

Marissa Elaine Fratoni, BSN-RN, MT, RYT, INHC
(978) 549-3970 – marissa@azallaeducation.com

Professional Experience

Co-Founder/Director of Communications

Azalla Education, LLC - Massachusetts/New England - 2021 to present

Responsibilities include developing educational content, courses, workshops, facilitating communication between clients and company. We are a team of experienced cannabis nurses and subject matter experts on the Endocannabinoid System providing education, courses, and training programs for cannabis industry professionals. We are a Certified Responsible Vendor Trainer for the Massachusetts Medical Use and Adult Use of Marijuana programs.

Integrative RN - Telehealth

Zaklin Integrative ECS Wellness - Salem, MA - 2020 to 2021

Provided cannabis consultation/education and medical marijuana program navigation support for adults via telehealth platform. Included writing a customized self-care plan for each patient with recommendations for eating holistically, strategies for staying adequately hydrated, moving the body daily, engaging in meditation and mindful living, and other practices that provide support to the ECS. Also wrote cannabis education content for medical professionals with this team of providers. Taught teams of home-health, LTC, and ALF nursing professionals about the NCSBN Guidelines For The Nursing Care Of Patients Using Marijuana.

Owner/Nurse Blogger

HolisticNurseMama.com - Online - 2017 to present

Integrative RN specializing in women's health, behavioral health/substance abuse, and cannabinoid therapeutics. Freelance writer in the holistic health and cannabis spaces. Available for public speaking engagements - available to educate the community about many things health, wellness, mindfulness, and cannabis.

Yoga Teacher/Yoga Teacher Trainer

Central Mass Yoga - West Boylston, MA - 2013-2020

Responsible for planning, teaching, and marketing various yoga class offerings to the local community. Taught a variety of classes to students across the lifespan including prenatal yoga, Mommy & Me yoga with children as young as 2 months old, Tiny Human yoga for children ages 3-7 years old, Hatha, Vinyasa, Yoga Warriors Method. Responsible for planning and teaching Anatomy & Physiology to students in YTT (Yoga Teachers Training) program. Provided integrated wellness sessions for individuals and small groups. Developed, coordinated and hosted wellness events featuring various holistic health practitioners for yoga center.

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Holistic RN/Mindfulness Leader

Safe Landing: Transitional Living for Women in Recovery - Leominster, MA 2017 to 2018

Responsible for providing leadership and instruction for mindfulness-based practices in private, transitional living setting for women recovering from substance abuse/addiction/co-diagnoses.

Provided skilled nursing care as needed.

Patient Care Services Representative / Registered Dispensary Agent/ Dispensary Manager

Central Ave Compassionate Care, Inc. – Ayer, MA – 2016-2017

Responsible for creating patient care service protocol. Responsible for conducting consultations for new and existing registered medical marijuana patients, dispensing medical marijuana, and managing cannabis product inventory. Developed public health education outreach programs in the Central Massachusetts community.

Registered Nurse – Home Care

Health Alliance Home Health and Hospice – Leominster/Fitchburg, MA – 2015-2017

Responsible for providing in-home, direct patient care including but not limited to chronic illness management, hospice care - CHF, diabetes, stroke, post-surgical, wound care, ostomy care.

Responsible for advocating for patients – communicating with physicians, allied health technicians, nursing team to promote high level of patient care in home and to prevent hospitalizations.

Registered Nurse – Home Care

Nizhoni Health Systems – Greater Worcester Area – 2014-2015

Responsible for providing in-home, direct patient care including but not limited to chronic illness management (diabetes, stroke, CHF), medication administration, wound care, daily health assessment, regular mental-status assessments.

Owner / Integrative Nutrition Health Coach

Healthful Ambition – Greater Worcester Area – 2014-2016

Provide guidance and support for busy individuals and families. Help clients to make healthy lifestyle choices. Specialize in weight loss, mindfulness practice, simplifying meal preparation, cooking, and detoxifying the home.

