

# CURRICULUM VITAE

November 24, 2025

Lizzet Carmona, MSN, ACNPC-AG, CCRN, CSC, MEDSURG-BC  
260 Prospect Avenue, Unit #555, Hackensack, New Jersey, 07601  
Cellphone: 201-679-8596  
E-mail: Lizzet.carmona@columbia.edu

## **Academic Preparation**

Columbia University School of Nursing  
Doctor of Nursing Practice (DNP) Candidate- Adult-Gerontology Acute Care Program      New York, NY  
June 2023 – Present

Rutgers, The State University of New Jersey Newark, NJ  
Bachelor of Science in Nursing September 2016 – May 2020

## Academic Training

Performed thorough physical exams and evaluated the patient's vital signs, labs and imaging results  
Developed plan of care for newly admitted and admitted patients and communicated plan details to medical team during interdisciplinary rounds  
Educated heart failure patients and families on self-management strategies, including medication adherence, fluid restriction, and monitoring tools  
Conducted medication adherence assessments for transplant patients, educating on immunosuppression regimens (e.g., tacrolimus trough monitoring) and managing polypharmacy interactions to minimize rejection risks and complications like hyperkalemia

DNP Portfolio Advisor: Dr. Jessica Harkins, DNP, AGACNP-BC, CCRN

Assisted in invasive procedures, such as arterial line placements, central line placement, bronchoscopy, and thoracentesis, maintaining sterile technique under preceptor supervision.

Completed comprehensive histories and physical exams on critically ill patients (e.g., those with neutropenic fever, tumor-related obstructions, or chemotherapy toxicities), interpreted lab results and imaging, contributing to discussion on differential diagnoses and care plans.

Collaborated with interdisciplinary teams to address palliative needs, including symptom management and bereavement support, in a fast-paced intensive care environment.

DNP Portfolio Advisor: Dr. Estelle Autissier, DNP, AGACNP-BC

Managed care for patients with acute cardiac conditions, like myocardial infarction, cardiogenic shock, and heart failure, under preceptor supervision.

Monitored and interpreted cardiac rhythms, vital signs, lab, and imaging results

Educated patients and families on disease management and lifestyle changes

Developed plan of care and communicated plan to medical team during interdisciplinary rounds and to the patient and their family.

Adult Gerontology Acute Care Nurse Practitioner Student

New York, NY

Mount Sinai - Transplant/Surgical ICU

240 hours

DNP Portfolio Advisor: Dr. Leon Chen, DNP, AGACNP-BC, FCCP, FAANP, FCCM

Assessed and monitored for post-surgical complications, such as infections, sepsis, and organ failure, enabling prompt detection and management under preceptor supervision

Assisted in invasive procedures, such as arterial line placements, central line placement, bronchoscopy, and thoracentesis, maintaining sterile technique under preceptor supervision.

Participated in daily interdisciplinary rounds and contributed to care plan discussions

### **Professional Organizations and Societies**

Member of American Association of Critical-Care nurses, Expires: May 2026

Member of the American Nurses Association, Expires: July 2026

Member of the American Association of Nurse Practitioners, Expires: January 2026

Member of the New Jersey State Nurses Association, Expires: August 2026

Member of the Nurse Practitioner Association of New York State, Expires: September 2026

Member of the National Association of Hispanic Nurses, New York Chapter, Expires: November 2026

### **Professional Certifications and Licensures**

Adult-Gerontology Acute Care Nurse Practitioner Certification (ACNPC-AG), American Association of Critical-Care Nurses (AACN) Certification Corporation, Expires: July 2030

Critical Care Registered Nurse (CCRN), American Association of Critical-Care Nurses (AACN), Expires: July 2028

Cardiac Surgery Certification (CSC), American Association of Critical-Care Nurses (AACN), Expires: August 2028

Medical-Surgical Nursing Certification (MEDSURG-BC), American Nurses Credentialing Center (ANCC), Expires: September 2026

Cardiac Surgical Unit Advanced Life Support (CSU-ALS) certification, Expires: September 2026

Advanced Cardiac Life Support (ACLS) certification, American Heart Association, Expires: January 2027

Basic Life Support (BLS), American Heart Association, Expires: November 2027

Acute Care Nurse Practitioner License, New York State Education Department, License # F433352-01 Expires: June 2028

Registered Nurse (RN), New Jersey, License # 26NR22000100 Expires: May 2026

Registered Nurse (RN), New York, License # 957328-01 Expires: July 2027

### **Professional Honors and Awards**

Recipient of the Charles Hamlin award from the Nurses Educational Funds (NEF), 2025-2026 academic year

### **Professional Experience**

**Hackensack University Medical Center**

**Hackensack, NJ**

Registered Nurse/Preceptor

June 2023 – Present

Cardiothoracic Intensive Care Unit (CTICU)

Assess and manage critically ill cardiothoracic patients, primarily in the postoperative phase following CABG, valve repair/replacement. AA repair, etc.

Managed patients with advanced cardiac devices such as VAD, Impella CP/RP/5.5, Intra-aortic balloon pump, and VV/VAD ECMO with assistance of perfusionist.

Managed/titrated multiple critical care drips such as sedation, vasopressors, and inotropic medications in hemodynamically unstable cardiogenic shock, pre-op and post-op patients

Managed patients on continuous renal replacement therapy (CRRT), ensuring proper set up, monitoring and troubleshooting of alarms  
Managed and assessed invasive lines and equipment such as pulmonary artery catheters, arterial lines, central lines, ventilators, and epicardial/TVP pacemakers  
Educate patients and families on post-operative care, medication management, and lifestyle modifications to promote recovery and prevent complications.  
Precepted new hires through management of fresh post-op cardiac patients, including post-CABG, valve repairs, and aneurysm repairs.

**Hackensack University Medical Center**  
Registered Nurse/ Preceptor/Charge Nurse  
Medical Surgical/Geriatric Unit/COVID Flex unit

**Hackensack, NJ**  
August 2020 – June 2023

Precepted new hires and student nurses on unit and hospital policies, clinical skills, and direct patient care  
Assessed and monitored patients' condition and notified physicians of clinical changes, making recommendations, and modifying plan of care accordingly and in timely manner according to patient needs  
Deployed to COVID flex unit during surge to aid with providing nursing care during staff shortages in addition to fulfilling unit responsibilities  
Educated patients and caregivers on diagnoses, disease management, preventative measures, medication use and self-care to promote continuity of care in the community post discharge  
Formed part of ANCC – New Nurse Residency accreditation at Hackensack University Medical Center for Aug. 2022

### **School and University Committees**

Member, Sigma Theta Tau National Nursing Honor Society, Alpha Zeta Chapter at Columbia University School of Nursing

Advisory role, Dean Advisory Group (DAG) 2024-2025 academic year at Columbia University School of Nursing

Mentor, Peer Mentor Program at Columbia University School of Nursing, 2024-2025 academic year

### **Presentation and Papers**

Peer-Reviewed Poster Presentation:

AI TOOLS TO IMPROVE MEDICATION ADHERENCE AND READMISSION RATES IN ADULT HEART FAILURE PATIENTS

In Adult Heart Failure Patients, Does Implementation of AI-Driven Tools Increase Medication Adherence and Reduce Heart Failure Readmissions?

Presenters: Lizzet Carmona, BSN, RN, MEDSURG-BC, Dignauris Garcia Pichardo, BSN, RN

Meeting: The Nurse Practitioner Association (NPA) of New York State, 40th Annual Conference

Location: Saratoga Hilton, Saratoga Springs, NY

Date: October 2024

