

KEYNOTE SPEAKER · NURSE · RESEARCHER · AUTHOR

# Dr. Sylvia Abbeyquaye

**CEO & Founder, MyNursePal Inc.**

Creator of the Community Integration Mode,  
PHD, MPA, RNI

*"Nurses already run healthcare. I build  
and speak about what happens when  
we finally design around them."*



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Based in  
Shrewsbury, MA



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## From the bedside to the future of care.

Dr. Sylvia Abbeyquaye spent 25 years inside health care before she set out to change it rising from certified nursing assistant to bedside nurse to Director of Nursing, then to educator and researcher. She didn't study the system's failures from the outside. She lived them, published the research explaining their cause, and built the technology to fix them.

She is the creator of the [Community Integration Model](#) for nurse retention, author of [The Talent Retention Code](#) and [Navigating Long-Term Care: A Practical Approach for Nurses](#), and founder of MyNursePal, where she is pioneering [Electronic Care Delivery \(ECD\)](#), a new category of healthcare technology built around the people who deliver care rather than the medical record. A passionate advocate for long-term care, she speaks candidly about what the sector, academia, and industry have long overlooked.

*She didn't study this problem. She lived it, proved its cause, then built the cure.*

## Signature Talks

### **The Talent Retention Code: Why Nurses Really Leave**

Beyond wages and recruitment, the Community Integration Model is a practical framework that actually keeps nurses at the bedside.

### **Burnout Isn't a Personal Failing. It's a Design Failing.**

How the system nurses work in manufacturing burnout and what leaders can change tomorrow.

### **From Bedside to Builder: How a Nurse Became a Healthtech Founder**

A 25-year journey from CNA to founder, and why the people who deliver care should be the ones designing its technology.

### **The Future of Care: Electronic Care Delivery (ECD)**

Why healthcare doesn't need a better EHR, it needs a new foundation built around care delivery, not the record.

### **The Sector Everyone Forgets: Long-Term Care & Academia's Blind Spot**

A candid case for the research, respect, and workforce investment long-term care has never received.

## Credentials

- PhD, MPA, RN; 25 years spanning the bedside, nursing leadership, academia, and research
- Creator of the Community Integration Model for nurse retention (published in JONA, 2025)
- Author of The Talent Retention Code and Navigating Long-Term Care: A Practical Approach for Nurses
- Founder & CEO, MyNursePal Inc. is pioneering the Electronic Care Delivery (ECD) category
- Researcher & educator in nurse retention, long-term care, and nursing informatics

## Peer-reviewed Research

### Selected publications

#### FORTHCOMING

Abbeyquaye, S., & Cross, L. A. (forthcoming). *Introducing a Framework for Long-Term Care Workforce Sustainability*. *Nursing Economic\$* (Nov/Dec 2026 issue).

#### ACCEPTED

Abbeyquaye, S., & Cross, L. A. (accepted). *Design and Development of an AI-Powered Mobile Application to Streamline Nursing Workflow and Support Self-Care Across Healthcare Settings*. *CIN: Computers, Informatics, Nursing*.

#### PUBLISHED 2025

Abbeyquaye, S., & Cross, L. (2025). *Fostering nurse retention through community integration*. *The Journal of Nursing Administration*, 55(1), E4-E6.

#### PUBLISHED 2024

Cross, L. A., & Abbeyquaye, S. (2024). *Preparing nurses for palliative care in long-term care: An integrative review*. *Journal of Professional Nursing*, 53, 131-139.

## Formats

Keynote

Fireside chat

Panel

Podcast/webinar

Workshop

## Ideal Audience

- Nursing & healthcare leadership (CNOs, DONs)
- Health-tech & digital health · Long-term care
- Nursing schools, conferences & professional associations
- Founders and innovation events.

## Book Dr. Abbeyquaye

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