

LYNDSAY WRIGHT (REHAK), MSN, RN, CMSRN, CNE

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Education

Doctor of Nursing Practice, Concentration in Lifestyle Medicine **Current**

Southern Adventist University – Collegedale, Tennessee

Expected Graduation Date: August 2025

Master of Science, Concentration in Nursing Education (MSN) **2022**

Notre Dame of Maryland University - Baltimore, Maryland

Scholarly Project: Understanding Self-Compassion in Baccalaureate Nursing Students

Bachelor of Science, Major in Nursing (BSN) **2019**

Notre Dame of Maryland University - Baltimore, Maryland

Magna Cum Laude

Scholarly Project: Early Mobilization of Patients with Ventricular Devices

Employment History

Notre Dame of Maryland University

Assistant Professor of Nursing

08/2022-Present

- Teaches junior nursing students in the traditional and accelerated baccalaureate nursing programs.
- Serves as course coordinator and faculty for Foundations of a Caring Profession (5 credits) and Professional Nursing Care of the Adult I (4 credits) at Notre Dame of Maryland University for the traditional, accelerated and hybrid accelerated programs.
- Develops and coordinates laboratory, clinical, and simulation experiences for junior students in both courses.
- Coordinates interprofessional education experiences with other health sciences departments, including School of Pharmacy, Occupational Therapy, and the Physician Assistant programs at Notre Dame of Maryland University.
- Participates in the facilitation of pre-briefing and debriefing of simulations with students.
- Assists students as a faculty mentor and advisor in research endeavors.
- Supervises and supports data collection processes, analysis of data, and summarization of findings for students conducting research in the School of Nursing.

Adjunct Course/Clinical Faculty

08/2020-08/2022

- Taught junior and senior-year baccalaureate nursing students in acute care and clinical laboratory settings.
- Instructed students on safe patient handling and care, physical nursing skills, medication administration, and documentation appropriate to their course level.
- Previously taught courses as clinical faculty include Foundations of a Caring Profession and Professional Care of the Adult I.
- Participated in the facilitation of pre-briefing and debriefing of simulations with students.

Clinical Laboratory and Simulation Assistant

08/2021-12/2021

- Assisted in the set-up, maintenance, and operations of the Center for Caring with Technology (CCT) at Notre Dame of Maryland University under the direction of the Director of the CCT.
- Cared for simulation equipment and high-fidelity manikins while coordinating the set-up and clean-up of skills laboratory sessions for students in all nursing courses at Notre Dame.
- Taught patient assessment and nursing skills to students during nursing courses and open-laboratory hours.
- Prepared for and participates in simulations for all junior and senior level nursing courses (Foundations of a Caring Profession, Adult Health I&II, Pediatrics, Maternity, Mental Health, and Community Health).
- Participated in the facilitation of pre-briefing and debriefing of simulations with students and course faculty.

Practicum Preceptor

01/2021-12/2022

- Served as a semester long preceptor for student nurses in their final semester of nursing school.
- Oriented student nurses to a medical surgical nursing unit and assists students to provide care and perform various nursing skills during a 12-hour shift.
- Evaluated student progress and communicates needs or concerns with the course instructor.

CARE Coach

08/2018-05/2021

- Provided tutoring services on a weekly basis to junior and senior level nursing students in need of assistance and support in Medical/Surgical, Pediatric, and Maternity semester long nursing courses.

MedStar Franklin Square Medical Center (MFSMC)

Clinical RN II: Medical Surgical/Neuro/Pulmonary

04/2019-Present

- Currently working per diem as of 08/2022 as a Certified Medical Surgical Registered Nurse on a 48-bed medical-surgical unit in a Magnet-designated facility.
- Provides patient-centered, holistic care to adult patients experiencing acute and chronic health problems, while attending to their various physical, educational, emotional, medical, and spiritual needs.
- Previously held a full-time position (04/2019-08/2022) in which 10 weeks of precepted orientation was completed, in addition to a year-long Nurse Residency Program and an evidence-based practice project.

Nurse Extern: Medical Surgical/Neuro/Pulmonary

04/2019-06/2019

- Completed a Medical Surgical nursing externship shadowing a registered nurse full time during the final semester of baccalaureate nursing education.

University of Maryland Medical Center (UMMC)

Student Nurse Resident: Psychiatry

06/2018-12/2018

- Completed UMMC's full-time 2018 Summer Student Nurse Residency Program and completed an evidence-based practice project over the course of 10 weeks, while rotating with various nurse preceptors on three different units (Adult, Geriatric, and Emergency Psychiatry).
- Upon completion of the program, worked part-time as a student nurse throughout the fall of 2018 on the UMMC inpatient Geriatric Psychiatry unit.

Bertucci's Italian Restaurant

Hostess/Cashier/Delivery Driver

12/2016-06/2019

- Held a full-time position at a local restaurant welcoming and seating customers, handling phone orders for carry-out, working cash registers and prepping for dining room and catered events, and making carry-out deliveries.

Silver Moon Diner

Hostess/Cashier

04/2016-09/2016

- Held a full-time position at a local restaurant welcoming and seating customers, handling the telephone and carry-out orders, working the cash register and maintaining a clean workplace.

