

## Michelle R. Tinkham MSHCA, BSN, RN, CNOR, CLNC, CCPR

### Medical Employment History

- **RN Manager/ Program Coordinator Cardiac Pulmonary Rehab** 4/12-present  
Coordinates necessary components of national AACVPR recertification. Maintains QI projects related to the rehab program. Provides staff education and competencies. Direct patient care and patient education for outpatient cardiac and pulmonary rehabs. Presenter of Better Breather classes. Presenter for Pulmonary Rally. Member of professional practice council, evidenced based practice/ research council, Magnet writing committee.
- **Clinical Educator- Perioperative services** (4/12-9/12- Transfer to above)  
On-unit and department specific education for 8 surgical services departments, staff competency, skills assessment, new staff orientation, informal staff education, and formal in-services. Member of the research and professional practices councils.  
Eisenhower Medical Center- Rancho Mirage, CA
- **General/Vascular/Trauma/Transplant/Bariatric Surgery Resource RN** 6/05-3/12  
Scrub/Circulate specialty surgical cases, provide support to staff and Ensure smooth operation of specialty service lines, Coordinator of EVAR and Transplant Operating Room programs  
Riverside Community Hospital Operating Room- Riverside CA
- **RN Surgery** 8/04-6/05  
Traveling Scrub/Circulating Nurse  
Supplemental Healthcare Operating Room – Buffalo NY
- **RN Gastrointestinal Lab** 5/03-8/04  
Circulate and recover GI Lab patients, provide conscious sedation, Assist GI physician during procedures  
Truxtun Surgery Center – Bakersfield CA
- **RN Surgery/ Post Anesthesia Care Unit** 5/01-5/03  
Scrub, Circulate, and Recover surgical patients, Nurse Preceptor, Charge Nurse  
Kern Medical Center – Bakersfield CA
- **RN Home Health** 9/00-11/00  
Provide medical care to patients' in their home, Hospice care  
Optimal Home Health – Bakersfield CA
- **RN Administrative Program Specialist** 6/00-5/01  
State program providing medical case management to ill children, Provide staff and provider training regarding program function and referrals, Case Management, Policy and Procedure writing, Review of denied cases, Supervision of staff  
Kern Public Health Department- California Children Services – Bakersfield CA
- **RN Post Anesthesia Care Unit** 1/00-6/00  
Recovery of patients after surgery, Evening charge nurse  
Mercy Hospital – Bakersfield CA
- **RN Operating Room, Day Patient Unit** 7/99-7/00  
Pre-operative care of surgery and Cath lab patients, Scrub/Circulate

Cardiovascular surgery cases, Recovery of Cath lab patients  
Bakersfield Heart Hospital – Bakersfield CA

- **RN Doctor's Office and Laser Center** 6/99-7/99  
Assist Physician in office procedures, Supervision of clerical staff,  
Perform laser hair removal and tattoo removal, Provide follow up care of  
Post-laser treatment patients, Competency of Ruby, and KTP laser  
California Laser Center/ Dr Zora Gill – Bakersfield CA

### Allied Health Staff Privileges

- **RN First Assistant** 9/07-9/10  
Assist surgeons in various surgical cases  
Riverside Community Hospital- Riverside CA
- **RN First Assistant** 1/08-12/10  
Parkview Community Hospital- Riverside CA

### Independent Contractor positions

- **Medcom** 10/11-present  
Content reviewer, SME
- **Mometrix Media, LLC** 11/10-4/12  
Medical Writer
- **Nursing CE portal** 7/08- present  
Medical Writer
- **Lippincott Williams & Wilkins** 7/09-present  
Medical writer, Reviewer, Lead Perioperative consultant
- **RN First Assistant Contracted Provider** 1/08-12/10  
Riverside Medical Clinic- Riverside CA

### Education

- **High School Graduate** 1994  
Albany High School – Albany TX
- **Bachelor of Science In Nursing** 1/96-6/99  
Major: Nursing, Minor: Psychology, Magna cum Laude  
Public Health Nurse Certification  
California State University – Bakersfield CA
- **Master of Science in Health Care Administration** 6/01-7/03  
Major: Health Care Administration, Magna cum Laude  
Ashwood University – Online program
- **Legal Nurse Consultant Certification** 10/06  
Home study and onsite program  
Vickie Milazzo Institute – Houston TX

