

RESUME

Elizabeth A. Murray

- **Personal Details**

Address: 12 Pocono Drive

Mechanicsburg, PA 17055

Home: 717-697-8452

Cell: 717-571-5917

Email: bethrhnc@aol.com

- **Personal Profile**

As a dedicated Registered Nurse with twenty-five years of experience I have found great professional and personal satisfaction working in health care. My long standing passion for health education, prevention and wellness started over ten years ago. Since that time I have sought out avenues to apply my skills, experience and professional knowledge to achieve my personal and professional goals of developing an integrative health care system. I am a visionary with a purpose to shift the delivery of health care. I believe a comprehensive holistic approach to health that includes education, prevention, and risk reduction will improve outcomes, decrease costs and improve quality of life.

- **Work History**

Highmark Blue Shield

July 2006 to present

In my current position as a Health Promotion Consultant I am responsible for the development, implement, promotion, and evaluation of effective worksite health promotion programs in Central Pennsylvania. As part of that responsibility, developing and managing relationships with key corporate leaders such as CEO's, CFO's and VP's of Human Resources is essential. I monitoring and evaluating key marketing, operational, and financial variables identified as critical to the programs viability and success.

In addition, I manage the Complementary and Alternative Medicine Discount Directory for Highmark members. The Directory offers members access to discounts from seven categories of services including but no limited to acupuncture, massage, mind-body, holistic practitioners.

Holy Spirit Health System, Camp Hill, PA

July 1993 to July 2006

The surgical intensive care position requires continuous assessment, critical thinking, prioritizing and implementation of meticulously executed critical care skills while not losing site of the comprehensive care needed for the critically ill. As Relief Charge Nurse my responsibilities included delegating assignments, assessing patient acuity, communicating with physicians and supervisors.

While working in the Cardiac Rehab department I came to understand the importance of the relationship between provided and patient. This position has allowed me to develop effective coaching strategies that address the unique barriers to individual behavior change.

In pursuing my professional goals I participated in the following:

- The strategic planning for the development of a wellness program in collaboration with two Vice Presidents from October of 1997 to March of 1999.
- Wellness Committee member
- Organized, coordinated and implemented a four hour inservice in May of 2000 to introduce the concepts of complementary and alternative medicine to middle and senior management.

Harrisburg Area YMCA, Harrisburg, PA

August, 2004 to July 2006

The role of the Community Health Educator is to present wellness programs in the corporate and community setting. Programs include nutrition, stress management, Healthy Hearts, Smoking Cessation and Seeking Optimal Health. The later three programs were self developed. .

- **Work History continued**

Hershey Medical Center

April, 1998 to April 2000

The research Assistant position was created through grant money. The responsibilities included independent literary research and retrieval of journal articles. The articles were reviewed, summarized and submitted to Dr. David Hufford, Chair of the Humanities Department. The position was terminated when a sufficient amount of research had been retrieved.

Community General Osteopathic Hospital, Harrisburg, PA

January 1990 to February 1993

The Weekend Option position allowed me to be at home with our children during the formidable years and still maintain my nursing skills. I managed and delegated care for thirty three patients during the twelve hour shifts.

Phaltzgraff Company, York, PA

September 1988 to January 1990

As an Occupational Nurse my responsibilities included pre-employment physicals, completing OSHA forms, working with the Safety Offices and collaborating with physicians in coordinating return to work options for injured employees.

Holy Spirit Hospital, Camp Hill, PA

November 1985 to November 1988

As a recent graduate I took a position on a medical/surgical floor to build assessment skills needed to care for a wide range of patients. These three years provided a solid knowledge base..

- **Education**

Harrisburg Area Community College, Harrisburg, PA

1982 to 1985

Associates Degree in Nursing

California University, California, PA

1977 to 1981

Bachelors Degree in Environmental Science

- **Certifications**

<u>Certification</u>	<u>Certifying Body</u>	<u>Date</u>
Integrative Imagery	Beyond Ordinary Nursing	December 2003
Holistic Nursing	The American Holistic Nurses Association	March 2003
Concious Body Coach	Karen Wolfe, MBBS	July 2008
Certified Wellness Program Coordinator	WellCert/Larry Chapman	November 2008

- **References**

- Furnished upon request.

- **Acomplishments**

- Board certified in Holistic Nursing from the American Holistic Nurses Association.
- Obtaining certification in Integrative Imagery from Beyond Ordinary Nursing.
- Development of a pilot for Highmark Employees: Smoking Cessation through Relaxation and Guided Imagery.
- Co-chair of The Integrative Medicine Group at Penn State Hershey Medical Center.
- Co-lead of The Central Pennsylvania American Holisitc Nurse Associaion

- **Professional Goals**

- To utilize my professional experience, skills, knowledge and education to facilitate the development of an integrative health care system with a focus on improving outcomes and patient/provider satisfaction.
- To develop worksite wellness assessment tools that define readiness and commitment level to promotion and implementation of worksite based programming.
- To impact the costs of health care through education, prevention, risk reduction via worksite wellness programs.
- To direct research that analyses the cost effectiveness of integrative health
- To develop behavior change programs that incorporate the whole person approach and health coaching concepts with a focus on obesity and stress.
- To collaborate with health care insurance providers to develop reimbursement strategies for services provided by trained complementary practitioners.

- **Conference Presentation***

- April 2002. Pennsylvania State Employee Health Nurse Conference, *Choices in Wellness*, Harrisburg, Pennsylvania.
- July 2006. YMCA National Conference, *Well-Planned Corporate Wellness Programs* Nashville, Tennessee.
- May 2006. Conference for Wellness through Natural Living, *Finding Optimal Health*, Harrisburg Area Community College, Harrisburg, Pennsylvania.
- March 2009. Women's Weekend Away Conference, *Imagery; A sea of possibilities*. Harrisburg, Pennsylvania.
- Scheduled, May 20, 2009. Pennsylvania Humanities Consortium, *Integrative Medicine; Look back, Moving forward*. Penn State Hershey Medical Center. Hershey, Pennsylvania.

*Since 1997, I have had the ongoing opportunity to offer presentations on wellness, preventions and complementary medicine to a wide range of audiences from community based presentations to college students to senior level executives with audiences of 100 or more.