

A Nurse's Dedication: Karen Amen's Impact at UNC Health, Cone Health, and Duke University Health System

Delivering Compassionate Care and Shaping Future Nurses Through Leadership and Expertise

New York City, New York Jun 5, 2025 ([Issuewire.com](https://www.issuewire.com)) - Karen Amen's nursing career has taken her from the bustling healthcare corridors of New York to the esteemed institutions of North Carolina, where she continues to make a significant impact on patient care. With over six years of experience at UNC Health in Chapel Hill, Karen has honed her skills in perioperative and intraoperative services, working tirelessly to ensure that her patients receive the highest quality of care. Her journey reflects a deep commitment to nursing, patient advocacy, and professional development.

In October 2020, Karen stepped into a specialized role focused on vein and vascular procedures, a position that allowed her to further refine her clinical skills and enhance her patient care techniques. Demonstrating her unwavering dedication to the nursing profession, Karen expanded her horizons in July 2024 when she joined Cone Health as a Staff Registered Nurse and Preceptor. In this role, she not only provides exceptional care but also takes on the important responsibility of mentoring new nurses, ensuring the next generation of healthcare professionals is well-equipped to meet the challenges of the field.

Simultaneously, Karen became a Staff Registered Nurse at Duke University Health System, showcasing her versatility and commitment to excellence across multiple esteemed healthcare institutions. Her expertise in rehabilitative medicine, particularly in caring for patients with traumatic brain and spinal cord injuries, allows her to integrate her two decades of diverse fitness and wellness experience into her nursing practice. By assisting patients in improving their adherence to therapeutic regimens, she has been instrumental in demonstrating that better health outcomes often correlate with improved patient engagement and functional rehabilitation.

Karen's educational journey began at The City University of New York, where she earned her Bachelor of Science in Nursing in 2021. Her quest for knowledge did not stop there; she pursued a Master of Science in Adult Health Nursing at the University of North Carolina at Chapel Hill, which she completed in 2024. Currently, she is a Doctor of Nursing Practice Candidate specializing as an Adult-Gerontology Primary Care Nurse Practitioner at the same institution, further solidifying her commitment to advancing her expertise in nursing.

Her professional affiliations reflect her dedication to continued learning and excellence in nursing. As an active member of the National Student Nursing Association, the Nurses Service Organization, the American Nurses Association, New York State United Teachers, Sigma Theta Tau International Honor Society of Nursing, and the International Psych Society, Karen actively engages in professional development and advocacy for the nursing profession. Additionally, her contributions to literature, with publications such as *The Crunch* (Random House, February 1, 1996) and *The BottomLine* (Random House, May 1, 1996), illustrate her thought leadership and commitment to sharing knowledge within the field.

Beyond her clinical roles, Karen has a long-standing commitment to service and advocacy. Since October 2012, she has been volunteering with New York University to support disaster and humanitarian relief efforts, distributing resources to NYC's homeless, senior citizens, and underserved families. Her role as an Assistant at the New York Blood Center since January 2013 further underscores

her commitment to community health through local blood drives. Karen's advocacy extends to her work as a Patient Liaison, Educator, and Advocate at Bellevue Hospital, where she helped bridge communication between patients and medical staff. More recently, she has been involved with Catholic Charities of the Diocese of Raleigh, supporting food-insecure families through local pantries.

When reflecting on her success, Karen attributes it to her internal motivation and passion for helping others. "My unwavering drive has guided me throughout my nursing career, fueling my commitment to compassionate care and making a meaningful impact in the lives of those I serve," she stated. The supportive network of dedicated nurses, physicians, and educators she has encountered along the way has become her community and family.

Karen Amen's journey exemplifies the heart and soul of nursing—dedication, compassion, and an unyielding commitment to improving the lives of patients. As she continues to expand her professional scope and influence, she remains a beacon of hope and a source of inspiration for both her colleagues and the patients she serves.

Learn More about Karen Amen:

Through her online profile, <https://todaysnurse.org/nurse/4151033>

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