

CLAIRE M. TINDULA, BSN, RN

QUALIFICATIONS SUMMARY

Family Primary Care Doctor of Nursing Practice student, Registered Nurse, and Returned Peace Corps Volunteer with over 10 years of experience working in community health and development and 4 years of experience in clinical practice. Deeply committed to providing and improving access to compassionate, quality health care for marginalized and under-resourced individuals and communities, both domestically and internationally.

EDUCATION

Doctor of Nursing Practice, Family Primary Care Nurse Practitioner May 2020
Johns Hopkins University School of Nursing (JHUSON), Baltimore, MD

Bachelor of Science, Nursing
Johns Hopkins University School of Nursing (JHUSON), Baltimore, MD GPA: December 2015

Bachelor of Arts, International Studies-Sociology, Minor: Public Service
University of California, San Diego (UCSD), La Jolla, CA
Education Abroad Program – University of Sussex, United Kingdom Magna June 2009

NURSE PRACTITIONER PROGRAM CLINICALS 784 expected by graduation

Family Primary Care Clinical Rotations 224 hours
Crownpoint Health Care Facility and Johns Hopkins Bayview Center for Addiction and Pregnancy
Crownpoint, NM and Baltimore, MD

- Conducted patient visits in multiple settings – pediatrics, adult/family primary care, chronic pain and diabetes management, women’s health, and urgent care – at a rural Indian Health Service facility serving the Navajo Nation
- Gained additional pediatric experience working with children in families affected by substance use disorders; performing well-child exams, sports physicals, and other routine and episodic care

Adult Primary Care Clinical Rotation 112 hours
Health Care for the Homeless, Baltimore, MD

- Implemented episodic care and chronic disease management for patients experiencing homelessness and under-/uninsured, including managing hypertension, diabetes, chronic pain, substance use disorders (SUDs), and other mental health conditions
- Delivered health maintenance, health promotion, and disease prevention guidance including cancer screening, immunization and smoking cessation counseling, and recommendations regarding nutrition and physical activity

Women's Health Clinical Rotation 112 hours
Johns Hopkins Community Physicians, White Marsh, MD

- Provided comprehensive care to female patients including pelvic exams, STI testing, birth control counseling, urogynecology, and prenatal visits

Adult Primary Care Clinical Rotations 168 hours
Chase Brexton Health Services and Johns Hopkins After Care Clinic, Baltimore, MD

- Provided routine primary and specialty care to adult patients at Chase Brexton (an FQHC) including HIV and PrEP maintenance, transgender care, and medication-assisted treatment (MAT) for patients with SUDs
- At the After Care Clinic, worked with uninsured and vulnerable patients recently discharged from the hospital or emergency department to follow-up on acute and chronic issues and connect them with community resources including primary care, social work, and behavioral health resources

Pediatric Primary Care Clinical Rotations 168 hours
Harbor Hospital and Johns Hopkins Pediatric Orthopedics, Baltimore, MD

- Performed newborn visits, well-child checks, sports physicals, and episodic visits including patient and family education and anticipatory guidance regarding childhood development and key safety issues

PROFESSIONAL EXPERIENCES

Registered Nurse, Inpatient Psychiatry April 2016-Present
Johns Hopkins Hospital, Baltimore, MD

- Working with inpatient and outpatient (day hospital) schizophrenia and general psychiatry services; performing individual patient assessments, scales, medication administration, and therapeutic communication with patients as well as designing and leading nursing groups
- Collaborate with interdisciplinary care team members to round on patients and contribute to the development of treatment and care plans

Doula and International Rescue Committee (IRC) Liaison February-December 2015
JHUSON Birth Companions Program, Baltimore, MD

- Support clients through pregnancy, childbirth, and the post-partum period through education, advocacy, emotional support, and physical pain relief techniques
- Work with case managers, community health workers, and local government agencies to organize the provision of doula services and connect recently resettled refugee clients to resources including Health Care Access Maryland's Safe Sleep Program

Project Associate March 2013-June 2014
Management Sciences for Health, Arlington, VA

- Facilitated knowledge-sharing and management interactions with country teams in Southern Africa offices for the USAID-funded Systems to Improve Access to Pharmaceuticals and Services (SIAPS) project
- Provided administrative and program support related to contracts, travel, procurement, monitoring and evaluation, and reporting for both field- and U.S.-based project staff
- Researched literature for technical publications and contributed to content for the website

