

# GABRIELA GUADALUPE HERNÁNDEZ CORTÉS

MASTER'S DEGREE IN NURSING EDUCATION

SPECIALIST IN MENTAL HEALTH NURSING



## ACADEMIC BACKGROUND

**MASTER'S IN NURSING EDUCATION • 2016-2018 • UNAM**  
Degree exam on november 16, 2018. Graduated with honors.

**SPECIALIST IN MENTAL HEALTH NURSING • 2012-2013 • UNAM**  
Degree exam on April 14, 2015. License: 9882154

**BACHELOR'S DEGREE IN NURSING • 2005-2009 • UAEM**  
Degree exam on January 30, 2012. License: 7501497

## WORK EXPERIENCE

CURRENT

**ADJUNCT PROFESSOR • AUTONOMOUS UNIVERSITY OF THE STATE OF MEXICO • SINCE AGUST 2014**

Courses taught: Nursing in Psychiatry, Clinical Nursing in Psychiatry, Mental Health Nursing and Psychology and Health, at the School of Nursing and Obstetrics

**CLINICAL NURSE • MEXICAN SOCIAL SECURITY INSTITUTE • SINCE NOVEMBER 2012**  
Assigned to the Hemodialysis Unit at Regional General Hospital 251

**Member of the International Nursing Scope of Practice • SINCE 2022**

## PUBLICACIONES

**NEUROCOGNITIVE CARE TO REVERSE SOLITARY CONFINEMENT IN PRISON: CASE REPORT.**  
Co-author, published in Nur Primary Care. 2023. ISSN 2639-9474

**EXPERIENCE OF EMOTIONAL DISTRESS IN FIRST-TIME VISITORS TO A MENTAL HEALTH CLINIC • Master's Thesis • 2018**  
Advisor: Phd. María Victoria Fernández García.  
Co-advisor: Phd. Clara Juárez Ramírez.

**PATTERN ALTERATION: STRESS TOLERANCE AND ADAPTATION • CASE STUDY FOR SPECIALIST DEGREE COMPLETION • 2018**  
Advisor: MHNS Wendy Angélica Goñy González

**THE NURSING PROCESS AS A CONSTRUCTOR OF PROFESSIONAL AUTONOMY: AN ACTION RESEARCH • BACHELOR'S THESIS • 2015**  
Thesis Director: Dra. Danelia Gómez Torres.

**THE NURSING PROCESS AS A CONSTRUCTOR OF PROFESSIONAL AUTONOMY • RESEARCH ARTICLE, PUBLISHED IN NURSING JOURNAL OF THE MEXICAN SOCIAL SECURITY INSTITUTE (IMSS) Co-author, published in Volume 24, Issue 3, September-December 2016**

## PONENCIAS

**MENTAL HEALTH NURSING IN A PENITENTIARY CONTEXT: A PATH TO RESILIENT TRAINING.** VI International Congress Research, Training & Nursing Development UFV • Madrid, Spain 2024

**NURSING AND MENTAL HEALTH PRACTICES IN A PENITENTIARY FIELD: A TEACHING PERSPECTIVE • XVI International Congress of FEPPEN • Asunción, Paraguay 2023**

**IMPACT ON THE MENTAL HEALTH OF NURSING PROFESSIONALS DERIVED FROM THE COVID-19 PANDEMIC • 2022**  
Interview on Uniradio 9

## CONTACTO

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## PERSONAL REFERENCES

**DRA. NORA ELOISA BARAHONA DE PEÑATE**

Member of the Board of Directors of the International Council of Nurses

**DRA. DANELIA GOMEZTORRES**

Researcher, SNI I at the Faculty of Nursing and Obstetrics, UAEM

**DRA. DOUGLAS LONG**

Researcher State Prison of San Quentin

## IDIOMAS

English 80 %

## BIOGRAPHY

Gabriela Guadalupe Hernández Cortés is a mental health nursing specialist and educator with extensive experience in providing care to vulnerable populations, particularly those with mental health conditions. She holds a Master's degree in Nursing Education from UNAM, obtained in 2018 with honors, and is also a Mental Health Nursing Specialist, having completed her certification in 2015.

Her professional career spans over a decade, during which she has been a dedicated educator at the Autonomous University of the State of Mexico (UAEM) since 2014, where she teaches subjects related to psychiatric nursing and mental health care. Additionally, she has worked as a clinical nurse at the Mexican Social Security Institute (IMSS), specifically in the hemodialysis service at the Regional General Hospital (HGR 251) since November 2012.

Her commitment to nursing and mental health is further demonstrated through her research and publications. She has co-authored studies on neurocognitive care and emotional distress in mental health clinics. Gabriela has also participated in international conferences, sharing her insights on resilient nursing training in penitentiary settings and the mental health impact of the COVID-19 pandemic on nursing professionals.

As a member of the international Nursing Scope of Practice project, she has enhanced her networking opportunities, furthering her contributions to the field. Her work in both clinical and academic settings highlights her dedication to improving mental health care, promoting resilience in vulnerable populations, and advancing nursing education to address the complexities of psychiatric nursing.

