

**Meaghan Rudolph MS RN PMHCNS-BC**  
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**Education**

**Boston College**

Chestnut Hill, MA

Accelerated Master's Entry into Nursing Program  
RN portion of program completed June 2004

Master of Science in Nursing, May 2008  
Concentration: Adult Psychiatric Mental Health

**Brandeis University**

Waltham, MA

Bachelor of Arts in Psychology, December 2000

**Licensure and Certification**

**Registered Nurse** (2004-present)

Massachusetts License # RN261318

**Psychiatric Mental Health Clinical Nurse Specialist (PMHCNS-BC)** (2008-present)

ANCC certification number # 2008008470

Massachusetts License # RN261318

**Professional Memberships**

American Psychiatric Nurses Association  
Sigma Theta Tau International  
International Association of Research Nursing

**Committees**

**MGH Institute of Health Professions**

- Gun Violence Prevention Workgroup (2023- present)
- Faculty Development Committee (2023- present)

**Massachusetts General Hospital**

- Department of Psychiatry, Policy Committee (2023- present)
- Advanced Practice Provider Wellness Committee (2021-present)
- Department of Psychiatry Committee to Reduce Clinician Burden (2022)
- Transgender Care at MGH committee member (2014-2022)
- Gun Violence Prevention Committee (2019-present)

- Clinical Nurse Specialist Group; Co-Chair Education and Research Subgroup (2014-2018)
- Materials and Equipment tagging and locating Advisory Committee (2016-2018)
- Partners IRB Panel B (2012-2016)
- Collaborative Governance Quality Committee; Co-Chair (2011-2012) Coach (2012-2016) Restraint Committee

### **International Association of Research Nursing**

- Conference Planning Committee (2015)
- Research Committee Member (2015-2017)

### **Awards**

- Team Partners in Excellence Award, Partners Healthcare (2016)
- Jeremy Knowles Nurse Preceptor Fellowship (2011)
- Recognized by Clinical Recognition board as a Clinical Scholar, MGH (2010)
- Individual Partners in Excellence Award, Partners Healthcare (2009, 2016)
- Inducted Sigma Theta Tau International, Alpha Chi Chapter (2008)
- Yvonne L. Munn Nursing Research Award, MGH (2008)
- Western MA Psychiatric-Mental Health CNS Group Scholarship (2004)

### **Professional Nursing Experience**

#### **Massachusetts General Hospital**

Boston, MA

#### *Psychiatric Clinical Nurse Specialist; Translational and Clinical Research Centers (March 2021- present)*

- Support development and operationalizing of psychiatric research protocols.
- Lead psychiatric clinical care of research participants, perform individualized assessments and interventions, and administer standardized rating scales based on study protocols and clinical needs for inpatient and outpatient study visits.
- Perform needs assessments, develop and execute educational programs to support psychiatric studies
- Collaborate with Department of Psychiatry, Emergency Department and outpatient facilities in the identification and recruitment of appropriate patients for research studies and collaborate with multidisciplinary providers to ensure continuity of care.

#### *Psychiatric Clinical Nurse Specialist, Outpatient Psychiatry (March 2014-present)*

- Perform comprehensive assessments, develop treatment plans, provide psychopharmacology management, and follow-up care in the Urgent Care and Primary Care psychiatry clinics.
- Assess and monitor patient progress, establish community referrals and collaborate with multidisciplinary providers to ensure continuity of care.
- Responsible for coordination and management of Psychiatric Nurse Practitioner training

program within the department.

*Nursing Practice Specialist; Clinical and Translational Research Centers  
(October 2012-May 2018) (May 2018- present per diem)*

- Perform needs assessments of the clinical staff and provide appropriate education and mentoring to maintain consistency and quality of nursing care.
- Collaborate with unit staff, interdisciplinary study teams, hospital leadership and industry during study protocol development and implementation to ensure that appropriate resources are utilized to educate staff to implement protocols accurately and safely.

*Staff Clinician (clinical scholar) Psychiatric/Medical-Surgical Unit  
(September 2005-October2012) (November 2012- present, per diem)*

- Provide individualized patient care for patients requiring inpatient treatment for mental illnesses and hospital level of care for medical/surgical diagnoses on a locked unit.
- Provide patient and family education to foster treatment compliance, and prioritize psychological and medical issues.

