

Catherine Calder Calisi MS, APRN-BC, APHN-BC

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EDUCATION

Master of Science, Gerontological Nurse Practitioner Specialty **May 1993**
UNIVERSITY OF MASSACHUSETTS Lowell, Massachusetts

Bachelor of Science in Nursing **May 1985**
SALEM STATE UNIVERSITY Salem, Massachusetts

PROFESSIONAL LICENSES & CERTIFICATIONS

Advanced Practice Holistic Nurse
American Holistic Nurse Association: Aug. 2021

Certified Health Coach
National Academy of Health Coaches: Jan. 2017

Gerontological Nurse Practitioner
ANA certification: June 1993

Registered Nurse
Massachusetts Licensure: #173726: May 1985

OBJECTIVE

To share the core values of holistic nursing practices of self-care and mindfulness with graduate students, thereby enhancing their resiliency skills for their personal and professional lives as well as their ability to be role models for their patients toward improved health and wellbeing. To utilize my clinical, research, consultation and program development experience coupled with my innovative thinking, to improve the mental health experience for nursing students.

ACCOMPLISHMENT HIGHLIGHTS

- Registered Nurse/Nurse Practitioner with over 20/ 30 years' experience in various settings: Emergency room, ICU, CCU, acute care, long term care, outpatient settings
- Leader: staff motivation/stress reduction/mindfulness initiatives (ie. Wellness Wednesdays)
- Public speaker: panel presenter / poster presenter/ day long conferences
- Consultant: individual coaching /group trainings of stress reduction and wellness initiatives
- Researcher: developed and submitted protocols to IRB/ principle investigator for various studies
- Author: professional journals/ newsletters/ corporate publications

PROFESSIONAL EXPERIENCE

SIGNIFY HEALTH **July 2019- present**
NURSE PRACTITIONER
Provide independent, in-home risk assessments for at-risk elders in the community. Perform yearly wellness visits including detailed medical, cognitive, psychosocial assessments, determining risk of illness and well-being.

BOSTON UNIVERSITY: FRAMINGHAM HEART STUDY **Dec. 2017-present**
NURSE PRACTITIONER
Participate in the multigenerational, longitudinal heart study data collection and interpreter of data for cardiac exercise evaluation as well as other end points. Developed and provided mindfulness practices program for the staff.

MASSACHUSETTS GENERAL HOSPITAL: INSTITUTE OF HEALTH PROFESSIONS **Sept. 2015- present**
ADJUNCT FACULTY
Member of faculty of the Mind Body Spirit Certificate Program. Teach students in groups or as independent study teaching self-care courses. Mentoring of students

who are developing programs and building knowledge in areas of wellness and self-care.

ENTREPRENEUR/ WELLNESS CONNECTIONS

June 2010-present

WELLNESS COACH & CONSULTANT

Independent consultant for nursing staff/ corporations to offer stress-reduction and wellness interventions to their staff, utilizing relaxation, meditation, exercise, Yoga, Reiki, positive psychology and cognitive restructuring. Educate and provide individual and group classes with a goal for improved job satisfaction, stress reduction, increased morale and empowerment.

FALLON HEALTH: SUMMIT ELDERCARE

July 2017- Dec. 2017

NURSE PRACTITIONER

Provided primary care to a large panel of elders via a multidisciplinary approach in the PACE Program with the purpose of maintaining their residences in the community. Worked as a team with the families to meeting the medical, emotional, psychosocial needs of elders.

EDGEWOOD RETIREMENT COMMUNITY

March 2017- July 2017

NURSE PRACTITIONER

Provide primary care and episodic care to gerontological patients in clinic setting. Provide comprehensive health assessments, diagnosis and treatment plans for residents while attempting to maintain their independence living in residential community. Provided formal and informal educational inservices to the residents and staff.

MASSACHUSETTS GENERAL HOSPITAL/ Cardiac Step Down Unit

Sept. 2002 - Dec. 2016

ADVANCED PRACTICE NURSE

Provide advanced nursing care to patients with acute/ chronic medical problems including acute cardiac disease processes. Collaborate with physicians regarding changes in patients' condition and treatment plan. Provide pre/post procedure monitoring and patient education. Member of the Ellison 10 Practice Committee. Provide resources to patients for emotional support and other complimentary alternative medicine practices, including Reiki. Developed and implemented "The Mind/ Body Group" for patients and families and Wellness Programs for staff.