- **RN First Assistant Certificate** 12/06-6/07  
Home study and Suture Star hands-on course, Endovascular Vein Harvesting and bridging technique training  
National Institute of First Assisting/ CCSN – Henderson NV
- **CCI Surgical Services Management Certificate** 04/08-05/11/08  
Home study
- **CCI Surgical Services Educator Certificate** 05/12-8/12
- **AARC COPD Educator Certificate** 10/12-12/12
- **NCCPT Certified Personal Trainer Certification** 05/13
- **Certified Personal Nutritionist- NCCPT** 5/13-8/14
- **Master of Science in Nursing** 6/14-in process  
Major: Nursing Education  
Univ. of Texas Arlington- online program
- **Usui Reiki Master, Animal Reiki Master, online** 9/14
- **Vet Assistant diploma, Ashworth Univ.** 9/14
- **Animal Behavior and Welfare certificate, Coursea** 9/14
- **PhD in Animal Behavior** 10/14-in process  
Kingdom College- Online program
- **Certified Stress Relief Coach** 1/15  
BLI, LLC
- **Certificated Humane Education Specialist** 2/15- in process  
American Humane Society
- **Certificate in Meditation, Allegra Institute** 3/15
- **Certificate in CAM, Allegra Institute** 3/15
- **Certification in Aromatherapy, Aromahead** 3/15- 8/15
- **“Be a tree” presenter- Doggone Safe** 5/15
- **Disaster Preparedness for the Health Care Provider** 6/15  
Coursera-SOA
- **Psychological First Aid** 6/15  
Coursera- SOA
- **Certification Thought Field Therapy- Algo** 6/15
- **Certification Sound therapy Level 1- Tibetan singing bowls** 8/15

- IASH
- **Guided Imagery Master**- WOW
- **Certified Crystal Healer**-Hibiscus Moon

8/15-10/15  
8/15-present

## Professional Qualifications

- RNFA NPI # 1790975654
- RN license #559981 CA
- RN license #94276 TX compact
- Certified Nurse Operating Room (CNOR)
- Certified Personal Trainer (CPT)
- Certified Cardiac Rehabilitation Professional (CCRP)
- Public Health Nurse Certificate #61319
- Basic Cardiac Life Support (BCLS)
- Advanced Cardiac Life Support (ACLS)
- PBDS Clinical Coach training
- Crisis Prevention/ Workplace Violence Prevention certification

## Affiliated Associations and Honors

- Sigma Theta Tau International (**STTI**) Nursing Honor Society
  - Clarice Woodward Excellence in Writing award 2009, 2010
  - Abstract Reviewer 2010-2012
  - VHL repository reviewer 2013
  - Chapter officer
    - Vice President elect 2010-11
    - Vice President 2011-12
- Psi Chi  
Psychology Honor Society- member
- Alpha Chi  
Multi-major Honor Society- member
- Association of Operating Room Nurses (**AORN**)
  - AORN Congress Delegate 2008, 2010, 2011, 2013
  - AORN Congress Poster submission and Education Session Presenter 2010, 2011, 2013
  - Congress Voices writer 2008, 2010, 2011
  - Grassroots advocacy member 2008-present
    - CA State Coordinator 2010-11
  - AORN journal CE author 2009, 2010
  - AORN book reviewer 2010, 2011, 2012, 2013
  - AORN magnet column coordinator 2012-present
  - AORN RP project reviewer 2011, 2013
  - AORN Subject Matter Expert 2011
  - AORN Perioperative Clinics author 2011
  - AORN Editorial Board 2012-2015
  - Perioperative Resource Network 2009
  - Speaker's Bureau 2009
  - Beta tester, 2010
  - Clinical Nursing Practices Committee 2010-2011
  - *AORN Connections* New Advisory group 2014-2015
  - Clinical Educator SA Coordinating Council
    - National Education Chair 2013-2014
  - Endovascular/Vascular SA Coordinating Council

- National Education Chair 2009-2011, 2013-2015
  - National SA co-Chair 2011-2012
  - National SA past chair 2012-2013
- Chapter officer
  - eChapter Nominating committee 2009-2011
    - Research Committee
    - Membership Committee
    - Education Committee
  - Inland Empire Chapter Nominating committee 2009-2010
    - Fundraiser chair
- American Association of Cardiovascular Pulmonary rehabilitation (**AACVPR**)
  - Health Advocacy committee 2015-2017
- Competency and Credentialing Institute (**CCI**)
  - CNOR Champion 2008-present
  - CNOR Cut Score/Passing Point Committee 2010
  - CNOR item review committee 2012
- Society of Vascular Nurses (**SVN**)
  - Core Curriculum chapter author 2010, 2013
  - Clinical Excellence in Vascular Nursing Award Winner 2010
  - Informatics Committee member 2010
  - Scope and Standards for Vascular Nursing Task Force 2010-present
- Operating Room Nursing Council of California (ORNCC) member
- International Women's Leadership Association
  - Woman of Outstanding Leadership in Healthcare 2012
- Cambridge Who's Who
  - Contributing Author
  - VIP
- NPAW
  - Distinguished Women of 2011
- Lippincott Williams & Wilkins LNPS
  - Perioperative Lead Consultant 2010
  - Contributor 2009-2010
  - LNA- Treatment Plans reviewer 2011