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Registered Nurse – Operating Room

UMASS Memorial Medical Center – University Campus – Worcester, MA - 2011-2013

Responsible for the planning, delivery and management of direct patient care utilizing the nursing process and adhering to the standards of nursing practice. Perform circulator and scrub nurse roles in all surgical services offered at UMMMC including general, cardiac, vascular, orthopedic, pediatric, plastic, and neurosurgical..

Owner/Licensed Massage Therapist

MarissElaine Massage Therapy / Chairs for Caregivers - Leominster, MA - 2008-2013

Specialize in women's health. Provide in-home massage therapy services for clients in the Greater Worcester Area; provide on-site chair massage services for long-term care facilities nursing staff and personnel ; Independently owned and operated; Responsible for sales, marketing, accounting, scheduling, billing, and associated business practices.

Volunteer Doula (Birth Doula-Labor Assistant)

Heywood Hospital- Gardner, MA 2010-2011

Provide support for women and families experiencing labor and delivery; Advocate for patient's needs, wants, and wishes throughout labor and beyond; Maintain open communication between patient, family members, physicians, nurses, and allied health professionals; Empower patients so that a positive birth experience may be achieved.

Massage Therapist

Catamaran Resort and Ananda Center - San Diego, CA 2006-2007

Provided holistic health services such as acupressure, Swedish massage, deep tissue, neuromuscular therapy, reflexology, and chair massage; Promoted and suggested healthy lifestyle activities to all clients. Specialized in rehabilitative treatment of various soft tissue/neuromuscular injuries.

Licensed Massage Therapist

Marissa Elaine Massage - Greater Ft. Lauderdale Area , FL 2003-2006

Provided in-home massage therapy services to various types of clientele, i.e. auto accident insurance clients, residents in long-term care facilities, professional athletes; Performed various types of massage and stretching including acupressure, neuromuscular therapy, and reflexology. Specialized in rehabilitative treatment of various soft tissue/neuromuscular injuries.

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Education and Training

CannMed Medical Practicum - 2022

Mindful Leader - Mindfulness-Based Stress Reduction (MBSR) - Online - 2022

Radicle Health - Cannabis for Healthcare Professionals - Online - 2020

The Medical Cannabis Institute Global - Online - 2016

Central Mass Yoga & Wellness, Inc. – 200 Hour Yoga Teacher Training – W. Boylston, MA - 2013

Institute for Integrative Nutrition – Health Coaching Training Program – NY; Online - 2013

Fitchburg State University - Bachelor of Science in Nursing - Fitchburg, MA – 2011

Birth Arts International - Doula Training - Gardner, MA - 2009

Academy of Healing Arts - Massage Therapy Program- Lake Worth, Fl - 2001

License Information, Certifications, and Professional Memberships

MA RN License No. RN 2274736

MA LMT License No. MT 1171

Director/BOD - American Cannabis Nurses Association - 2021-2023

Member - American Cannabis Nurses Association

Member - American Nurses Association

Member - Cannabis Nurses Network

Registered with Yoga Alliance

Certified Integrative Nutrition Health Coach

American Association of Drugless Practitioners

Publications

Cannabis: A Handbook For Nurses - Wolters Kluwer · 2021

Chapter 9 - The Cannabis Nurses Experience

Provided a real-world overview of the cannabis nurse role in multiple settings including dispensaries and clinics. Chapter includes patient case studies and provides insight into the cannabis care nurse role through interviews including shared approaches, challenges, and successes in the space.

End-of-Life Care: Dying With Dignity and Comfort — The Role of Medical Cannabis
CRx Magazine

<https://www.crxmag.com/issues/2020/summer/end-of-life-care.shtml>

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The Buzz: The Science of the Munchies

CRx Magazine

<https://www.crxmag.com/issues/2020/fall/the-buzz.shtml>

Cannabis For Headaches And Migraines

CRx Magazine

<https://www.crxmag.com/issues/2020/spring/cannabis-for-headaches-and-migraines.shtml>

Shutting Off The Stress Response With Meditation

Spirit Of Change Magazine

<https://www.spiritofchange.org/shutting-off-the-stress-response-with-meditation/>