

CANDIDATES

GOVERNANCE COMMITTEE (ELECT THREE FOR A TWO-YEAR TERM)



Sarah Caro PhD, CNE, RN



Hi, my name is Sarah Caro. I have been a nurse for 27 years with experience in medical-surgical nursing, intensive care, and community health. My current position is as an Assistant Professor with the Nursing Department with Towson University in the College of Health

Professions in Towson, Maryland. I love teaching future nurses.

I entered the nursing profession in December of 1994 as a graduate of Harford Community College in Bel Air, Maryland. I obtained a bachelor's degree in nursing and a master's degree in nursing leadership with a certificate in health care education from the Loretta Heights School of Nursing in Denver Colorado.

Sigma became part of my journey in 2015 when members of Sigma's Iota Epsilon Chapter with Towson University invited me to join. I was thrilled to embark on a new adventure with Sigma and learn about this amazing organization. I am currently the President of the Iota Epsilon Chapter and have served as a community liaison and volunteered annually with the inductions and new member outreach events. Sigma represents nursing excellence and I continue to be amazed at opportunities to serve and connect with members of the nursing profession.

I am passionate about pursuing nursing research to improve patient outcomes, so I earned a Ph.D. in Nursing from the Catholic University of America in January of 2020. My research focus is the autoimmune disorder alopecia areata with the motivation to raise awareness and develop resources for patients, their families, and health care providers. I attended the 2019 Sigma biennial conference as a chapter delegate. During this conference, I shared a podium presentation of my dissertation research, "Exploring the Lived Experience of Alopecia Areata". Most recently I shared my research at the National Alopecia

Areata Foundation conference in June of 2021.

My leadership philosophy is that of servant leadership principles conveying that the greatest leader is the servant. Serving others is a privilege and a joy. My past leadership experience has been as a charge nurse in the clinical setting, a team leader with Johns Hopkins Home Care, the chair of the Undergraduate Curriculum Committee with Towson University, and as a mentor with the Transfer Mentor Program with Towson University. As the newly elected president of the Iota Epsilon Chapter of Sigma, I look forward to growing through service to the chapter leaders, members, and future recruits.

I am thankful for the opportunity to be considered for the privilege of serving as a member of the Governance Committee.