Client Closeout Analyst

October 2012-March 2013

Partnership for Supply Chain Management, Arlington, VA

- Supported the finance team to manage client account and banking information for governments and organizations receiving medicines and health commodities through the Global Fund to Fight AIDS, Tuberculosis, and Malaria's (Global Fund's) Voluntary Pooled Procurement project
- Worked with other team members to revise and update operating procedures, developed work instructions, and collaborated on other projects as needed

Community HIV/AIDS Outreach Worker

January 2010-March 2012

United States Peace Corps, Mtubatuba, South Africa

- Developed and facilitated all aspects of funding and programming for an after-school youth group, teaching health and leadership skills to 40 youth at a rural community high school
- Designed and led a sustainable gardening program and conducted training in both English and isiZulu for 133 high school students and teachers at 5 schools and 20 community health workers; delivered post-workshop guidance in starting and maintaining vegetable gardens
- Coordinated logistics and assisted with isiZulu translation and eye-testing services for two eye health clinics in collaboration with the international charity OneSight

PRESENTATIONS/RESEARCH ACTIVITIES

DNP Project: Improving Housing Referrals and Treatment Participation in an Outpatient Substance Use Disorder Treatment Program

Baltimore, MD

- Developed a housing resource document and collaborated with program staff to refine the process of housing referrals for persons experiencing homelessness in an attempt to increase the number of housing referrals and understand the impact of homelessness on treatment outcomes

Goldstein, N. & Tindula, C. Improving Housing Referrals and Treatment Participation in an Outpatient Substance Use Disorder Treatment Program. Poster Presentation. Sigma Theta Tau International 5th Biennial European Conference. *Accepted for May 27-30, 2020*. Coimbra, Portugal.

Goldstein, N. & Tindula, C. Coordinating Housing in Substance Use Disorder Treatment: An Integrative Review. Poster Presentation. Maryland Nurses Association Nursing Education Summit. *Accepted for April 18, 2020*. Linthicum, MD.

Goldstein, N. & Tindula, C. Coordinating Housing in Substance Use Disorder Treatment: An Integrative Review. Poster Presentation. Sigma Theta Tau International 45th Biennial Convention. November 16-20, 2019. Washington, DC.

Nurse Residency Program

April 2016-April 2017

Johns Hopkins Hospital, Baltimore, MD

- Collaborated with colleagues to perform a review and presentation of evidence-based practices related to improving discharge education for patients and families

VOLUNTEERISM/ORGANIZATIONS

Back on My Feet, Baltimore, MD June 2015-Present

- Member and fundraiser for organization that combats homelessness through the power of running, community support, and essential employment and housing resources

Project PLASE (People Lacking Ample Shelter and Employment), Baltimore, MD March 2018

- As part of a class on health and homelessness, worked with a group of students to identify client needs and lead health information sessions on topics including hypertension and meditation

Shepherd's Clinic, Baltimore, MD June-September 2016

- Volunteer RN assisting with patient intake and assessment and administrative activities for clinic serving under- and uninsured persons in Baltimore City

Pop Wuj Clinic and Spanish School, Quetzaltenango, Guatemala January-February 2016

- Received intensive medical Spanish lessons while volunteering as an RN in clinic and assisting with community development projects including safe stove building and malnutrition screening

CASA de Maryland, Baltimore, MD October 2014-May 2015

- As part of the Johns Hopkins School of Nursing's Community Outreach Program, provided homework assistance and mentorship in English and Spanish for East Baltimore youth who are recent immigrants from Latin America

LEADERSHIP EXPERIENCES

- **President**, *Graduate Specialty Student Organization (GSSO)*, JHUSON May 2018-May 2019
- **Curriculum Committee Representative**, *GSSO*, JHUSON January-May 2018
- **Volunteer Trainer**, *U.S. Peace Corps*, South Africa September 2011-February 2012
- **Volunteer Support Network Mentor**, *U.S. Peace Corps*, South Africa August 2010-March 2012

HONORS, AWARDS, AND SCHOLARSHIPS

- Advanced Practice Nurse Enhancement Workforce Scholar, JHUSON, September 2018-July 2019
- Sigma Theta Tau International Honor Society of Nursing, Nu Beta Chapter, January 2016
- Betty L. Cuthbert Award, JHUSON, December 2015
- John R. and Ruth Ward Gurtler Scholarship, JHUSON, September 2014-December 2015

LICENSURE, CERTIFICATION, AND SKILLS

- Registered Nurse, License Number: R21XXXX, Maryland Board of Nursing, January 2016-Present
- BLS certified
- Certified in phlebotomy
- Experience with EPIC, Centricity, Methasoft, and RPMS
- Proficient in Spanish and isiZulu (a national language of South Africa)