*Staff Clinician Medical Unit*

*(September 2004-September2009, November 2009- October 2016, per diem)*

Provide nursing care for adult and geriatric patients with complex medical problems including creating and implementing nursing care plans; monitoring neurological, pulmonary and cardiac function; and hemodynamic and electrolyte monitoring.

### **Hallmark Health Systems**

Medford and Melrose, MA

*Staff Development Clinical Nurse Specialist, Psychiatric Units  
(July 2011-March 2015)*

- Provided individualized and group education regarding psychiatric nursing care.
- Supervised practice, assessed competencies, and developed trainings for nursing staff.

### **Kaplan Publishing**

New York, NY

*Writer, NCLEX-RN Review Program  
(July 2010-October 2010)*

- Researched and prepared questions and detailed answer explanations on a variety of nursing topics in collaboration with Kaplan staff for *NCLEX-RN 2011-2012 Edition: Strategies, Practice & Review*.

### **Academic Appointments**

**MGH Institute of Health Professions** Charlestown, MA

*Faculty Instructor Psych Mental Health NP program (January 2022-present)*

*Adjunct Faculty in the ABSN and MSN programs (September 2008-January 2022)*

- Track Coordinator for PMHNP program
- Develop course material and provide synchronous and asynchronous instruction on core and specialty courses in the Psych Mental Health track.
- Evaluate students on clinical skills and written work in the simulation lab, classroom and online courseware.

**Endicott College, School of Nursing**

Beverly, MA

*Clinical Instructor, Psychosocial Nursing (January 2009-May 2016)*

Oversee and evaluate student nurses on a locked inpatient psychiatric unit as they interact with patients, perform nursing assessments, run group therapy sessions, develop care plans, and provide patient and family education.

**Clinical Innovations and Quality Improvement Projects**

**Massachusetts General Hospital**

Boston, MA

**Practice and Knowledge of Gun Violence Prevention**

*Co-Investigator (July 2021-Current)*

-Evaluating the effectiveness of a gun violence prevention class given to MGH employees through survey responses.

**Nurse Comfort and Knowledge with Providing Patient Education on Firearm Accessibility and Safe Gun Storage**

*Co-Investigator (November 2017-Current)*

-Utilized a survey to assess staff nurse's comfort with asking patients about firearm accessibility and safe gun storage, including barriers and facilitators to asking patients about firearm accessibility and safe gun storage.

**The Sensory Cart: A Behavioral Code Cart**

*Creator and Principal Investigator (February 2008-present)*

-Developed a program with alternative treatment modalities for the management of psychiatric and behavioral issues on medical units.  
-Collaborate with nursing staff to determine efficacy of interventions for reduction in restraint usage and increase in patient and staff satisfaction

**Driving Performance in Patients aged 18-25 years with ADHD after a Single Dose of Amphetamine Extended-release Tablets: a Pilot, Double-Blind, Placebo-Controlled Study.**

*Study Staff/Research Nurse (December 2020-August 2021)*

-Provided medication administration, monitoring and management.

**Improving Diagnosis and Treatment of Medical Inpatients Complaining of Insomnia**

*Research Nurse, Project Liaison (August 2011- October 2012)*

-Collaborated with nursing, physician and pharmacy to analyze current procedures and interventions for delirium and implemented practice improvements.  
-Established protocols, developed training modules and provided education and training for nursing and medical staff.

**A Collaborative Care Program to Improve Anxiety and Depression Treatment in Cardiac Patients**

*Research Nurse (November 2010- December 2012)*

-Interviewed and screened patients with a primary cardiac diagnosis for anxiety and depression using standardized screening instruments.

-Educate potential participants and assist with enrollment.

**The Effects of Sensory Interventions on an Inpatient Psychiatric Unit- A Pilot Study**  
*Research Nurse (May 2008-March 2010)*

-Investigated the impact of sensory interventions on modulation of mood states to prevent escalation and reduce restraint and seclusion.

-Educated, screened, obtained informed consent, and monitored participants.

**Boston College**

Chestnut Hill, MA

**Communicating And Relating Effectively (CARE) Project**

*Research Nurse (January 2007-November 2007)*

Recruited, screened and coordinated follow-up care for participants to test the efficacy of nursing interventions to promote responsive interactions between infants and mothers with depression.

