

# CLARISSA MASON, RN, IBCLC



## RN LACTATION CONSULTANT

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### ***Optimize Breastfeeding Outcomes as Registered Nurse Committed to Providing Extraordinary Service to Mothers, Newborns, and Families***

#### PROFESSIONAL SUMMARY

- Earned multiple International Board Certified Lactation Consultant (IBCLC) Care Awards for innovating programs designed to improve breastfeeding rates.
- Influence change through progressive experience and education in breastfeeding and lactation care, including strategies that reduce risks of not breastfeeding.

#### **IBCLC Hero of the Heart Award recipient for promotion and protection of breastfeeding in 2017 & 2019**

#### PROFESSIONAL EXPERIENCE

Utah Health Medical Center, Cliff Rock, Utah

March 2003–Present

##### **Lactation Coordinator** | November 2016–Present

Guide mothers and families in successful breastfeeding experience as team leader for inpatient lactation program at hospital delivering one-third of all babies in Utah. Evaluate breastfeeding products, educational materials, and equipment. Review and update policies and procedures for hospital system leadership. Enforce policies and procedures related to human milk collection, storage, transport, and feeding. Represent department to healthcare teams.

#### **Contributed to Utah Health earning recognition as Best Maternity Hospital by Newsmonth in 2020.**

#### Breastfeeding Achievements

- Attained 59% of exclusively breastfed full-term newborns as summarized in 2019 Leapfrog Group Hospital Survey.
- Staffed ten clinics with breastfeeding advocates ensuring issues are addressed and resolved or escalated.
- Recognized formally with Workforce Engagement Pillar Award for consistently increasing breastfeeding readiness scores on mother/baby unit through 24-hour lactation support from time of delivery.

#### Leadership

- Established web-based prenatal breastfeeding program providing online instruction and support from lactation nurses in response to 2020 pandemic.
- Chaired breastfeeding task force: established solid communications channels between health care team members, enhancing execution of patient plans of care.
- Revamped policy and use of donor milk, improving safety and meeting needs of all newborn infants.

#### Collaboration

- Developed, reviewed, and refined breastfeeding and lactation policies and procedures with stakeholders. Recommended successful modifications to treatment of mastitis and abscesses.
- Secured speakers and organized presentations for World Breastfeeding Week, driving awareness of resources provided for successful breastfeeding experiences.
- Navigated conflicts with nurses holding alternate views on breastfeeding with tact and diplomacy.

#### Staff Training & Development

- Introduced annual lactation training for mother/baby, labor/delivery, and clinic nurses focused on evidence-based feeding plans addressing individual and sometimes complex issues.
- Coached nurses to reassess desired milestones based on observations in 30-60-90-day lactation training.

## EXPERIENCE (continued)

Utah Health Medical Center, Cliff Rock, Utah

March 2003–Present

**Registered Nurse**, Postpartum Unit | March 2003–November 2016

Delivered meticulous care to postpartum, antepartum, GYN, and newborn patients on 30-bed unit. Admitted newborns following postpartum period. Supported mothers and families with breastfeeding. Coordinated patient care plans; attended multi-disciplinary rounds with colleagues.

- Named relief charge nurse within six months for demonstrated leadership skills and sound judgement.
- Instructed expectant parents in prenatal breastfeeding classes and facilitated post-discharge breastfeeding support.
- Orientated senior practicum and nursing students to physiologic and social sciences of breastfeeding and lactation.
- Achieved advanced level in Nursing Professional Clinical Advancement Program (ProCap).

## EARLY CAREER

Cared for patients as postpartum RN in mom/baby unit at Jaxton Medical Center, a magnet-status facility in Salt Lake City, Utah. Selected to participate in prestigious clinical ladder program.

## EDUCATION

University of Utah, Salt Lake City, Utah

**Master of Science (MS) in Nursing**

**Bachelor of Science (BS)**

**Clinical Nurse Specialist Program**

## LICENSURE

International Board Certified Lactation Consultant (IBCLC), International Board of Lactation Consultant Examiners  
Registered Nurse (RN), State of Utah

## CERTIFICATIONS

Neonatal Resuscitation Program (NRP) Certified, American Academy of Pediatrics, expires: July 2023

Basic Life Saving (BLS) Certified, American Heart Association, expires: January 2023

## BOARD &amp; COMMITTEE APPOINTMENTS

Chair, Breastfeeding Task Force, Utah Health Medical Center, Cliff Rock, Utah

Member, Daisy Committee, Utah Health Medical Center, Cliff Rock, Utah

## PROFESSIONAL AFFILIATIONS

International Lactation Consultant Association (ILCA)

*Watching a new mother grow from awkward and clumsy to comfortable and confident, and experiencing a successful couplet is immensely satisfying.*

Clarissa discovered as a nurse on the post-partum unit that her passion is breastfeeding and went on to earn her IBCLC certification. Her goal is to continue to advance breastfeeding and lactation strategies and techniques that make it possible for all newborns to receive a mother's milk.

I position Clarissa as an award-winning innovator, summarizing her awards, and then describing her passion through accomplishment bullets that reinforce her commitment. I broke these down into subcategories to add in essential keywords and set the tone for the reader.

I ended the resume with quote from Clarissa that will resonate with the reader.