

JULIA TOKARZ, RN, CRRN

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Education

MSN	Kennesaw State University Specializing in Nursing Education & Leadership Graduated with 4.0 GPA	Dec 2021
BSN	Kennesaw State University Accelerated program Graduated Cum Laude	May 2013

Professional Experience

Lecturer, Nursing Department	· University of North Georgia – Gainesville, GA	Sep 2022 – Present
Educating nursing students on foundational knowledge in nursing practice. Assessing student's competency of skills in lab setting including measuring vital signs, sterile technique, and medication administration. Assisting with development of accelerated Bachelor of Science in nursing program.		
Instructor, MA Program	· Kennesaw State University – Kennesaw, GA	Jun 2022 - Present
Instructing certified medical assistant students on human anatomy, physiology, medical terminology, medical office procedures, pharmacology, medical ethics, and clinical procedures. Assessing student's competency of skills in lab setting including measuring vital signs, venipuncture, laboratory procedures, electrocardiography, and bedside procedures.		
Instructor, CNA Program	· Kennesaw State University – Kennesaw, GA	Apr 2022 - Present
Instructing certified nurse aide students on body systems, disease and infection control, legal and ethical issues, nutrition, and personal care skills by in-person lecture. Assessing students' competency of skills in lab setting including basic nursing skills, wound care, body mechanics, and measuring vital signs. Certifying students in Basic Life Support.		
Clinical Faculty, Part Time	· Kennesaw State University – Kennesaw, GA	Jan 2022 – Aug 2022
Supervising Bachelor of Science Nursing Students in multiple community clinical settings including outpatient clinics and urgent care settings. Other responsibilities include evaluating weekly clinical journals and scholarly papers, guiding development of group projects, and assisting with student understanding of population-focused nursing practice.		
RN, Spinal Cord Injury Educator	· Shepherd Center – Atlanta, GA	Feb 2017 - Sep 2022
Educator specializing in the management of spinal cord injury (SCI) including content development, lecture, simulation, and hands-on skills competence verification. Implementing a center-wide course for the patient care technicians (PCTs) previously spear-headed and approved by the nurse leaders. Job responsibilities include managing the education of 30 patients and their caregivers. Conducting orientation classes for new clinicians, monthly in-services for existing nursing staff, and patient training courses. Coordinating preceptors for all new employees, nursing students, and externs. Researching evidence-based practice and educating current staff on any practice changes and innovative technology. Content development for lectures, in-services, videos, and online modules utilizing multiple platforms. An essential member of an interprofessional team contributing to the success of our patients.		

RN, Spinal Cord Injury Rehabilitation · Shepherd Center – Atlanta, GA Jun 2013 - Present
Working in one of the top ten rehabilitation hospitals within the United States to care for patients after SCI specializing in the adolescent team. Precepting experienced RNs, new graduate RNs, nursing students, and externs. Performing as a relief charge nurse.

Research Experience & Interests

- Caregivers' Lives in the Time of a Pandemic · an Integrative Review · December 2021
Examining the effects of COVID-19 on informal caregivers' quality of life
- Incidence of Urinary Tract Infections (UTIs) after SCI · 2020 - 2022
Compiling data within Shepherd Center on the rate of UTIs based on neurogenic bladder program, age, and diagnosis
- Strategies and Medical Advances in the Care of Patients with SCI · 2019 - 2022
A compilation of research articles reviewed and emailed to the nursing staff quarterly titled "Tidbits of Neurostimulants"
- Neurogenic Bowel Management · 2017 - 2022
Innovative techniques to manage and implement in the patient's rehabilitation experience

Teaching Experience & Course Development

University of North Georgia · Teaching Experience

- Lecturer (BSN and ABSN Programs) Fall 2022 - Present
Presenting lecture, in class activities, skills lab, and simulation. Course coordinator for the ABSN Foundations of Nursing and Introduction to Nursing courses. Lecturer for ABSN Pharmacology course.

