**Farwa Mateen** DNP, CNM, WHNP, MBA, MA

  Richmond VA

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**Professional Philosophy**

As a nurse midwife/women’s health nurse practitioner with a background in emergency department nursing, my career philosophy revolves around providing evidence-based holistic care with cultural humility. Having honed my skills in a dynamic emergency setting, I aspire to be a change agent in healthcare, seamlessly integrating my expertise into midwifery and women’s healthcare. My commitment to collaborative approaches and strong relationship-building skills empowers me to advocate for positive transformations in patient care, ultimately contributing to a compassionate and inclusive healthcare environment.

**Professional Experience**

**Nurse Midwife/Women’s Health Nurse Practitioner Student Experience:**

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| 01/2024 to Current | **Student Nurse Midwife/Student Women’s Health Nurse Practitioner****Virginia Commonwealth University Midwifery** – Richmond, VAExperience: 25 Deliveries Total Hours: 200 Ambulatory Hours **Preceptors**: **Patricia M Mojzak, CNM. Leslie Fehan, CNM. Melanie C Hartman, CNM. Haguerenesh Woldeyohannes, CNM. Meghan Noonan, CNM. Genee Lassalle-Lister, CNM. Kate Hulbert, CNM*** Demonstrated appropriate role responsibilities in midwifery management for women, transgender, and nonbinary individuals with health complications, involving independent decision-making, consultation, collaborative management, and referral for medical care.
* Conducted systematic and comprehensive health assessments for individuals experiencing complex conditions, including a thorough examination of women's health history and physical examination.
* Implemented plans to support, provide anticipatory guidance, and deliver health education to individuals with complex medical situations and their families, as indicated.
* Facilitated optimal outcomes for birthing individuals and/or newborns through the application of principles of health promotion.
* Evaluated outcomes of midwifery/WHNP management for individuals across the lifespan.
* Implemented plans to support, provide anticipatory guidance, and deliver health education to individuals with complex medical situations and their families, as indicated.
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| 08/2023 to 12/2023 | **Student Nurse Midwife/Student Women’s Health Nurse Practitioner****Dominion Women’s Health** – Richmond, VA **Preceptor:** **Andrea Stoneburner CNM****Experience:** 12 Deliveries. * Performed and documented systematic, accurate, and complete history and examinations for childbearing individuals and their newborns, leveraging knowledge of reproductive anatomy and physiology.
* Promoted physiologic childbirth and, when necessary, identified, treated, co-managed, or referred childbearing individuals and newborns based on the scope of midwifery care practiced by Certified Nurse-Midwives (CNMs).
* Provided intrapartum, postpartum, and newborn care under preceptor supervision, progressing from a novice to an intermediate beginner level, while continuously developing in the role and assuming the professional responsibilities of a CNM.
* Prescribed, offered, or recommended both prescriptive and over-the-counter medications, along with suggesting complementary and alternative therapies in ambulatory and hospital settings within the scope of midwifery practice for childbearing individuals and their newborns.
* Identified the impact of culture on health and health-seeking behaviors, acknowledging community connections, and incorporating culturally meaningful childbirth traditions into care as preferred by individuals.
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| 01/2023 to 05/2023 | **Student Nurse Midwife/Student Women’s Health Nurse Practitioner** **Virginia Physicians for Women** – Richmond, VA **Preceptor: Dr. Cara Golish Hartle DO****Total Hours: 230 Ambulatory Hours*** Worked alongside experienced professionals to learn new procedures.
* Performed prenatal and postnatal examinations.
* Offered primary care to expecting mothers and newborn infants.
* Assisted mothers with breastfeeding, self-care, and postpartum healthcare.
* Gave emotional support to expecting mothers by answering questions and alleviating concerns.
* Provided healthcare information and educational resources to new parents.
* Participated in advanced practice training and worked alongside physicians.
* Treated men and women with sexually transmitted diseases.
* Provided education on long-acting reversible contraception (LARC) and performed successful insertion of LARCs for several Individuals.
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| 07/2022 to 12/2022 | **Student Nurse Midwife/Student Women’s Health Nurse Practitioner****Virginia Commonwealth University Midwifery** – Richmond, VA **Preceptor: Patricia Mojzack CNM****Total Hours: 214 Ambulatory Hours** * Worked alongside experienced nursing professionals to learn new procedures.
* Performed prenatal and postnatal examinations.
* Offered primary care to expecting mothers and newborn infants.
* Assisted mothers with breastfeeding, self-care, and postpartum healthcare.
* Gave emotional support to expecting mothers by answering questions and alleviating concerns.
* Provided healthcare information and educational resources to new parents.
* Participated in advanced practice training and worked alongside physicians.
* Treated men and women with sexually transmitted diseases.
* Provided education on long-acting reversible contraception (LARC) and performed successful insertion of LARCs for several Individuals.
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**Registered Nurse Job Experience:**

