Coalition against Substance Abuse