

Maggie Compernolle

Personable and compassionate individual, with experience working as an Inpatient Bone Marrow Transplant Oncology Nurse at Barnes Jewish Hospital in Saint Louis, MO. Approaches healthcare from a holistic and integrative perspective, advocating for care of patients' and caregivers' mind, body, spirit. Experienced yoga teacher, with keen interest in bringing concepts of wellness and self-inquiry to individuals and groups, particularly those touched by cancer. Studying to become a death doula, in order to help people not just die well, but to live well.

Employment History

Barnes Jewish Hospital, Saint Louis, MO

Bone Marrow Transplant Oncology Staff Nurse, March, 2016 to March, 2020.

- Research Sabbatical recipient through Multidisciplinary Research Council. Studied effects of mindfulness on BMT patients and caregivers. Presented at Multidisciplinary Research Conference in October, 2018. Research currently published in *Oncology Nursing Forum*. (Compernolle, M. C., & Sledge, J. A. (2020, January). Effects of a Mindfulness Intervention on Hospitalized Patients With Hematologic Malignancies and Their Caregivers. In *Oncology Nursing Forum* (Vol. 47, No. 1, pp. 70-78).
- Oral presentation of research at ASBMT conference, Houston, TX, 2019; poster presentation at ONS Conference, Anaheim, CA, 2019.
- Uses critical thinking skills to thoroughly assess patients of the specialized Bone Marrow Transplant population, implements appropriate nursing interventions, and evaluates these interventions for the best possible outcomes for patients and their families.
- Communicates with all members of the healthcare team to provide excellent care to patient. Advocates for patients and caregivers to promote a holistic healing environment in the hospital.
- In April, 2016, took initiative in creating the Zen Den, a respite room for patients, staff, and family members to practice mindfulness and relax. Its success contributed to Zen Dens now being a part of every floor plan in Parkview Tower.
- 2018-2019 recipient of Harold and John Steinberg Memorial Nursing Scholarship. With funds, attended Harvard Mind Body Medicine Conference in Boston, MA, 2018; attended United States Association for Body Psychology Conference, Santa Barbara, CA, 2018.
- Presented concepts of mindfulness throughout hospital to various groups: Nurse Residency Program, OR Nursing Grand Rounds, BJH Leadership Conference, and more.

Medical-Surgical Staff Nurse, February, 2015 to March, 2016

- Used critical thinking skills to assess patients, implement appropriate nursing interventions, and evaluate efficacy of physician- and nursing-directed interventions in order to deliver excellent nursing care to patients and their families.
- Gained experience in treating a diverse population with a wide variety of medical conditions and comorbidities.
- Demonstrated strong communication skills with all members of patients' care teams.

Urban Breath Yoga Studio, Saint Louis, MO

Yoga Instructor, 2013 to 2019

Teach yoga classes to students of varying levels of experience. Teach workshops for beginners. Modify poses for students with injuries or contraindicated conditions. Trained in prenatal yoga. Certified 500RYT.

Various Yoga Studios, Saint Louis, MO

Yoga for Cancer Workshop Instructor, July 2017 to present

- Teach yoga, mindfulness, meditation and relaxation techniques to those touched by cancer (patients and caregivers) in a workshop format; give people skills and tools to manage stress, empowering them to be active participants in their treatment and recovery process. Emphasis on empowerment and self-care.

Owner of Infinite Seeds, LLC, June 2017 to present

- Work with individuals one-on-one to determine wellness goals. Empower individuals using yoga, breath, mindfulness, and self-inquiry tools for everyday practice.

Pukyong National University, Silla University, in Busan, South Korea

English Instructor, January 2007- August 2011

- Taught English to students aged 3-84 of various levels and capacities; created curriculum for kids' camps, led conversation classes with adults, TESOL for university students, English through yoga to women in an urban shelter, English and yoga to kindergartners.

Formal Education

GOLDFARB SCHOOL OF NURSING (GSON): Upper Division Program, Saint Louis, MO

- Graduated December, 2014 with Bachelor's of Science in Nursing.
- Initiated and organized presentation on providing care for transgender patients to healthcare students; generated enough student interest for school to make it a biannual event; nominated for March of Dimes Student Nurse of the Year, 2014 for aforementioned presentation.
- Selected by faculty to serve as mentor for incoming students at GSON for three terms. Guided students with study strategies, time management skills, and prioritization. Inspired mentees to serve as future mentors.

DePAUL UNIVERSITY, Chicago, IL

- B.A. in Psychology, concentration in Human Development, minor in German. Highest honors. Studied abroad in Bonn, Germany.

Hospital Committee Memberships

- PFAC (Patient Family Advisory Council), July, 2017 to 2019.
- Multidisciplinary Research Council, August, 2017 to 2020.
- Resiliency Steering Committee, July 2018 to 2019.

Other Relevant Qualifications, Awards and Memberships

Involved in a study teaching yoga to Breast Cancer patients, at Siteman Cancer Center, June 2018- 2019; research in review for publication.

Certified to teach Yoga for Cancer through Y4C Foundation, based in New York City.

Member of Sigma Theta Tau January, 2015- January 2016.

Member of American Holistic Nurses Association since May, 2017.

Member of Oncology Nursing Society, 2018.

Healing Touch, Level 1 student.

Reiki Master, since March, 2016.

Extensive travel and multicultural experiences throughout the world.

Conversational German, basic Korean.

Currently studying to become a death doula through Conscious Dying Institute.