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| 04/2023 to Current | **Clinical Level III Registered Nurse, Adult Emergency Department** **Virginia Commonwealth University Hospital** – Richmond, VA * Orchestrated quality-driven, cost-effective care in a high-volume trauma center setting.
* Coordinated nursing care on the unit through staff assignments, assisting and rounding with physicians, monitoring patient orders, and communicating with ancillary departments.
* Responsible for providing comprehensive nursing care to patients in the Emergency Department.
* Initiate crisis intervention measures where necessary.
* Ability and knowledge to perform in nursing care emergencies.
* Precepted new nurses, guiding unit functions and individual roles, hospital policies and procedures, and nursing best practices.
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| 06/2019 to 04/2023 | **Nurse Leader/Preceptor/Registered Nurse, Emergency Department** **Henrico Doctors Hospital** – Richmond, VA |

* Proven track record in delivering cost-effective and efficient patient care
* Ensured strict compliance with safety regulations to maintain a secure healthcare environment
* Demonstrated leadership skills in training and mentoring new nurses
* Achieved improved patient satisfaction through effective team management
* Boosted staff morale through impactful leadership initiatives

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| 06/2020 to 05/2021 | **Registered Nurse, Emergency Department** **Memorial Regional Medical Center** – Richmond, VA  |

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| 08/2004 to 08/2016 | **Additional Work Experience** *Additional professional experience includes Bank Manager (2 yrs.) Personal Banker (2 yrs.) Senior Account Executive Verizon (2yrs) Salon Manager (3 yrs.) Floor Supervisor Mobilink (2 yrs.) Neora Brand Partner (4 yrs.) plus college lecturer (2 yrs.) and middle/high school teacher (3 yrs.)* |

**Education**

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| Expected in 05/2024 | **Doctor of Nursing Practice**: **CNM/WHNP** **Georgetown University** - Washington, DC* 3.8 GPA
* Melanated Nurse Midwives Scholarship Recipient (2022-2023)
* Elected as Senator of Georgetown University Student Senate from 2021-Dec 2024
* Elected as member of Diversity Inclusion & Equity Committee, Georgetown University from 2021-Dec 2024
* Student Member Curriculum Task Force 2021-Present
* Cohort Representative Georgetown University (2021-April 2022)
* **Scholarly Project**: *Health education project to increase Kenyan Community Health Promoters’ knowledge of antenatal care and danger signs in pregnancy.*
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| 05/2019 | **Bachelor of Science**: **Nursing** **Bon Secours Memorial College of Nursing** - Richmond, VA* 3.73 GPA
* Honoree of Summa cum laude
* Elected to President of BSMCON Honors Society in (2018-2019)
* Ranked in the Top 10% of class
* Member of BSMCON Alumni Association (2017-2019)
* Developed teaching tools including a webpage for BSMCON Honors Society
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| 03/2010 | **Master of Business Administration** **Strayer University** - Washington, DC |

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| 2005 | **Master of Arts**: **Urdu Literature** **Punjab University** - Lahore, Pakistan  |

**Accomplishments**

* Daisy Award Nominee(November 2019, March 2020, September 2020, January 2022, December 2023)
* Developed and implemented a pilot global healthcare project in Kenya for Kenyan Community Health Promoters to increase their knowledge in prenatal care and recognizing danger signs in pregnancy, in collaboration with Canadian Nurses for Africa (CNFA) and Kenyan midwives and government officials (2023)
* Developing a global healthcare project to implement in Pakistan in collaboration with Midwife Association of Pakistan (TBD)
* Developing a global healthcare project to implement in Kenya in collaboration with Bon Secours Memorial College of Nursing (TBD)

**Affiliations**

* Member American College of Nurse-Midwives, (July 2022- Present)
* Member National Student Nurses Association, (March 2018- Present)
* Member Emergency Nursing Association, (June 2019- Present)
* Member BSMCON Alumni Association, (June 2019- Present)
* Board Member BSMCON Alumni Association, (December 2022- Present)
* Chair of Awards Committee BSMCON Alumni Association (Aug 2023-Present)
* Member Midwife Association of Pakistan, (December 2023-Present)

**Certifications**

* Electronic Fetal Monitoring (EFM) Certification- Exp: July 2025
* Neonatal Resuscitation Program (NRP) Certification- Exp: Aug 2025
* Basic Life Support (BLS) Training - Exp: Jan 2026
* Advanced Life Support (ACLS) Training - Exp: Jan 2026
* Pediatric Advanced Life Support (PALS) Training - Exp: TBD
* Nonviolent Crisis Intervention (CPI) Training - Exp: June 2024
* NIH Stroke Scale Training - Exp: July 2025
* Emergency Nurses Pediatric Course (ENPC) Training - Exp: TBD
* Trauma Nurse Core Course (TNCC) Training -Exp: TBD
* BAT & Drug Screening Certified Training - Exp: June 2024

**Languages**

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| **English** Native or Bilingual |  | **Urdu** Native or Bilingual |
| **Punjabi** Full Professional |  | **Hindi** Professional Working |
| **Persian** Limited Working |