



CIRCLE
OF EXCELLENCE 2026



Carlota Monares

Circle of Excellence

Carlota Monares, a clinical nurse IV at Sutter Medical Center in Sacramento, California, is a recognized champion of evidence-based critical care and professional development, and serves as a charge nurse and preceptor. Her dedicated leadership has measurably improved patient safety and organizational excellence. She spearheaded the S.T.O.P. CLABSI initiative in the medical ICU at her former hospital, reducing central line-associated bloodstream infection rates from 5.32 per 1,000 catheter days to zero for 12 consecutive months. This quality-improvement project earned international recognition, receiving “Patient Safety Initiative of the Year” at the Healthcare Asia Awards. Carlota actively contributes to practice improvement by reviewing and updating clinical policies, including high-risk therapies such as epoprostenol (Flolan), ensuring alignment with current evidence-based standards. Carlota also serves as a volunteer peer reviewer for *Critical Care Nurse*, further advancing excellence in critical care practice.