

Sarah Luk MSN, RN, CCRN

Nursing Instructor, LHSON

Regis University

3333 Regis Blvd

Denver, Colorado 80221

Education

Master of Science in Nursing Education

- Western Governors University (2024)
- Excellence award in Leadership and Management in Complex Health Systems
- Excellence award in Evolving Roles of Nurse Educators in Diverse Environments
- Excellence award in Nursing Education Field Experience

Bachelor of Science – Nursing

- University of Florida (2009)
- 3.78 GPA

Independence High School, San Jose, California (2005)

Licensure and Certifications

- Registered Nurse – License #0192099
- Advanced Cardiovascular Life Support 2009 – current
- Basic Life Support 2009 – Current
- Pediatric Advanced Life Support 2018-2022
- National Institutes of Health Stroke Scale 2018-2021
- Critical Care Registered Nurse (CCRN) 2010-current
- Advanced Wilderness Life Support 2016-2020

Employment History

Undergraduate Nursing Instructor

Regis University, Denver, CO

May 2022-Present

- Affiliate Faculty from May 2022-May 2025 in skills and SIM lab.

- Full-time faculty role from May 2025-present in the undergraduate BSN program teaching courses such as pharmacology, health assessment, and med surg to nursing students across traditional to accelerated programs.
- Measures student performance through evaluation of skills and knowledge. This is done through written, oral, and practical examinations.
- Provides 1:1 sessions with students to improve their abilities by providing thoughtful, honest, and individual feedback.
- Prepares students for patient care through hands-on clinical education and sharing real-life case studies.
- Aligns teaching strategies to improve learning for each student based on their strengths and weaknesses.
- Works closely with colleagues to address teaching and other department issues.
- Engages in the metrics of the effectiveness of the nursing program by being a member of the quality committee.
- Covers current topics in healthcare by staying up to date with the latest research.
- Keeps clinical expertise by continuing to care for patients in the nursing role at a local hospital
- Maintains confidentiality of students and is a resource for students who may be experience difficult issues.

RN

UCHealth, Denver, CO

April 2022 – Present

- Triage nurse for all UCHealth primary care clinics across northern and southern Colorado.
- Gives nursing care advice to symptomatic patients across Colorado.
- Provides patient education and up to date care advice
- Advocates for patient needs
- Makes recommendations for level of care needed based on patient assessment and protocols.

Clinical Nursing Instructor

Front Range Community College, Westminster, CO

February 2019-March 2022

- Clinical nursing instructor to nursing students in an AND program across multiple hospital systems in the greater Denver area.
- Responsible for teaching, mentoring, and evaluating nursing students in an inpatient hospital setting.
- This role required working with 4-6 students every 8 weeks.

- Teaching material encompassed pathophysiology, pharmacology, nursing ethics, and hands-on nursing skills.
- Offered mentoring support for young nursing students
- Worked closely with professors to ensure student success

Director of Health Services

The Academy, Boulder, CO

April 2021 – September 2021

- Administrator of an upscale Independent/Assisted Living community in Boulder, CO.
- This role oversaw the health care of all enrolled assisted living residents including care and medication management.
- Managed a team of 25+ round the clock caregivers
- Maintained compliance with state regulations for Assisted Living Licensure.
- Worked closely with other members of management and families to ensure best outcomes for residents.

RN

Avista Adventist Hospital, Louisville, CO

February 2013 – April 2021

- Float RN in PACU, Emergency Department, Phone Triage, ICU, Interventional Radiology, Cardiac Cath Lab and Endoscopy.
- Responsible for safe and effective direct patient care in multiple departments including safe medication handling and accurate patient assessments
- Worked closely with an interdisciplinary team including doctors, PT/OT, pharmacy, mid-level providers, and techs
- Implemented patient treatment plans for all kinds of conditions
- Stabilized patients in the ICU and ER setting
- Provided education to patients and their families regarding patient conditions
- Supported procedures by monitoring patients and handling instruments
- Provided safe conscious sedation in a variety of patient procedures.
- Recorded and managed changes to patient care
- Conducted accurate patient charting.
- Responsible for orienting and mentoring new hires and working with nursing students.
- Provided flexible staffing needs as a PRN float particularly in times of staffing shortages.
- Member of the Avista Nurse Practice Council for 2021.

RN

Complete Home Health Care, Longmont, CO

June 2012 – September 2012

- Home health care nurse to patients with chronic disease management and post surgery needs in the greater Longmont area.
- Many of the same responsibilities as listed above

RN

ECHCS, Denver, CO

June 2009 – June 2012

- Staff nurse in a 24 bed ICU specializing in surgical and medical cases within the veteran population.
- Responsible for taking rotating shifts as charge nurse.
- Many of the same responsibilities as listed above

Volunteering

Hananasaif Orphanage, Dar Es Salaam, Tanzania (2010)

Project Cure (RN volunteer to Lima Peru in 2012)

She Sends Collective, Boulder, CO (DEI coordinator 2020-2021)

Food Bank of the Rockies, Denver, CO (2025)