**Maggie Compernolle**

**Santa Cruz and Monterey County, California**

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**WORK EXPERIENCE**

*Kaiser Permanente- Santa Clara Medical Center, Santa Clara, CA*

**Palliative Care Nurse, Inpatient and Outpatient. Per diem. July 2023- present**

* Work with transdisciplinary team to support patients and families with serious illness.
* Skills includes symptom management, psychosocial/ spiritual support, and goals of care discussions.

*Life at Sunset, LLC*[*. www.lifeatsunset.com*](http://www.lifeatsunset.com/)

## Business Founder, End-of-life Educator and Coach, Death Doula, Yoga Instructor. Oct 2020- present

* Host and facilitate weekly discussion groups on end-of-life topics in an open and compassionate online environment. Collaborate with specialists in various fields for joint presentations and seminars.
* Support individuals and family at end-of-life by clarifying goals, hopes, and fears. Help individuals die with dignity, grace, and humanity. Assist in collaboration with hospice and palliative medical teams. Empower support systems of dying individuals with education, supportive listening, and presence.
* Work one-on-one with individuals and families to identify and work towards end-of-life goals; advanced care planning. Lead Advance Directive Workshops integrating various teaching methods and modalities.
* Taught evidence-based Yoga for Cancer Workshops to people touched by cancer; discussed supportive application of yoga for symptom management during and after cancer treatment. Currently teach multi-level yoga classes to a wide range of ages, abilities, and experience.

*NorthShore University HealthSystem, Evanston, IL*

**Co-facilitator of Medicine Through Literature (MedLit) Monthly Discussion Group. October 2022- May 2023**

* Facilitated monthly book club open to staff. Discuss range of literature that covers medically-related topics.

*Hospice of Santa Cruz County, Santa Cruz, CA*

## Hospice Nurse Case Manager. Sept 2021 - Sept 2022

* Managed care for patients enrolled in hospice and their caregivers. Assessed patients and needs, developed care plans, delegated to other team members to provide excellent care for patients.
* Provided education on clinical concepts such as medication management, wound care, and what to expect at the end of life. Provided supportive listening to patients and caregivers. Advocated for patients and caregivers to promote a holistic healing environment in the hospital.
* Collaborated with interdisciplinary team to provide excellent care; attended weekly IDT meetings.

*Barnes Jewish Hospital, Saint Louis, MO*

## Medical/ Surgical, Bone Marrow Transplant Oncology Staff Nurse. March 2015 - March 2020

* Research Sabbatical recipient through Multidisciplinary Research Council. Studied and published effects of mindfulness experienced by BMT patients and caregivers. Taught mindfulness concepts and techniques for Nurse Residency Program quarterly. Presented concepts and skills of mindfulness at multiple Nursing Grand Rounds.
* Created the Zen Den, a respite room for patients, staff, and family members.
* Used critical thinking skills to thoroughly assess patients of the specialized Bone Marrow Transplant population; implemented and evaluated appropriate nursing interventions for the best possible outcomes for patients and their families. Collaborated with team members to provide excellent care.

# EDUCATION

**GOLDFARB SCHOOL OF NURSING**- Bachelor’s of Science in Nursing, Saint Louis, MO. 2013-2014. Honors.

* Initiated and organized “Trans 101” presentation on providing care for transgender patients to healthcare students after identifying a need for education and understanding; thereafter, offered regularly across med school campus for over 2 years. Nominated for March of Dimes Student Nurse of the Year.
* Selected by faculty to mentor incoming students at Goldfarb. Guided students with study strategies, time management skills, and prioritization. Inspired mentees to serve as future mentors.

**DePAUL UNIVERSITY-** Bachelor’s of Arts in Psychology, Chicago, IL. 2003-2006. Highest Honors.

* Concentration in Human Development. Minored in German. Member of Honors Program. Studied abroad in Bonn, Germany for one semester. Honors Program mentor for incoming students.

**SAINT LOUIS UNIVERSITY**, Saint Louis, MO, 2002-2003. Graduated with honors.

* Majored in Speech Language Pathology. Member of Honors Program.

# PUBLICATIONS

Compernolle, M. C., & Sledge, J. A. (2020, Jan). Effects of a Mindfulness Intervention on Hospitalized Patients with Hematologic Malignancies and Their Caregivers. In *Oncology Nursing Forum* (Vol. 47, No. 1).

Greaney, S. K., Amin, N., Prudner, B. C., Compernolle, M., Sandell, L. J., Tebb, S. C., ... & Peterson, L. L. (2022). Yoga Therapy During Chemotherapy for Early-Stage and Locally Advanced Breast Cancer. *Integrative Cancer Therapies*, *21*, doi: 10.1177/15347354221137285.

# CONFERENCES AND PRESENTATIONS

* **Oncology Nursing Society (ONS) Conference**. Presented on end-of-life awareness and conversations. *Greater Saint Louis Chapter, Saint Louis, MO, April 2023.*
* **Oncology Nursing Society (ONS) Conference***.* Presented on evidence-based mindfulness concepts with a focus on research pertaining to oncology nurses. *Greater Saint Louis Chapter, Online, April 2020.*
* **Regional AAMDS (Aplastic Anemia and Myelodysplastic Syndrome) Conference**. Presented evidence-based mindfulness concepts to patients and their caregivers. *Washington University and Siteman Cancer Center, Saint Louis, MO. Oct 2019.*
* **Oncology Nursing Society Congress**. Poster presentation. *Anaheim, CA, Apr 2019.*
* **Transplantation and Cellular Therapy Meeting (currently American Society for Transplantation and Cellular Therapy).** Podium presentation on mindfulness research. *Houston, TX, Feb 2019*.
* **Multidisciplinary Research Conference**. Oral presentation on mindfulness research. *Barnes Jewish Hospital,* *Saint Louis, MO, Oct 2018.*

**AWARDS**

* Recipient of Harold and John Steinberg Memorial Nursing Scholarship, enabling attendance at Harvard’s Mind Body Medicine Conference in Boston, MA and United States Association for Body Psychotherapy Conference in Santa Barbara, CA (2018).
* One of three oncology nurse finalists for *STL Magazine’s* annual Excellence in Nursing Awards, 2019.
* Recipient of Barnes Jewish Hospital’s Jill Malen Excellence in Nursing Research Award, 2019.

## ADDITIONAL SKILLS AND INTERESTS

Conversational German. Basic Korean. Registered Yoga Teacher (RYT-500). Certified Death Doula, Coach and Educator through Conscious Dying Institute in Boulder, CO (2020). ELNEC Core Curriculum completed (2021). NOLS Wilderness First Responder (2023). Interest in global travel and culture, earthen home building, camping, and contemplative practices.