## **Volunteer Work**

- Relay for life (2000), (Team Captain 2009)
- One Legacy Donate Life 5K (Hospital Team Captain 2010)
- Surgical Eye Expeditions (SEE) International Volunteer  
Provides needed eye surgeries for disadvantaged persons overseas (2002)
- Avon Breast Cancer Walk  
Medical crew volunteer (2003, 2009)

- Fresh Start Surgical Gifts  
Provides needed plastic surgery for needy children (2008)
- Leukemia & Lymphoma Society  
Team in Training (2008)
- ePals' eMentoring literacy program--In2Books (2008-present)
- Festival of Books- LA Times  
Bookworm (area captain) volunteer 2009
- Hands on Inland Empire- United way  
Multi-project Volunteer 60+ hrs 2008-09  
Project leader (2009)
- Big Sunday  
Project Leader (2009)
- Be the Cause  
Casa de Pez Volunteer (2010)
- American Public Media  
Volunteer blogger 2010-present
- Student Mentor  
Volunteer mentor to medically related college student majors 2010-present
- Animal Samaritans- animal care, highway hero, foster
- Palm Springs Animal Shelter- medical team, photographer, general animal care/handler
- Nikela- Wildlife advocate writer

## **Publications**

- Vascular Surgery Services: "*Peripheral Vascular Disease*" and "*Abdominal Aortic Aneurysms*"  
Nursing CE Portal (7/31/08)
- "*Endovascular Aortic Aneurysm Repair*"  
Advance Magazine 5:17 (8/4/08)
- "*The Endovascular Approach to Abdominal Aortic Aneurysm Repair*"  
AORN Journal 89:2 (2/09)
- "Perioperative News Unscripted" podcast  
AORN Connections (2/4/09)
- "*Fostering a Caregiver's Spirit: The Importance of Volunteering*"  
Create the Future: Sigma Theta Tau (7/09)
- "*Regional Block, Care of the Patient in the OR*"; "*Peripheral Nerve Block, Care of the Patient in the OR*"; "*Draping, Gynecological Surgery*"; "*Draping, Thoracic Surgery*"; Lippincott's Nursing Procedures & Skills Online Manual (10/09)

- *“Care of the Patient Undergoing Surgical Excision of a Carotid Body Chemodectoma”*  
AORN Journal 91:1 (1/10)
- *“Infection Control in PACU”; “Post-operative Assessment in PACU”; “Discharge of the patient from PACU”; Local Anesthesia, Care of the patient in PACU”; Malignant Hyperthermia, Care of the patient in PACU”*  
Lippincott’s Nursing Procedures & Skills Online Manual (2/10)
- *“Chemodectoma of the Carotid Body: A Case Study”* Poster presentation  
AORN Congress 3/10
- *“Reprocessing of Single Use Devices: Do the Benefits Outweigh the Potential Dangers”*  
Perioperative Nursing Clinics 5 (2010)
- *“Operating Room Competency for the Healthcare Sales Representative” 4 part series*  
Nursing CE Portal (7/10)
- *“Book Review: The AMA Guide to Leadership”* AORN journal 92:3 (9/10)
- *“The Value of Online Education”* SVN...prn Vol 17:3 (9/10)
- *“How Artistic Expressions Can Improve Your Overall Health”* Cambridge Who’s Who  
<http://www.cambridgewhoswhoauthors.com/20100930-how-artistic-expressions-can-improve-your-overall-health/> (9/30/10)
- *“Book Review: Transforming Healthcare through the Arts”* AORN journal 92:6 (12/10)
- *“CNOR Review Exam.”* Mometrix Media LLC 1/2011- Medical writer
- *“NCLEX cheat sheet.”* Mometrix Media LLC 4/2011- Medical writer
- *“Book Review: Anatomy of Writing for Publication for Nurses”* AORN journal 93:5 (5/11)
- *“Book Review: Stress-Related Disorders Sourcebook 3rd Edition”* AORN journal 95:1 (1/12)
- *“Fire Safety: The Healthcare Representative’s Guide”* Nursing CE Portal 2/2012
- *“National Patient Safety Goals 2012: The Healthcare Representative’s Guide”* Nursing CE Portal 3/2012
- *“The Importance of the Preoperative History and Physical”* OR Nurse 2012 6(3) 5/2012
- *“Malignant Hyperthermia for Surgical Services”* Net Learning course- EMC 5/12
- *“6 Must Have Tools for Today’s Educator”* AORN Periop Insider- Interview 6/27/2012
- *“Health Care Worker Safety in Surgery”* Net Learning Course- EMC 6/12
- *“Anesthesia and Perioperative Care for Aortic Surgery”* book review – AORN J 96(1) 7/12
- *“Handling and Care of Surgical Specimens”*- Net Learning Course- EMC 8/2012
- Pursuing Magnet Designation: Step One Choosing a Professional Practice Model (AORN J column 97(1) 1/13: 136-139.