Kennesaw State University · Teaching Experience

- Medical Assistant Program (Accelerated) Jun 2022 – Sep 2023
Presenting lecture, case studies, and hands-on simulated training to prepare students for the National Healthcareer Association Certified Clinical Medical Assistant (CCMA) exam.
- Certified Nurse Aide Program Apr 2022 – Sep 2023
Presenting lecture and hands-on simulated training to prepare students for the State of Georgia Nurse Aide Competency exam.
- Community Health and Public Health Nursing (BSN Program) Spr 2022 Semester
Supervising 2 groups of students during clinical, evaluating clinical groups' journals and papers, and assisting clinical group with project development
- Complex Health Nursing (BSN Program) Spr 2022 Semester
Developing and presenting Traumatic Brain Injury lecture

Kennesaw State University · Teaching Experience under preceptorship of full-time faculty

- Community Health and Public Health Nursing (BSN Program) Fall 2021 Semester

Supervision of clinical group, assisting exam proctoring and exam review, LMS buildout for Older Adults simulation, and assisting with SBIRT simulation

- Nursing Research for Evidence-Based Practice (BSN Program) Sum 2021 - Fall 2021
Presenting lectures, evaluating student papers and presentations, and assisting with LMS course buildout
- Complex Health Nursing (BSN Program) Sum 2021 - Fall 2021
Presenting lectures, conducting exam reviews with students, and assisting with LMS course buildout

Shepherd Center · Teaching Experience

- In-Exsufflation simulation and skills checkoffs 2021 - 2022
- New Graduate Residency Skin Class 2019 - 2022
- Annual Skills Days for nursing staff 2017 - Present
- Basic Life Support certification classes 2017 - Present
- Family Training classes for caregivers presented biweekly 2017 - Present

Shepherd Center · Course Development

- Patient Care Tech (PCT) Preceptor Course in-person course 2020 - 2021
- Family Training Class reconfiguration in-person class 2019
- New Graduate Residency Skin Class in-person class and online modules 2019
- "Bowel Madness": neurogenic bowel in-person course 2019
- Orientation reconfiguration in-person courses 2018
- "Bowelentine's Day": neurogenic bowel in-person course 2018

Presentations

- *Speaker in a panel discussion:* Kennesaw State University Community Health Nursing course, "Role of the Rehabilitation Nurse" · Fall 2021 Semester to Present
- *Speaker in a panel discussion:* Kennesaw State University Interprofessional Care and Collaboration course, "Professional Roles Panel Discussion" · Spring 2021 Semester to Summer 2022
- *Presenter:* Association of Rehabilitation Nurses REACH Conference, "Bowelentine's Day: For the Love of Neurogenic Bowel" presented in West Palm Beach, FL · October 2018

Special Recognition & Awards

- Elected as ShepherdCares ambassador · Shepherd Center 2019 - 2021
- Nominated for center-wide Shared Governance Chair · Shepherd Center 2019 & 2017
- Daisy Nominations 2017 & 2014
- Member of Sigma Theta Tau 2013 - Present
- Unsung Hero Award · Kennesaw State University 2013

Certifications

- Basic Life Support Instructor · American Heart Association Active since 2017
- Advanced Cardiac Life Support Certification · American Heart Association Active since 2016
- Certified Rehabilitation Registered Nurse · Association of Rehab Nurses Active since 2015
- Registered Nurse · State of Georgia Active since 2013

- Basic Life Support Certification · American Heart Association

Active since 2011

Certifications of Continuing Education

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| • Skin Champion certification and course | May 2022 |
| • Medicaid Management Information System Train-the-Trainer certification | Apr 2022 |
| • Scholarship of Teaching and Learning (SoTL) Summit conference | Oct 2021 |
| • CITI Program Research course modules | Aug 2021 |
| • Foundations of Spiritual Nursing Care module | Feb 2021 |
| • Diaphragmatic Pacing After SCI module | Oct 2020 |
| • Therapeutic Considerations for Respiratory Support After SCI module | Aug 2020 |
| • Ethical Considerations in Healthcare module | Jun 2020 |
| • Preventing Bloodborne Infections module | Sep 2019 |
| • Building Innovation Cultures and Leaders module | Dec 2018 |
| • How to Manage Difficult Conversations module | Dec 2018 |
| • Fostering Mentoring Relationships module | Nov 2018 |
| • Association of Rehabilitation Nursing REACH conference | Oct 2018 |
| • Leading Teams: Building Trust and Commitment module | Sep 2018 |
| • Translating SCI Patient Education Research Models into Family Education module | Aug 2018 |
| • Hardwiring for Excellence leadership series | Dec 2015 |

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