Certifications and License

Certified Nurse Educator (CNE)	2023
Certified Medical Surgical Registered Nurse (CMSRN)	2021
Advanced Cardiovascular and Basic Life Support (ACLS, BLS CPR&AED)	2023
Maryland Licensure-Registered Nurse (RN) License #: R238954	Active

Honors and Awards

MedStar Franklin Square Medical Center Nurse Residency Program, Facilitator Recognition	2024
Academic Nurse Educator Certification (ANEC) Award`	2023
Regina Russo Hamel '41 Recent Graduate Award, Notre Dame of Maryland University	2022
New Nursing Faculty Fellowship, Notre Dame of Maryland University	2022
Nurse of the Year (Overall), MedStar Franklin Square Medical Center	2022
Nurse of the Year (Medicine Service Line), MedStar Franklin Square Medical Center	2022
MedStar Nursing IMPACT Award, MedStar Franklin Square Medical Center	2022
Nominee for Outstanding Nurse in a Staff RN/Charge RN Role, MedStar Franklin Square Medical Center	2021
The Daisy Award Nominee, MedStar Franklin Square Medical Center	2021
Marlene Cochrane Auxiliary Nursing Scholarship, MedStar Franklin Square Medical Center	2021
Nurse Residency Program Graduate, MedStar Franklin Square Medical Center	2020
NICHE Geriatric Resource Nurse (GRN) Designation	2020
Elizabeth Morrissy Honors Program Distinction, Notre Dame of Maryland University	2019
Dean's List, Notre Dame of Maryland University	Spring 2016-Fall 2018

Memberships

Academy of Medical-Surgical Nurses (AMSN)
National League for Nursing (NLN, through Notre Dame of Maryland University)
Sigma Theta Tau International (Mu Eta Chapter, Notre Dame of Maryland University)
American College of Lifestyle Medicine (ACLM, through Southern Adventist University)

Professional Committees

Notre Dame of Maryland University

Entry Level BSN Program Circle (School of Nursing)
Member, 08/2022-Present

Entry Level BSN Program Curriculum Circle (School of Nursing)
Member, 08/2022-Present

Women's Leadership Subcommittee (University-wide)
Member, 11/2022-08/2023

University Handbook Committee (University-wide)
Member, 05/2023-Present

Young Alumni Committee
Member, 03/2024-Present

Student Association of Nurses at Notre Dame (SANND,
School of Nursing)
Faculty Advisor, 01/2024-Present

AACN Essentials Workgroup (School of Nursing)
Member, 01/2024-Present

MedStar Franklin Square Medical Center

Nurse Residency Program Advisory Board
Member, 3/2023-Present

Nurse Residency Program
Nurse Resident Facilitator, 3/2023-Present

Unit Practice Council, Medical-Surgical Neuro/Pulmonary
Member, 8/2019-Present

Nurse Preceptor and Mentor, Medical-Surgical Neuro/Pulmonary
08/2020-Present

Skin Champion, Medical-Surgical Neuro/Pulmonary
Member, 06/2021-07/2022

MedStar Nursing Professional Development Council
Member, 02/2021-08/2022

MedStar Corporate Nursing Professional Development Council
Member, 06/2021-07/2022

Community Service

Rice for the World Day: Hope International, Redeemer Classical Christian School	2011-2015
Grammar School Teaching Assistant and Tutor, Redeemer Classical Christian School	2013-2015
Our Daily Bread and Food Preparation and Meal Service, Catholic Charities	2015-2016
Farm Cleaning and Crop Harvesting, Real Food Farm	2015-2016
Project Homeless Connect, United Way of Central Maryland	2015-2016
Charity 5K, Susan Cohan Colon Cancer Foundation	2016-2017
Turkey Trot Charity 5K, Baltimore City YMCA	2017-2018
Elementary After-School Tutoring Program, Wolfe Street Academy	2018
Fall Prevention Program (Metrics and Health Screening), Zeta Senior Center	2018
Polish Charity Festival, Holy Rosary Catholic Church	2018
NICHE “No Senior Eats Alone Day,” MedStar Franklin Square Medical Center	2019-2020
School Sisters of Notre Dame (SSND) Associate	2023-Present

Teaching Activities

Notre Dame of Maryland University

Courses in Traditional, Accelerated and Hybrid Accelerated BSN Programs

NUR 305	Foundations of a Caring Profession	2022-Present
NUR 311	Professional Nursing Care of the Adult I	2022-Present

Scholarly Activities

Presentations

Radonovich, A. & **Rehak, L.** (2023, February 24). *Examining Burnout in Critical Care Nurses After the COVID-19 Pandemic*. [Poster Presentation] Notre Dame of Maryland University, Morrissy Honors Program. Maryland Collegiate Honors Conference (MCHC) at Towson University. Baltimore, MD.

Rehak, L. (2023, February 5). *Infection Prevention: It's in Your Hands!* [Webinar] Maryland Association of Professional Electrologists, Inc. (MAPE). Baltimore, MD.

Rehak, L. (2022, May 4). *Understanding Self Compassion in Baccalaureate Nursing Students*. [Poster Presentation] Notre Dame of Maryland University. Baltimore, MD.

Rehak, L. (2019, April 26). *Early Mobilization of Patients with Ventricular Devices*. [Poster Presentation] Notre Dame of Maryland University. Baltimore, MD.

Written Works

Rehak, L. (2022). *Implementing Bedside Shift Report for Certified Nursing Assistants*. [Unpublished Manuscript] Clinical Advancement Program Project (Level III Designation). MedStar Franklin Square Medical Center.

Walker, M., **Wright, L.** (2024). A historical and empirical review of compassion. *International Journal for Human Caring*. dx.doi.org/10.20467/IJHC-2022-0018