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## Psychiatric Mental Health Nurse Practitioner

## *“Improve peoples’ mental health through holistic approach”*

*CORE COMPETENCIES*

*M*

*Psychiatric mental health*

*Patient care standards*

*Medication education and administration*

*Mental health patient care*

*Spinal Cord Injuries*

*Medical/Surgical Nursing*

*Stroke Prevention/Treatment*

*BLS & ACLS Certified
EMR: AHLTA, Vista, CPRS, Epic, Cerner
Acute/Emergency psychiatric Care*

*Care Plan development and Administration*

**Compassionate Psych NP-** Team oriented, Board Certified, with strong track record of establishing solid relationships with clients, co-workers, and local agencies. A professional, driven to help others overcome personal obstacles.

* See patients ages 6 and above with different psychiatric illness.
* Guide patients in understanding illness and treatment plans with a holistic approach
* Evaluate patients for psychiatric services and psychotropic medication.
* Monitored patients prescribing psychotropic medications/assess the medication effectiveness and side effects.
* Conduct psychiatric evaluations and executed medication management for outpatient facility.
* Diagnose mental health, emotional and substance abuse disorders.
* Assess need , order tests, and interpret appropriate lab tests and procedures
* Managed the pharmacological and non-pharmacological treatment of various disorders
* Refer clients to inpatient, EP, psychotherapy, rehab and other community resources
* **Demonstrated ability to lead and collaborate** with interdisciplinary care teams, providing case management services to home health care patients.
* **Demonstrate extensive knowledge of MD state laws about prescription drugs and scope of practice for the NP**
* **In-depth understanding** of patient history, charting, and other documentation combined with ability to identify areas for process improvement
* **Profound technical and quality assurance capabilities**, developed in previous career in Information Technology (IT) with Hewlett Packard and IBM.
* **Superior skills and experience** in a variety of software systems, EMR applications, and operating systems, using local, remote and virtual computer and network systems.
* **Outstanding** **communication and facilitation skills**, very diverse background gives me the ability to communicate better
* **Comprehensive nursing background** with solid knowledge in Psychiatry, Neurology, endocrinology, cardiology
* **Independently do intake and discharge of patients**

### Education

**Walden University PMHNP,** November 2022- More than 700 hours of clinical hours completed

**Bachelor of Science, Nursing (BSN),** Villanova University, Villanova, PA 2012

**Bachelor of Science (BS), Computer Science**, Northwest Nazarene University, Nampa, ID 2007

DBMS Certified, Microsoft

Clinical Experience

# Family Healthcare of Hagerstown, Hagerstown, MD – Psychiatric Mental Health Nurse Practitioner- June 2023- present

* Diagnose and treat acute, episodic or chronic illness, independently or as part of a healthcare team for patient 6 + year old children, adolescents, adults and families.
* Provide comprehensive evaluations, prescribe medications, formulate plan of care, and document using the appropriate EHR
* Participate in the formulation of patient master treatment plan with a holistic approach
* Document clinical observation as efficiently as possible to ensure continuity of care.
* Educate and empower patients about their care and holistic approach to self.
* Encourage family involvement in patient care when appropriate. Identify and respond to family educational and support needs.
* Refer to appropriate resources for therapy, rehab, EP, and community resources.

# WALTER REED NATIONAL MILITARY MEDICAL CENTER, ***,* Bethesda**, MD – ***Registered Nurse*** 2019-2023

**RN for the Diabetes Remote Electronic Assisted Monitoring (DREAM) program**

Design and implement telehealth program called DREAM for patients with uncontrolled diabetes mellites.

* Gather information about patients who qualify for the program.
* Notify providers about patients’ needs and get referral for patients
* Strictly follow IRB and contact patients and explain to program and enroll patients
* Give patients devices and remotely monitor their blood glucose level, vital signs and activity level
* Work as a health coach and a nurse educator to improve patients’ outcome. Explain disease process and complications of diabetes.
* Use holistic approach for maximum benefits.
* Refer to therapists if psychotherapy is indicated.
* Council patients on setting goals and work with patients to achieve their goals.
* Work closely with PCP, endocrinologist, psychologist, nutritionist and other team member to improve patients A1c and overall health.
* Use Bluetooth and BLE technology to support patients remotely
* Install, and support mcare software to monitor patients remotely
* Report results to endocrinologist and DHA department head

**LifeBridge health – Sinai hospital of Baltimore Mental health facility –** – *Registered Nurse Jan 2022-July 2022*

* Scan patients prior to their arrival if they are appropriate for unit
* Thorough psychiatric assessment and documentation for the patients that are admitted to the unit
* Formulate psychiatric nursing diagnosis and come up SMART goal for the care plan.
* Educate patients their diagnosis, medications, importance of compliance, resources
* Educate and empower patients about floor rules, their rights, their admission status, discharge planning
* Communicate with interdisciplinary team about the patient using SOAP note format
* Holistic care and incorporating patient’s wishes and demand taken into consideration
* Facilitate discharge planning

ANNE ARUNDEL MEDICAL CENTER, Annapolis, MD – *Registered Nurse*  2017 – 2022

 Delivered high quality patient care in very busy 15 bed neuro care unit. Patient education on mostly new diagnosis, encouraging patients and emphasizing on goal of care.

