



Marygrace K Lomboy

MARYGRACE K. LOMBOY, MSN, CRNP, ACHPN, CWCN

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717-669-1526 www.marygracemindfulness.com

EDUCATION

MSN – Family Practice Nurse Practitioner Program at Millersville University	September 2004–May 2007
BSN at Immaculata University, Immaculata, PA	September 2000 – January 2003
Accelerated Internship Program/Critical Care	June 1985 – January 1986
Geisinger School of Nursing/King's College	June 1982 – June 1985

WORK EXPERIENCE

Consultant/Mindfulness Coach and Educator

October, 2018 to Present

Anxiety Reduction and Mindfulness seminars/education presented to professionals in health care and the non health care industry and in the community setting. One on one sessions for individualized education in mindfulness, full MBSR 8 week course, and stress/anxiety management.

Educator/Speaker: PESI Healthcare and Med Ed

September, 2014 to Present

Multiple seminars given around the country to health care professionals including the following topics: Solutions for Most Challenging Wound/Skin Conditions, Palliative Wound Care, Hospice and Palliative Care, Resiliency Training, Mindfulness, Stress and Anxiety Management, Compassion Fatigue and Prevention of Burnout.

Co Facilitated 8 week Mindfulness Based Stress Reduction program and also half day retreats for health care workers, Annville, PA.

Certified Registered Nurse Practitioner, Hospice and Community Care

September 2007 to Present

Provides medical management with a concentration on palliative wound care for hospice and palliative care patients. Established a Palliative Wound care service in which wound consults are completed in the nursing home or home setting. Developed wound care protocols for staff and provides education in all areas of palliative wound care.

Clinical Instructor, Adjunct Faculty, H.A.C.C. Nursing Program

October 2003 to September 2007

Clinical instructor for the Registered Nursing program specializing in Medical Surgical, Coronary Care units and Community Health. Coordinates and assigns all of patient care assignments for the clinical experience. Develops post clinical conferences to enhance student learning. Evaluates and documentation on student progress. Clinical nursing laboratory instructor as needed.

Registered Nurse, Emergency Department

July 2003 to September 2006, Lancaster Regional Medical Center

Owner of MediQuest Staffing, Inc.

September 2000 to December 2003

Founder of this nursing agency business, which staffed over 32 facilities throughout Lancaster and York counties. Recruited and supervised 132 nursing employees, developed policies, yearly competencies, and maintained 32 facility contracts. Sold this profitable business in December, 2003 to pursue graduate school.

Home Care Hospice Nurse, Hospice of Lancaster County

July 1998 to August 2001

Provided care and symptom management to terminally ill patients and their families.

Pharmaceutical Sales Representative, Astra Zeneca

September 1992 to July 1998

Promoted pharmaceutical products to numerous health care providers.

Pancreas Kidney Transplant Coordinator, Mayo Clinic, Rochester, MN

April 1991 to September 1992

Interviewed potential transplant recipients, maintained follow up care for transplant patients, participated in research studies related to May Clinic's transplant program.

Critical Care Registered Nurse, Methodist Hospital, Mayo Clinic, Rochester, MN

June 1987 to April 1991

Provided care to critically ill patients in both the coronary care and surgical intensive care units. Worked as charge nurse/team leader.

Critical Care Registered Nurse, Lehigh Valley Hospital, Allentown, PA

May 1985 to May 1987

Coronary Care Unit

Licenses and Certifications

Family Nurse Certified Registered Nurse Practitioner – PA Dept. of State and ANCC

Advanced Practice Certified Nurse in Hospice and Palliative Care – NBCHPN

Certified Wound Care Nurse – WOCNCB

Registered Nurse – PA Dept. of State

Completed MBSR teacher training (Mindfulness Based Stress Reduction teacher intensive) at University of California San Diego, Center for Mindfulness

250 hour teacher certification in yoga through YogaLife Institute, Devon, Pa.

Speaking Engagements

Speaker for PESI Education and Med Ed- Sept 2014 to present (multiple national speaking engagements and seminars)

Mindfulness coach for case workers and residents of North Star Initiative

Mindfulness seminars for Millersville University, sigma theta tau wellness day

Anxiety reduction seminar for volunteers for Hospice and Community Care

Mindfulness Based Stress Reduction speaker for health care professionals for PESI (multiple national speaking seminars) and Hospice and Community Care, Lancaster, PA.

Content creator and presenter for biannual palliative wound care full day seminars for staff and health care professionals in community – May 2009 to present (Palliative Wound Care)

NHPCO annual meetings – 2011 and 2013 (Palliative Wound Care)

PHN annual meetings – 2012 and 2014 (Palliative Wound Care)

KEHPCA Palliative Care Conference, Kenya, Africa – October, 2012 (Palliative Wound Care)

Numerous education seminars presented to community nursing homes and hospice staff regarding wound care, end of life care, resiliency training, mindfulness and compassion fatigue.

Volunteer Work

Steering Committee Member for KEHPCA (Kenya Hospice and Palliative Care Association)

June 2011 to present

Community Meals Server (weekly meals for homeless), Council of Churches, Lancaster, PA

January 2008 to present

Mission trip to provide wound care in tent hospitals, Haiti earthquake, 2010

Mission trip to Lourdes, France, medical team volunteer, 2011

Mission trip to Kenya, Africa to provide wound care and education, (presenter at International conference) 2012

Developed the website www.marygracemindfulness.com to serve as a resource in mindfulness and anxiety reduction training and seminars.

Developed the Walking on Sacred Ground website, an online resource for end of life care. It is a sharing forum to offer support, education, and inspirational stories for caregivers and patients faced with chronic or terminal illness www.walkingonsacredground.com