

## Kristina McGahan, RN, BSN: Nurse Recovery Coach And Founder Of Mind Over Matter Nursing Recovery Summit Specialist

Empowering Nurses Through Clinical Education, Telemetry Expertise, and Burnout Recovery Coaching



**Conroe, Texas May 20, 2026 ([Issuewire.com](http://Issuewire.com))** - Kristina McGahan, RN, BSN, is an accomplished Registered Nurse. She is NLP Certified, a Certified Life Coach, and Nurse Recovery Coach with more than 28 years of healthcare experience spanning cardiovascular care, telemetry, progressive care, and

medical surgical nursing. Throughout her career, Kristina has combined clinical expertise with leadership, mentorship, and education, helping both patients and fellow nurses navigate the demands of modern healthcare with greater confidence and resilience.

Based in Magnolia, Texas, Kristina earned her Bachelor of Science in Nursing from The University of Texas Health Science Center at Houston in 1998. She maintains advanced clinical certifications, including Advanced Cardiac Life Support (ACLS), Basic Life Support (BLS), and the NIH Stroke Scale, reflecting her ongoing commitment to clinical excellence and patient safety.

Over nearly three decades in healthcare, Kristina has served in a variety of hospital-based clinical and leadership roles, specializing in cardiovascular and telemetry care. In addition to direct patient care, she has worked extensively as a preceptor and educator, mentoring nurses and supporting hospital orientation and training programs. Her expertise in cardiac monitoring and telemetry interpretation has made her a valued resource for nurses seeking to strengthen their critical thinking and bedside assessment skills.

Expanding her mission beyond traditional nursing roles, Kristina founded Mind Over Matter: Nursing Recovery Summit, a coaching program designed to help nurses recover from burnout and emotional exhaustion through nervous system-based coaching approaches. Drawing from firsthand experience in high-acuity healthcare environments, she works with nurses to address workplace stress, emotional fatigue, survival mode and trauma while helping them rebuild balance, resilience, and overall well-being.

Kristina is also the author of *What Every Nurse Must Know: Telemetry Secrets*, a practical educational resource created to support nurses working with cardiac and telemetry patients. Developed from her extensive bedside experience, the book focuses on helping nurses strengthen their ability to interpret cardiac monitoring, recognize abnormalities, and apply sound clinical judgment in real time.

Rather than simply teaching nurses to observe telemetry monitors, the book emphasizes critical thinking and patient-centered assessment. It guides nurses through evaluating factors such as electrolyte imbalances, lead placement accuracy, and vital sign changes to better understand the physiological causes behind rhythm disturbances and telemetry changes. The book is available through Amazon as well as through the official website, *What Every Nurse Must Know*.

Through her work as a clinician, educator, author, and recovery coach, Kristina McGahan continues to make a meaningful impact on the nursing profession by supporting both professional development and personal well-being while promoting safe, compassionate, and high-quality patient care.

### **Learn more about Kristina McGahan:**

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/Kristina-McGahan>

### **America's Best in Medicine**

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guidance for patients and peers alike.

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