* Patient care in very busy environment that requires fast thinking and action
* Making decisions that require high level of critical thinking in a time sensitive manner
* Utilize HIPPAA law to protect patients’ privacy and access to their own medical records

Work together with all the different healthcare team for best patients outcome

* Educate patients about prevention of stroke by managing stroke risk factors like diabetes control, blood pressure control and weight management
* Using remote heart rate monitoring, closely monitor cardiac involvement of stroke
* Create and manage care plan to manage disease and prevention by integrating patient and family care

SHADY GROVE ADVENTIST HEALTH CARE SYSTEM, Rockville, MD - *Registered Nurse* 2015 – 2016

Delivered patient care in stroke unit to help attain positive patient outcome. Advised patients and their families on how to care for patient’s condition upon discharge.

* Collaborated with health care team, coordinating hourly rounding and performing regular patient assessments.
* Using family centered care, educate and empower patients to be in control of their health
* Making sure patient and family understands the role of diabetes, hypertension and cholesterol on overall health of a person
* Provide resources, education materials and educate patient about diabetes management
* Use remote heart monitoring for any irregular heart activity
* Troubleshoot remote and local machines if there is a problem
* Provided emotional support for patients as well as education to help families cope with profound changes in quality of life and promote a positive attitude.
* Proposed technical solution which was accepted, improving informational communications to nursing staff.

CHARLIE NORWOOD VA MEDICAL CENTER, Augusta, GA - *Registered Nurse* 2013 – 2015

Provided patient care in 25-bed spinal cord injury unit of U.S. Veterans Administration facility. Served an average of eight patients per shift and oversaw the activities of an LPN and a health-care technician.

* Collaborated effectively as team leader, ensuring all aspects of care were completed and accurately documented.
* Administered medications and pain management in accordance with care plan instructions.
* Monitored and communicated patient conditions, utilizing proprietary computerized documentation systems.
* Followed up with lab results and communicated with the health care team in a timely manner.

Technical Experience

**HEWLETT-PACKARD**, KING of Prussia, PA – *Quality Assurance (QA) Technician*  2009 – 2011 Key member of Global Team, supporting product development by testing and reporting results regarding new and updated software. Provided network configuration support; domain controllers, active directory, configuring switches, rewiring, and image management.

* Spearheaded quality assurance in every stage of software development lifecycle prior to release to the market.
* Trained new employees in testing procedures, due to proven record of reliability and productivity.
* Wrote testing scripts and performed software testing, debugging software and reporting results to global team.
* Recorded and followed-up on issues discovered during testing with developers, resulting in improved software and fewer customer complaints.
* Worked with a variety of software, operating systems, and servers.

IBM, Philadelphia, PA – *Desk-Side Support Staff*  2007 – 2009 Efficiently resolved technical issues for IBM’s remote and local clients in retail and business settings; included installing and configuring servers, PCs, cash registers, printers, external storage devices.

* Quickly provided troubleshooting support for fast-paced business client (ACE Insurance Company).
* Worked closely with insurance industry clients, operating in a highly regulated environment requiring knowledge of federal regulations such as HIPAA as well as use of encrypted hardware.
* Developed effective on-the-spot solutions in situations in which additional support was unavailable, following-up on resolutions and improving customer satisfaction.
* Listened to non-technical personnel to understand problems, then identified and implemented solutions and communicated strategic options in clear, layperson’s terms.
* Developed training materials for new employees.

**Northwest Nazarene University,** Nampa, ID – *Desk-Side Support*  2006 – 2007 Provided support for computer network issues and provided services (ghosting, imaging, monitoring, and training) at private university with 1800 students. Install and maintain computers and networks.

* Successfully held position while simultaneously pursuing bachelor degree.

References

Ashley Woods, immediate supervisor

Project coordinator for Diabetes Remote Electronic Assisted Monitoring program

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Mekedes Mekonnen, CRNP-PMH

Clearpoint mental health services

Contacts to be provided if needed.