**Healthcare Communications Group**

El Segundo, CA

*Clinical Field Coordinator (November 2001-April 2002)*

Directed recruitment, screened and obtained consent for a psychiatric drug labeling trial.

**Clinical Nursing Practicum**

**Massachusetts General Hospital** (September 2008-May 2008)

Boston, MA

*Intern, Psychiatric Clinical Nurse Specialist Consult Service and Urgent Care Psychiatry*

**Riverside Community Care** (September 2008-May 2008)

Norwood, MA

*Intern, Day treatment program and Outpatient Psychiatric Clinic*

**Related Professional Experience**

**CASA Program**

Boston, MA

*Court Appointed Special Advocate, Guardian ad Litem (February 2001- May 2009)*

Appointed by the judge to advocate for the “best interest” of the child(ren) in confirmed cases of child abuse and neglect.

**Northeast Specialty Hospital**

Stoughton, MA

*Behavior Technician, Neuro Rehabilitation Unit (September 2002- May 2004)*

Assisted residents on a locked unit with daily living and interpersonal skills, and behavior modification plans.

**Walker Home and School**

Needham, MA

*Child Behavior Specialist (January 2002-July 2002)*

Provided behavior management, recreational planning and crisis intervention to children with mental health disorders.

## **Presentations**

Smith Sheppard, K., **Rudolph, M.**, Thomas, M., *Keep In STEP: Gun Violence Prevention: It's Everyone's Job* Massachusetts General Hospital, Center for Professional Development (June 2021, June 2022, June 2023)

**Rudolph, M.**, *Panelist Rivier University Project REEP Community Conference: Unmasking Mental Health in the Face of COVID-19 (June 2020).*

**Rudolph, M.**, Mahnks, S., *Anxiety and Depression Management for General Providers* Northeast Regional Nurse Practitioner Conference (May 2018)

Hall, K., **Rudolph, M.**, *APRNs: An Often Unknown and Untapped Resource in the Clinical Research Setting* International Association of Clinical Research Nursing Annual Conference (October 2015).

**Rudolph, M.**, Flanagan, J. *The feasibility and Efficacy of Using a Computer Assisted Pedometer* Nursing grand rounds, Massachusetts General Hospital (April 2015)

**Rudolph, M.**, Root, M., Parhialia, J. *The Effects of Sensory Interventions on an Inpatient Psychiatric Unit- A Pilot Study.* Nurses Week, Massachusetts General Hospital (May 2010).

Cruz, C., **Rudolph, M.**, Gage, S. *Multi-sensory Stimulation.* Nursing grand rounds, Massachusetts General Hospital (August 2009).

Stone, T., Arcari, P., Lipkis-Orlando, R., **Rudolph, M.**, Dumont, G., Root, M., *Sensory Interventions on an Inpatient Psychiatric Unit.* (poster) Sigma Theta Tau Research Program (May 2009).

**Rudolph, M.**, Kilroy, S. *Sensory Interventions on an Inpatient Medical Unit: An innovative approach.* (poster) National Conference of the Academy of Medical Surgical Nursing (October 2008).

## **Publications, Peer Reviewed Articles**

Thompson-Heisterman, A., Stevens, S., **Rudolph, M.** Chapter 32, Mental Health in Stanhope, M. & Lancaster, J. (Eds.). (2023). *Public health nursing: population-centered nursing* (11<sup>th</sup> ed.). Mosby.

Sheppard, K.; Hall, K.; Carney, J.; Griffith, C.; **Rudolph, M.**; Zelinsky, M.; Gettings, E. *Original Research: Nurses' Knowledge and Comfort with Assessing Inpatients' Firearm Access and Providing Education on Safe Gun Storage* AJN The American Journal of Nursing, September 2020,120(9):26-35.

Marcus, P.H., Emmerich, A., Koh, K.A., Razafsha, M., **Rudolph, M.M.**, & Hanau, M.S. *Caring for outpatients during COVID-19: 4 Themes*. Current Psychiatry, (2020, December 1). 19(12), 28-33.

### **Community Involvement**

Richmond Massachusetts Land Trust, *Board Member*  
Loozianna Basset Rescue, *Foster Care team member*