

Ashley Fox, MSN, FNP-C

California, MD 20619 * (443) 299-7469 * ashleyfox630@gmail.com

Family Nurse Practitioner (FNP-C)

Family Nurse Practitioner currently acting as a full time Nurse Practitioner at MedStar Urgent Care in the Southern Maryland Region. Extensive experience in acute trauma care as a registered nurse in the FMH ER and The Johns Hopkins Hospital. I excel in fast-paced, team-oriented environments that require critical thinking, effective planning, and decision-making skills.

Core Competencies and Qualifications Include:

- Urgent Care Experience
- Emergency Medicine
- ICU Experience
- Clinical Preceptor
- Patient Safety
- Holistic Patient Care
- Patient Education
- Strategic Planning
- Evidence-Based Practice
- Team Leadership
- Provider Communication
- STD screening and education
- Process Improvements
- Physical examinations and pap tests
- Order screening, diagnostic tests and appropriate treatment

Professional Experience:

Righttime Urgent Care/MedStar Urgent Care, Southern Maryland (May 2021 – Present)

Family Nurse Practitioner

- Comprehensive urgent care to all ages through diagnosing and treating a wide range of injuries and illnesses.
- Perform procedures that include, but not limited to laceration repair, abscess I and D, foreign body removal, eye care (abrasions and foreign body), IV and IM medication administration, splinting, wedge excisions, nosebleeds, burn care.
- Order and review diagnostic tests including Xrays, laboratory and ECG interpretation.
- Perform annual physicals, gynecological care, well woman and well child exams (including sports physicals)
- Proficient in medical coding
- Following policies, procedures, and clinical guidelines as developed by MedStar Urgent care to ensure quality, service, and cost effectiveness.

Adventist Healthcare Urgent Care, Germantown, MD

(May 2020- April 2021)

Family Nurse Practitioner

- Comprehensive urgent care to all ages through diagnosing and treating a wide range of injuries and illnesses.

- Perform procedures that include, but not limited to laceration repair, abscess I and D, foreign body removal, eye care (abrasions and foreign body), IV and IM medication administration, splinting, wedge excisions, nosebleeds, burn care.
- Order and review diagnostic tests including Xrays, laboratory and ECG interpretation.
- Workers' compensation cases and DOT certification exams
- Perform annual physicals, gynecological care, well woman and well child exams (including sports physicals)
- During COVID pandemic, patient volume surges 70-100+ as solo provider
- Proficient in medical coding
- Member of peer review group to ensure accuracy in charting and coding.
- Following policies, procedures, and clinical guidelines as developed by Adventist Healthcare Urgent care to ensure quality, service, and cost effectiveness.

U.N.I. Urgent Care, Hagerstown, MD
2020)

(June 2019 - April

Family Nurse Practitioner

- Assessing, diagnosing, and treating acute injuries and illnesses affecting all body systems
- Encompassing patients throughout the lifespan
- Employing evidence-based guidelines to prescribe pharmacological and non-pharmacological interventions.
- Incorporating counseling and education in the treatment plan to alleviate erroneous perceptions and expectations of treatment.
- Highly skilled in phlebotomy and interpretation of lab results
- Following policies, procedures and clinical guidelines as developed by U.N.I. urgent care to ensure quality, service and cost effectiveness.

Frederick Memorial Hospital, Frederick, MD
Registered Nurse, Emergency Department

(Oct. 2013 – May 2019)

- Ordering, obtaining, and interpreting appropriate tests per protocol.
- Pharmacological and non-pharmacological management of disorders and diseases
- Ensure the efficacy of treatment through monitoring and clinical judgment.
- Promote communication with providers to facilitate comprehensive treatment plans.
- Ensure compliance with all evidence-based practice standards.
- Teaching patient and family on proper discharge care
- Precept and mentor of new staff, nursing students, and fellow RN staff members

The Johns Hopkins Hospital, Baltimore, MD
2014)

(Aug. 2011 – Jan.

Registered Nurse, Ortho/Trauma Unit

- Specialty patient care including cardiac, medical, neuro, ortho and trauma.
- Functioned as charge nurse and/or preceptor for a 32 bed pre/post-surgical unit.
- Knowledge of advanced monitoring coupled with clinical judgment to interpret and initiate interventions based on available information.
- Gained understanding of medications and how they function at the cellular level.

The Johns Hopkins Hospital, Baltimore, MD
2011)

(Feb. 2011 - July

Registered Nurse, Intensive Care Unit

- Delivered care to a highly acute post-surgical unit.
- Ordering, obtaining, and interpreting appropriate tests per protocol.
- Pharmacological and non-pharmacological management of disorders and diseases
- Ensure the efficacy of treatment through monitoring and clinical judgment.
- Promoting communication with providers to facilitate comprehensive treatment plans.
- Ensure compliance with all evidence-based practice standards.
- Duties included, but were not limited to hemodynamic monitoring, hemodialysis, vents, arterial blood gases, central line maintenance, titrating multiple cardiac drips.

FNP Clinical Experience (*two of six placements*):

Capital Women's Care, Frederick, MD

Clinical Preceptor: Dawn Mossburg

- Focus on reproductive health and the prevention or treatment of diseases specific to women.
- Provide prenatal counseling and family planning to women and couples.
- Perform routine physical gynecological examinations and pap tests.

Monocacy Health Partners, Mt Airy, MD

Clinical Preceptor: Nilay Thaker, MD

- Manage acute and stable chronic illnesses throughout the lifespan.
- Focusing on health maintenance, health promotion, risk reduction, and client education
- Counseling clients regarding health risk factors, smoking cessation, stress management, physical activity, and disease management.
- Efficient with NextGen and Meditech 6.1

Education:

Simmons University – Boston, MA

MS -Master of Science, Family Nurse Practitioner Program, (honors 3.85 GPA), Feb. 2019

Towson University – Towson, MD

BS – Bachelor of Science, Nursing (honors), 2010

Credentials:

- American Nurses Credentialing Center, FNP-C, exp: 6/2023
- Registered Nurse (RN) Licensure
 - State of Maryland, current through 6/2023
- Advanced Cardiac Life Support, exp. 04/2022
- Pediatric Advanced Life Support, exp. 10/2022
- Basic Life Support, CPR for the Healthcare Professional, exp. 11/2022
- DOT certification #6827599138

Associations:

- Sigma Theta Tau International Society of Nursing, Member
- American Academy of Nurse Practitioners, Member

Professional References:

Bridget Plummer, Director of Operations
bplummer@adventisthealthcare.com

Amra Nasir, MD
anasir@adventisthealthcare.com

Olga Schiffman, CRNP
oschiffm@adventisthealthcare.com

Nilay Thaker, DO
Nbt9m@yahoo.com

Amanda Holler, C.R.N.P.
aholler@usacs.com

Dawn Mossburg C.R.N.P.
dmossburg@cwcare.net

Jennifer Kramer, Emergency Dept. Manager
jkramer@fmh.com