**Cara Henry**

BScN, MSc, RN(EC)-PHC-NP Waterdown, Ontario [cara.henry@thp.ca](mailto:cara.henry@thp.ca) 6476220059

**NURSE PRACTITIONER**

Highly experienced Nurse Practitioner (NP) with over 15 years of diverse clinical success in acute and episodic care. A proven track record of complex and compassionate care within multiple settings including emergency, community outreach care, telemedicine, specialized nursing services, palliative care and long-term care (LTC). Highly skilled in performing examinations, diagnosing acute and chronic conditions, and developing effective treatment plans to optimize patient outcomes. Adept at collaboration with interdisciplinary teams of professional colleagues, physicians, and specialists. Excellent consultation and communication skills, reliable and dedicated, committed to delivering the highest quality patient-centred care.

**Experience and Accomplishments**

**NURSE PRACTITIONER March 2011 - Current**

**Trillium Health Partners (THP) - Mississauga, ON**

* Currently working with the Nurse Practitioners Supporting Teams and Averting Transfers Team, caring for frail seniors in LTC homes in Ontario Health Central area
* Repatriation lead for THP-C and RCC sites assisting with complex discharges and coordinating safe transfer home through improved communication between sites.
* LTC resident assessment and treatment of acute and episodic conditions as well as palliation symptom management
* Palliative program operations team lead supporting NP colleagues, LTC staff, residents and families in providing excellent palliative and end of life care.
* Participation in a poster presentation at the THP Advanced Practice Nursing conference in 2023 and 2024
* Ongoing quality improvement activities including improving pain management for LTC palliative residents, falls management, and review of service agreements.
* Quality and operations improvement, program development

**REGISTERED NURSE January 2008 – March 2011**

**Trillium Health Partners Credit Valley Hospital – Mississauga, On**

* Worked in the in-patient Cardiology unit, providing bedside nursing to patients admitted with a variety of cardiac issues, providing patient education, and working with members of the multidisciplinary team
* Worked as shift charge nurse, coordinating with community partners, patients and families to ensure safe and timely discharges from hospital

**Education**

**Registered Nurse (Extended Class) Primary Healthcare Nurse Practitioner |** McMaster University 2010

**Master of Science** | McMaster University 2011

**Bachelor of Science (Honours) Nursing |** McMaster University – Mohawk College 2006

**Certifications, Diplomas and Awards**

* **Member of the College of Nurses of Ontario**
* **Canadian Nurses Association – certification in Hospice-Palliative Care (pending)**
* **Hospital News Nursing Hero 2025 – honorable mention**
* **2024 Trillium Health Partners Better Together Week Nursing Award**