MASSACHUSETTS GENERAL HOSPITAL / Heart Failure Center

Apr. 2000- Jun. 2002

NURSE PRACTITIONER

Coordinated the scheduling and managing of the research process of heart failure patients. Participated in research studies evaluating pharmaceuticals including beta-blockers, and external devices including pulmonary artery catheters and bio-impedance devices. Responsible for IRB submissions, screening and recruitment of patients and the completion of the study paperwork. Collaborated with investigators regarding the titration of study drug. Assisted in the redesigning of the study protocol.

SAINTS MEMORIAL MEDICAL CENTER / Occupational Health Clinic

Sept. 1999- Apr. 2000

NURSE PRACTITIONER

Provided acute and follow-up care for various employees with occupational related accidents or injuries in the Greater Lowell Community.

SAINTS MEMORIAL MEDICAL CENTER

Apr. 1996- Apr. 1998

NURSE PRACTITIONER

Provided uninsured/ underinsured patients with breast and cervical cancer screenings, through a program/grant entitled "Breast and Cervical Cancer Initiative". Provided referrals for other outreach programs to the clients using a holistic approach.

MASSACHUSETTS GENERAL HOSPITAL /SPAULDING HOME CARE

Dec. 1996- Apr. 1998

NURSE PRACTITIONER

Provided advanced practice nursing care to homebound individuals with end-stage heart failure in a program entitled, "Heart Failure Home Care Specialty Program". Provide consultation to the nursing staff in their care for unstable patients.

SAINTS MEMORIAL FAMILY HEALTH CARE

Aug. 1993 –Oct. 1996

NURSE PRACTITIONER

Provided primary care and episodic care to adult patients with both acute and chronic illnesses in the office setting. Provided comprehensive health assessments,

diagnosis and treatment plans for elderly nursing home residents. Provided formal and informal educational inservices to the nursing staff. Worked with a team of healthcare providers in developing and implementing a corporate wellcare program.

MASSACHUSETTS GENERAL HOSPITAL **Sept. 1992- Sept. 1993**
EMERGENCY STAFF NURSE

Provided basic nursing care to patients with non-traumatic injuries within the emergency room. Instructed patients regarding follow-up care at home.

UNIVERSITY OF MASSACHUSETTS LOWELL **Jan. 1992- May 1993**
TEACHING ASSISTANT

Assisted faculty members with administrative duties. Provided clinical instruction and supervised senior nursing students in community-health.

MASSACHUSETTS GENERAL HOSPITAL **Aug. 1991-Apr. 1993**
RESEARCH NURSE COORDINATOR

Responsible for coordination of examinations and safety of patients during functional MRI research studies. Assessment and documentation of patient safety in various drug trials. Educational inservices for staff.

MASSACHUSETTS GENERAL HOSPITAL **Oct. 1987-Aug.1991**
ICU/CCU STAFF NURSE

Provided total care for hemodynamically unstable cardiac/medical patients requiring ventilatory support and invasive monitoring. Provided supportive nursing care to patients and families. Acted as a resource nurse, preceptor, Documentation Committee Representative and facilitator of an educational inservice program.

MASSACHUSETTS GENERAL HOSPITAL **Oct. 1985-Oct. 1987**
STAFF NURSE

Provided physical and emotional care to patients with a variety of chronic, medical illnesses. Acted as a resource nurse and preceptor for new staff.

ACCOMPLISHMENTS/ RESEARCH FOCUS

Complementary and Alternative Medicine practices:

- Provided testimony for Self-care in Healthcare for National Academy of Medicine: Clinician Well Being Meeting: Seattle, WA. '19
- Guest lecturer in Professional Issues in Nursing Practice'19
- Faculty/ presenter: CEU program for nurses: Mind, Body, and Spirit Program '18
- Presenter: Keynote speaker: 34th International Nursing Education and Nurse Specialist Conference: Innovations in Nursing Practice: Self care for Nurses '17
- Developed Wellness sessions for staff and presented poster for Quality Improvement project '15;
- Recipient of Massachusetts General Hospital: Nursing Research Award '15;
- Presented on panel discussion for Cardiac Visiting Scholar program '14;
- Faculty/ presenter of Medical Nursing Clinical Scholar Program '09;
- Faculty/ speaker for Creating a Healing and Therapeutic Environment '06, '07;
- Developed and implemented the Massachusetts General Hospital Relaxation and Humor TV Channels via the Making a Difference Grant '06-'07;
- Designed and implemented a study on, "The Effects of the Relaxation Response on Nurses' Level of Anxiety, Depression, Well-Being and Work-Related Stress" via the Making a Difference Grant '05-'06;
- Developed and implemented a study measuring the effects of Therapeutic Touch on institutionalized patients '92;
- Developed and implemented research for the effectiveness of distraction on the patients' anxiety during MRI examination '83;

SCHOLARLY PROJECTS

- Summer/Fall 2021: Talya Briana BS, RN: Review of the literature and drafting of the manuscript for the study of the effects of brief mindfulness sessions on graduate students measuring perceived stress, ability to focus, and wellbeing.
- Fall 2019/Spring 2020: Nicole Rodriguez BS, RN: Research study of the effects of brief mindfulness sessions on graduate students measuring perceived stress, ability to focus, and wellbeing.
- Spring 2018: Sheryl Bloomer MS, RN: Quality Improvement project which offered wellness coaching sessions to palliative care nurses.
- Spring 2016: Elyse Goodman MS, RN: Review of the literature and development of a protocol of positive

PROFESSIONAL AFFILIATIONS

- American Holistic Nursing Association: Co-Leader: Boston Chapter (April 2018-current)
 - Massachusetts Nurses Association
 - Nurse Practitioner of the North Shore
 - Gerontological Society of America
 - Sigma Theta Tau, International Honor Society of Nursing (1991)
 - Sigma Theta Tau, Research Committee member of Eta Omega Chapter
 - Advanced Cardiac Life Support, certified
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PUBLICATIONS

Calisi, C.C. (2017). A pilot study: The effects of the Relaxation Response on nurses' level of anxiety, depression, well-being, work-related stress and level of confidence in teaching patients. Journal of Holistic Nursing, 35, 318-327.

Bazes, S. & Calder, C.M. (2007) Relaxation Channels on MGH Patient TV, CARING Headlines: Massachusetts General Hospital, Oct.4;

Noyes, D. A., Calder, C.M., Donovan, P., Polynczyk,C.A., Carroll, D.L., & DiSalvo,T.G., (1998). Abstract: Outcomes of an Advanced Practice Nurse Home Care Program for Heart Failure Patients. American Heart Association

Aronen, H.J., Provenzale, J.M., Goldberg, I.E., Thulborn, K R., Gonzalas, R.G., Hochberg, F.H., Pardo, F.S., Calder, C.M., Campbell, T.A., Brady, T.J., & Rosen, B.R. (1992). Comparison of low and high dose (0.1 and 0.3 mmol/kg) gadodiamide in central nervous system lesions. Eleventh Annual Scientific Meeting and Exhibition of the Society of Magnetic Resonance in Medicine Berlin, Germany: Book of Abstracts, 3008.

Aronen, H.J., Boxerman, J.L., Goldberg, I.E., Weisskoff, R.M., Belliveau, J.W., Provenzale, J.M., Vevea, J.M., Calder, C.M., Campbell, T.A., Brady, T.J., & Rosen, B.R. (1992).Susceptibility-contrast CBV imaging: Optimization of contrast dose and imaging sequences. Eleventh Annual Scientific Meeting and Exhibition of the Society of Magnetic Resonance in Medicine Berlin, Germany: Book of Abstracts, 1129.

Aronen, H.J., Goldberg, I.E., Pardo, F.S., Hochberg, F.H., Kennedy, D.N., Buchbinder, B.R., Belliveau, J.W., Weiskoff, R.M., Cohen, M.S., Fishman, A., Calder, C.M., Campbell, T.A., Brady, T.J., & Rosen, B.R. (1992). Susceptibility-contrast CBV imaging: Clinical experiences in brain tumor patients. Eleventh Annual Scientific Meeting and Exhibition of the Society of Magnetic Resonance in Medicine Berlin, Germany: Book of Abstracts, 739

REFERENCES

Available upon request.