

# Sharon Teresa Lark, BSN, RN

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## SUMMARY OF QUALIFICATIONS

- Master of Nursing (MSN) candidate with specialization as an adult geriatric nurse practitioner.
- Highly skilled cardiac care nurse with six years of clinical experience.
- Self-motivated to acquire and master new clinical skills as an adult geriatric nurse practitioner.

## EDUCATION

### MASTER OF SCIENCE IN NURSING, GPA 3.90

Walden University | Minneapolis, MN | Expected: Dec 2025

CCNE-Accredited

### BACHELOR OF SCIENCE IN NURSING

Walden University | Minneapolis, MN | 2010

### ASSOCIATE DEGREE – NURSING, GPA 3.80

Tidewater Community College | Portsmouth, VA | 2002

## LICENSES AND CERTIFICATIONS

**Registered Nurse**, Commonwealth of Virginia, compact license

**Basic Cardiac Life Support (BCLS)**, American Heart Association

**Advanced Cardiac Life Support (ACLS)**, American Heart Association

**American Association of Critical Care Nurses (AACN)** certification

## NURSING EXPERIENCE

### CLINICAL MANAGER

Health West | Norfolk, VA | 2016 - Present

- Administer a 15-bed cardiac step down unit. Responsibilities include budget, staff recruitment and retention, and staff development.
- Trained 20 unit staff and ensured compliance with safety initiatives, resulting in reduced length of stay and the lowest fall rate in the facility.
- Serve on the facility safety committee representing unit.
- Empower assistant managers and experienced staff to take on leadership roles in the unit.

### CASE MANAGER

Genesis Healthcare | Norfolk, VA | 2012 - 2016

- Collaborated with members of the health care team to assess patient readiness for discharge.
- Located and secured placements for patients needing rehabilitation and long-term care after discharge; encouraged patients and families to participate in decision making and offered emotional support.

- Facilitated weekly unit discharge rounds ensuring the entire team was informed and participated in the plan of care in anticipation of discharge.

## STAFF NURSE

Norfolk Health Center | Norfolk, VA | 2006 - 2012

- Acquired and demonstrated the clinical skills to provide high quality care to patients in a cardiac ICU.
- Demonstrated initiative and a commitment to quality patient care by independently completing an advanced EKG interpretation class and an advanced cardiac assessment course.
- Identified potential patient safety issues and assisted in developing initiatives that increased safety.

## STAFF NURSE

Genesis Healthcare | Norfolk, VA | 2002 - 2006

- Provided high quality patient care on a general medical surgical floor.
- Served on the unit patient safety committee to help identify patient safety issues and worked collaboratively with other unit staff to identify possible solutions.
- Mentored registered nursing students from a local community college during their clinical experiences.

## AFFILIATIONS

National Association of Professional Women | 2011 - Present

American Association of Critical Care Nurses | 2008 - Present

American Nurses Association | 2007 - Present

Sigma Theta Tau International | 2004 - Present

National Student Nurses Association | 2000 - 2004

## CONFERENCE PRESENTATION

Co-presenter, *Professional Women in Healthcare: Future Challenges and Trends*, National Association of Professional Women, 2013

## COMMUNITY INVOLVEMENT

### MEMBER

Norfolk Mayor's Change Panel | 2012 - Present

### VOLUNTEER

Red Cross | 2010 - Present