

Maggie Compennolle
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Personable and compassionate individual, with experience working as an Inpatient Bone Marrow Transplant Oncology Nurse at Barnes Jewish Hospital in Saint Louis, MO. Approaches healthcare from a holistic and integrative perspective, advocating for care of patients' and caregivers' mind, body, spirit. Aims to assist people in finding comfort and clarity in the end-of-life process, for themselves and for their loved ones. Seeking to make change on an individual and broader social level in the world of death and dying.

Work Experience

Oncology Nursing Society (ONS) St Louis, MO Chapter

To present 'Mindfulness' at ONS Conference online, April 10, 2020.

Life at Sunset, LLC, online

Business Owner, End-of-life Educator and Coach, Death Doula, Yoga Instructor, October 2020 to present

- Host weekly discussion groups that touch on end-of-life topics in an open and compassionate online environment
- Coach individuals one-on-one to identify values and desires and how to live their best last few months
- Host Five Wishes Workshop, aimed to assist and support participants in filling out this personalized advance directive document through education, story, self-reflection, and discussion.
- Teach yoga online twice weekly, helping individuals maintain and improve overall health while at home.

Barnes Jewish Hospital, Saint Louis, MO

Bone Marrow Transplant Oncology Staff Nurse, March, 2016 to March 2020

- Research Sabbatical recipient through Multidisciplinary Research Council. Studied effects of mindfulness on BMT patients and caregivers. Presented at Multidisciplinary Research Conference at BJH in October, 2018. Oral presentation at Transplantation and Cellular Therapy Meeting (currently American Society for Transplantation and Cellular Therapy) in February, 2019 in Houston, TX. Poster presentation at Oncology Nursing Society Congress in April, 2019 in Anaheim, CA.
- Published research in *Oncology Nursing Forum*, January 2020. (Compennolle, M. C. (2020). Effects of a Mindfulness Intervention on Hospitalized Patients with Hematologic Malignancies and Their Caregivers. In *Oncology Nursing Forum* (Vol. 47, No. 1, pp. 70-78). Oncology Nursing Society.)
- Presented Mindfulness as relevant to patients and their caregivers at regional AAMDS (Aplastic Anemia and Myelodysplastic Syndrome) Conference in October, 2019.
- Teaches mindfulness concepts and techniques for Nurse Residency Program.
- Uses critical thinking skills to thoroughly assess patients of the specialized Bone Marrow Transplant population, implements appropriate nursing interventions, and evaluates these interventions for the best possible outcomes for patients and their families.
- Communicates with all members of the healthcare team to provide excellent care to patient. Advocates for patients and caregivers to promote a holistic healing environment in the hospital.
- Presented concepts and skills of mindfulness at Nursing Grand Rounds throughout hospital as well as BJH's Nurse Residency Program quarterly.
- In April, 2016, took initiative in creating the Zen Den, a respite room for patients, staff, and family members to practice mindfulness and relax. Its success contributed to Zen Dens now being a part of every floor plan in recently built Parkview Tower of Barnes Jewish Hospital.

Medical-Surgical Staff Nurse, February, 2015 to March, 2016

- Used critical thinking skills to assess patients, implement appropriate nursing interventions, and evaluate efficacy of physician- and nursing-directed interventions in order to deliver excellent nursing care to patients and their families.
- Gained experience in treating a diverse population with a wide variety of medical conditions and co-morbidities.
- Demonstrated strong communication skills with all members of patients' care teams.

Urban Breath Yoga Studio, Saint Louis, MO Yoga Instructor, 2013 to 2019

and Life Time Fitness Club, Frontenac, MO Yoga Instructor, September 2019 to March, 2020

- Teach yoga classes to students of varying levels of experience. Teach workshops for beginners. Modify poses for students with injuries or contraindicated conditions. Trained in prenatal yoga. Certified 500RYT through Circle Yoga Shala, Arkansas.

Various Yoga Studios, Saint Louis, MO and Chicago, IL

Yoga for Cancer Workshop Instructor, July 2017 to present (on pause due to pandemic)

- Teach yoga, mindfulness, meditation and relaxation techniques to those touched by cancer (patients and caregivers) in a workshop format; give people skills and tools to manage stress, empowering them to be active participants in their treatment and recovery process. Emphasis on empowerment and self-care.

Formal Education

GOLDFARB SCHOOL OF NURSING (GSON): Upper Division Program, Saint Louis, MO

- Graduated December, 2014 with Bachelor's of Science in Nursing.
- Initiated and organized presentation on providing care for transgender patients to healthcare students; generated enough student interest for school to make it a biannual event; nominated for March of Dimes Student Nurse of the Year, 2014 for aforementioned presentation.
- Selected by faculty to serve as mentor for incoming students at GSON for three terms. Guided students with study strategies, time management skills, and prioritization. Inspired mentees to serve as future mentors.

DePAUL UNIVERSITY, Chicago, IL

- B.A. in Psychology, earned in 2006, concentration in Human Development, minor in German. Highest honors. Studied abroad in Bonn, Germany.

Professional/ Community Activities/ Memberships

Member of PFAC (Patient Family Advisory Council), July, 2017 to February, 2019.

Member of BJH Multidisciplinary Research Council, August, 2017 to January, 2020.

Member of Resiliency Steering Committee, July 2018 to January, 2020

Involved in research study teaching yoga to patients with breast cancer, at Siteman Cancer Center, June 2018- October 2020, awaiting publication.

Member of American Holistic Nurses Association since May, 2017.

Member of Oncology Nursing Society, September, 2018.

Member of American Nurses Association and Missouri Nurses Association, August, 2019.

Healing Touch, Level 1 student; Reiki Master.

Trained and certified in building earthen homes, August, 2020.

Certified through Conscious Dying Institute as a Sacred Passage Doula and Conscious Dying Coach and Educator, Dec., 2020.

Member of NEDA (National End-of-Life Doula Association).

Honors/ Scholarships/ Awards

-2018-2019 recipient of Harold and John Steinberg Memorial Nursing Scholarship, enabling attendance at Harvard Medical School's Mind Body Medicine Conference in Boston, MA in 2018 and United States Association for Body Psychotherapy Conference in Santa Barbara, CA in 2018.

-One of three oncology nurse finalists for *STL Magazine's* annual Excellence in Nursing Awards, 2019.

-Recipient of BJH's Jill Malen Excellence in Nursing Research Award, 2019.