- The Road to Magnet: Structural Empowerment (*AORN J column* 97(2) 2/13: 253-256.
- Editorial Board Outlook *AORN Journal*- 2/13 97(2):172
- Magnet Insights: Implementing New Knowledge, Innovations, and Improvements. (*AORN J column* 97(5) 5/13: 579-581
- Care of the endovascular repair patient with an endoleak. *OR Nurse* 2013 5/13: 32-40.
- Robotic Surgery series (6 modules)- Medcom- 12/13
- Magnet Insights: The Road to Magnet: Encouraging Transformational Leadership (*AORN J column* 98 (2): 186-188
- Author Profile. Elsevier Issue 6 <http://www.elsevier.com/journal-authors/authors-update/issue-6/author-profile> 9/13
- "Hearts Rehab: Cardiac Rehabilitation Gets Heart Patients Back to their Lives" (Interview) *Healthy Living* 11/12-2013: 46-47.
- Robotic Surgery series (6 modules)- Medcom- 12/13
- Magnet Insights- Practice Models—Developing, Revising, and Adopting the Best Structure for Your Organization *AORN J column*- 02/2014; 99(2):312-4.
- Practice models- audio slides. Elsevier 2/14
- Telling our stories: writing exceptional exemplars *AORN journal* 05/2014; 99(5):633-6.
- "Vascular Trauma" and "Thoracic Surgery" Society of Vascular Nursing  
The Core Curriculum for Vascular Nursing 2nd Edition 9/14
- Are You Getting Medications in Your Drinking Water? *Newsblaze* 5/2014  
<http://newsblaze.com/story/20140518101515tink.nb/topstory.html>
- Why are Americans So Unhappy? - And What to Do About It *Newsblaze* 5/2014  
<http://newsblaze.com/story/20140524190845tink.nb/topstory.html>
- How Harmful Is BPA Really? *Newsblaze* 5/2014  
<http://newsblaze.com/story/20140506071745tink.nb/topstory.html>
- The Value of Research Councils and Journal Clubs. *AORN journal* 08/2014; 100(2):206-209.
- Health Promotion in Cardiac Rehabilitation Patients through the Use of a High-Intensity Interval Training Protocol *World Journal of Cardiovascular Diseases* 09/2014; 4(10):493-497
- How Yoga does more than heal the body- *Sivana Spirit* (1/15) <http://blog.sivanaspirit.com/yoga-just-heal-body/>
- Transitional Care Leadership in the OR- *AORN connections* (3/15)
- Magnet Insights: Preparing for the Magnet Site Visit- *AORN journal* 08/2015; 102(2): 192-195

## Presentations

- *"Pulse of Vascular Surgery"* Presenter  
AORN Congress 3/10
- *"Pulse of Vascular Surgery"* Intensive Course- Presenter  
AORN Congress 3/11
- *"Fire Prevention in the OR"* In house Presenter  
EMC 4/12
- *"Retention of Foreign Objects"* In house Presenter  
EMC 6/12
- *"Patient Safety and Immediate Use Sterilization"* In house Presenter  
EMC 7/12
- *"Stress and Lung Disease"* Better Breathers EMC 2/13
- *"Best Practices of Cardiac and Vascular Surgery"* Intensive Course- Presenter  
AORN Congress 3/13
- *"Travel and Lung Disease"* Better Breathers EMC 4/13
- *"Diabetes Management: The Whole Picture"* Breakout session- Presenter  
SVN Conference 5/13

## Awards

- Clarice Woodward Excellence in Writing award 2009,2010
- Cambridge Who's Who among Healthcare Professionals and Executives 2009, 2011
  - VIP 2010
- National Association of Professional Women Inductee 2010
- National Woman of Worth nominee 2009, 2010
- Nurse Week Nursing Excellence Award nominee 2009,2010
- AORN Award of Excellence Clinical Poster 2010
- 2010 Florence Nightingale award- Riverside Community Hospital
- Society for Vascular Nursing Clinical Excellence in Vascular Nursing Award 2010
- AORN Connections "Member making a difference" June 2010
- AORN Outstanding Achievement in Volunteerism 2011
- California State Legislature 2011 Notable Nurse Award
- 2011 Global Professional Network Who's Who Registry Among Executives, Professionals and Entrepreneurs

- Covington Who's Who- 2012