

**JULIA STECKER, DNP, APRN, FNP-C, CWCN**

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**EDUCATION**

**Pacific Lutheran University**

Doctor of Nursing Practice  
Major: Family Nurse Practice

**May 2021**

**Universidade Paulista**

Bachelor in Nursing Science Program

**February 2006**

**NURSE PRACTITIONER EXPERIENCE**

**Navos/MultiCare Healthcare System**

**July 2021- to current**

Primary Care APRN- 0.8 FTE plus one-weekend rotation- Inpatient services

My role is to perform health assessment, preventive care, and management of general health conditions in patients involuntarily detained due to psychiatric decompensation. The most common health problems seen in this practice include metabolic disorders, skin infections, wounds, acute and chronic pain management, and substance abuse withdrawals.

**University of Washington- UW Medicine**

**October 2022-to current**

Medical Respite APRN- Per diem average 24 hours a month

My role is to perform health assessment, preventive care, and management of general health conditions in patients living in a medical respite facility. This population was previously unhoused, had been hospitalized, and is not medically stable to live on the streets. The most common health problems seen in this practice include skin infections, wounds, acute and chronic pain management, new onset of heart failure, diabetes, assistance with infusion therapy, post-oncology, orthopedic or general surgical procedures.

**FAMILY NURSE PRACTITIONER CLINICAL EXPERIENCE (CLINICAL ROTATION)**

**Virginia Mason- Seattle**

Quality improvement project at the Cardiac Care Unit (CCU)

**Whole Family Health Care- Burien (Underserved community)**

Primary care for adults and pediatric patients in an underserved community

**MultiCare-Kent and Tacoma**

Physical assessment and medical clearance for the department of transportation and occupational health

**Kaiser Permanente- Bellevue**

Gastroenterology specialty clinic

**Wellness Made Easy- Tacoma**

Primary care to adult patients via telehealth

**University Place Medical Clinic- Tacoma**

Primary care services for skilled nursing facility residents

**SeaMar Mount Vernon (Rural area, underserved community)**

Primary care for adults and pediatric patients in a rural federally qualified health center

**Snohomish Midwives (Rural area, underserved community)**

Prenatal care, home birth, and postpartum assessment for the woman and child

**Swedish Wound healing center- Seattle**

Wound care specialty clinic for acute and chronic wounds

**Swedish Vascular Clinic- Seattle**

Vascular specialty clinic

**Community Based Clinic**

Sports physical for middle school teens and peripheral arterial disease screening for seniors

**RELATED NURSING EXPERIENCE**

**Navos/MultiCare Healthcare System**

**Nov 2018- to July 2021**

Registered Nurse working in the psychiatric inpatient setting, to patients receiving involuntary treatment for psychiatric illness.

**Swedish Medical Center- Wound healing center**

Certified Wound Care Nurse- Travel Contract

**April 2018 - Sept-2018**

Per Diem travel nurse serving the outpatient wound healing center working an average of 24-30 hours/week performing assessment and treatment for acute and chronic wounds.

**MultiCare Healthcare System- Wound healing center**

**June 2015- March 2018**

Certified Wound Care Nurse position working in the inpatient and outpatient setting rotation between 3 hospitals and 3 clinics. Performed assessment of acute and chronic wounds, wound care, and coordination of care. Expertise in compression wraps, skin substitutes, Negative Pressure Wound Therapies, offloading devices, Total Contact Cast, etc.

**Careage Home Health**

**October 2014- July 2016**

RN- Case Manager. Development of individualized care plans and care coordination with primary care, specialty clinic, and community resources. Wound care, patient care, and CG education, support, and training towards goals.

**PUBLICATIONS AND PRESENTATIONS**

Poster and Abstract Published at the Symposium of Wound Care-Fall 2019- Las Vegas

Title: Intervention to promote early mobility in critically ill patients.

Magazine Publication at the Advanced in Skin and Wound care 02/02/22 Vol 35- Issue 2

Title: Weight Surveillance and Heart Failure Self-Assessment in Patients with Chronic Leg Wounds: A Pilot Study.

**RESEARCH INTEREST**

Integration of Mental Health in Primary Care, Wound care, Edema Management, Care for Chronic Lymphedema and Diabetic Foot Ulcers.

**LANGUAGES**

Portuguese- native language

Spanish- speak, read, and write with basic competence

**CERTIFICATIONS AND LICENSES**

Advanced Registered Nurse Practitioner AP 61195060 (WA). Florida License is pending.

Certified Wound Care Nurse- Certification Number: 2005460154

DEA# MS6652211

**MEMBERSHIPS**

American Association of Nurse Practitioners and Wound, Ostomy and Continence Nurses Society

**AWARDS**

From the Health Resources and Services Administration (HRSA) and the Advanced Nursing Education Workforce (ANEW)

HRSA-ANEW awarded on Spring 2020, Fall 2020, and Spring 2021 HRSA-ANEW Grant Trainee- Related Expenses- Sept 2020

**VOLUNTEER WORK**

Seattle/King County Clinic and Flu and COVID immunization clinic at PLU

**REFERENCES UPON REQUEST**