

Rowena Mallari-Durand, BSN, RN, CCRN-CSC: Advancing Cardiothoracic Care Through Excellence And Mentorship

Nearly Four Decades of Nursing Experience Dedicated to Patient Advocacy, Evidence-Based Practice, and Developing the Next Generation of Nurses



Livingston, New Jersey Jul 17, 2026 ([Issuewire.com](https://www.issuewire.com)) - Rowena Mallari-Durand, BSN, RN, CCRN-CSC, is an accomplished critical care nurse whose nearly four decades of clinical experience have been defined by compassion, leadership, and a commitment to advancing patient care. Since beginning her

nursing career in 1989, Rowena has developed extensive expertise across critical care environments while dedicating herself to mentoring nurses, improving healthcare practices, and advocating for patients and families.

Rowena earned her Bachelor of Science in Nursing from the University of the Assumption and has built a distinguished career spanning healthcare systems in both the Philippines and the United States. Throughout her professional journey, she has served in a variety of nursing roles, including staff nurse, charge nurse, assistant head nurse, preceptor, mentor, and clinical educator. These experiences have allowed her to develop a comprehensive understanding of both bedside care and nursing leadership.

Since 2000, Rowena has served as a Registered Nurse at Cooperman Barnabas Medical Center in Livingston, New Jersey, where she currently works in the Cardiothoracic Intensive Care Unit. Her clinical background includes experience in the Coronary Care Unit (CCU), Intensive Care Unit (ICU), Neuro ICU, cardiac catheterization lab, Cardiovascular Intensive Care Unit (CVICU), and Cardiothoracic Post-Anesthesia Care Unit (CPACU/CTICU).

As a highly trained critical care professional, Rowena holds certifications in Critical Care Nursing (CCRN) and Cardiac Surgery Certification (CSC). She has also completed advanced training in Cardiac Advanced Life Support (CALS-CSU), focusing on post-cardiac surgery resuscitation and advanced cardiac interventions. Her specialized knowledge has allowed her to care for some of the most critically ill patients while supporting complex cardiac procedures and recovery processes.

Throughout her career, Rowena has contributed to numerous quality improvement initiatives aimed at enhancing patient safety and clinical outcomes. Her involvement includes projects focused on reducing catheter-associated urinary tract infections (CAUTI), preventing central line-associated bloodstream infections (CLABSI), implementing amiodarone prophylaxis strategies for atrial fibrillation prevention, and improving staff communication and engagement through the use of SBAR (Situation, Background, Assessment, Recommendation) practices.

For Rowena, nursing represents more than a profession—it is an opportunity to make a meaningful difference in the lives of patients, families, and fellow healthcare professionals. She believes that truly understanding patients requires taking the time to listen to their experiences, concerns, and personal journeys. This patient-centered philosophy has remained a foundation of her practice throughout her career.

In addition to her direct patient care responsibilities, Rowena has played an active role in hospital leadership, shared governance, and evidence-based practice initiatives. She has served as Unit Practice Council Chair and Facilitator for multiple years and has contributed to committees focused on infection prevention, nursing quality, patient experience, and professional development.

Rowena has also shared her expertise through research presentations and professional conferences, including AACN events and CBMC Quality Fairs. Through these efforts, she has helped advance critical care nursing practices and promote improvements in healthcare delivery.

Committed to lifelong learning, Rowena regularly engages with professional resources, including AACN publications, ANA journals, the Journal of Medicine, and the Journal of Anesthesia. She continues to attend lectures, research presentations, and conferences to remain current with emerging evidence-based practices and bring innovative approaches back to her clinical environment.

A passionate mentor and educator, Rowena regularly precepts and supports new nurses, helping them

develop confidence, clinical skills, and a deeper understanding of compassionate patient care. Her leadership style emphasizes collaboration, empowerment, and the importance of creating a supportive environment where nurses can thrive.

Through nearly 40 years of service, Rowena Mallari-Durand continues to demonstrate the lasting impact of experienced nursing leadership. Her dedication to patient advocacy, clinical excellence, education, and quality improvement reflects the essential role nurses play in shaping the future of healthcare.

Learn more about Rowena Mallari-Durand:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/providers/rowena-mallari-durandbsnrnccrn-csc>

America's Best in Medicine

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