

Nkechinyere Debbie Uwandu, MSN APRN FNP-BC

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PROFESSIONAL SUMMARY

Maryland licensed family nurse practitioner dedicated to helping patients on their path to better health by providing evidence-based medical care to meet their unique needs. Educational background includes core studies in advanced nursing courses in pharmacology, health assessment, adult and pediatric diagnosis, symptom, and illness management, statistics, primary care I: pediatrics, adult, women's health, family as a unit, mental health, and research in diabetes.

Core qualifications:

- Knowledge of federal and state laws and regulations pertaining to nursing practice
- Excellent interpersonal skills and well-developed verbal and written communication skills
- Ability to work in a fast-paced, rapidly changing environment
- Detail-oriented with exceptional organizational and time management skills
- Effective team work and leadership skills

EDUCATION

Master of Science in Nursing: Family Nurse Practitioner Program May 2018
The Johns Hopkins University School of Nursing, Baltimore, Maryland

Bachelor of Science in Nursing May 2014
Howard University, Washington, District of Columbia

PROFESSIONAL EXPERIENCE

Family Nurse Practitioner April 2019 – present

Corazon Sanchez Pediatrics, LLC

- Performs routine well child visits and developmental screenings. Counsels families regarding developmental delays and refer to appropriate resources.
- Assess and diagnose patients according to history and physical exam findings.
- Counsel patient regarding acute and chronic illness and methods to improve symptoms.
- Orders the proper diagnostic labs, imaging, and treatment for acute and chronic illnesses
- Research evidence-based guidelines and a develop a plan of care
- Performs a variety of in-office procedures such as wart removal
- Document visit notes in the electronic medical record using Amazing Charts
- Delegate tasks to medical assistants

Family Nurse Practitioner Oct. 2018 - present

Ideal Image, Hanover, Maryland

- Obtains full medical history, assess, and evaluate patients for medical treatment.
- Evaluate patients for contraindications to procedures being performed
- Order medical procedures for registered nurses to perform
- Performs non-invasive aesthetic procedures such as laser hair removal and broadband light therapy
- Prescribe medications to patients such as a topical anesthetic.
- Counsel patients regarding normal expectations for treatment and prevention of adverse reactions

Community Health Nurse Jun 2017 - May 2018

Lillian D. Wald Community Nursing Center, Baltimore, Maryland

- Led workshops geared towards various health topics, provided nutrition counseling, and performed assessments looking at various determinants of health for the Baltimore City community

- Performed pre-employment tuberculosis screenings, assisted with pre-employment physicals, and offered referrals and assistance for obtaining health insurance
- Provided medication and smoking cessation counseling to patients
- Managed community outreach programs, performing and supervising students during community health screenings, health promotion, and follow-ups
- Collaborated with nurses in the Johns Hopkins University Plan 4 Success research study by performing data collection, educational sessions, and follow-up home visits for individuals with uncontrolled type II diabetes mellitus and hypertension

Nurse Clinician I

Aug 2014 - Aug 2016

The Johns Hopkins Hospital, Baltimore, Maryland

- Provided care on a 20-bed medical-surgical unit to adolescents postoperatively with acute and chronic respiratory, hematologic/oncologic, gastrointestinal, neurological illnesses
- Performed physical assessments and documented findings in the electronic medical record.
- Administered medications; performed direct patient care, assisted with activities of daily living, and provided dressing changes.
- Effectively communicated with families and patients, serving as a liaison for the interdisciplinary health care team and assisting physicians with questions and concerns
- Completed the Johns Hopkins Hospital pediatric nurse residency program
- Completed an evidence-based research project on the best practices for treating pediatric sickle cell patients in pain crisis.
- Counseled patients and families on medications and their health disorders; and incorporated the nursing process into daily plan of care. Reevaluated whether goals are met during the shift.
- Initiated and lead a quality improvement project to improve hand hygiene on the unit with both patients and hospital staff
- Served as preceptor for nursing students, assisting with assessments, medication administration, counseling, report, documentation, and delegation to ancillary staff
- Served as charge nurse in which staff nurses were supervised and assisted with duties. Rounded with interdisciplinary teams and collaborated with the plan of care. Delegated tasks to other staff nurses. Developed patient assignments for the oncoming shift.

Nurse Extern

May 2013 – Aug 2013

Howard University Hospital, Washington, District of Columbia

- Collaborated with registered nurses in all aspects of the nursing process on the surgical intensive care unit
- Administered medications, performed physical assessments, documented tasks in the electronic medical record, and performed direct patient care (vitals, bathing, feeding, and glucose checks)
- Assisted physicians with any questions or concerns
- Assisted patient care technicians with assigned tasks

Student Ambassador of the Emergency Department

Mar 2012 – May 2012

Howard University Hospital, Washington, District of Columbia

- Shadowed a registered nurse and Associate Hospital Director Administrator of the Emergency Department
- Duties consisted of administrative work, answering patient inquiries, patient prioritization, and obtaining pre-assessment data

CLINICAL EXPERIENCES

Johns Hopkins Community Physicians

Sept 2016 - Apr 2018

Meyerhoff Inflammatory Bowel Disease Center - Green Spring, Maryland

Family Urgent Care - Canton Crossing, Canton, Maryland

Internal Medicine - Water's Edge, Belcamp, Maryland

Women's Health - White Marsh, Maryland
Pediatrics - Water's Edge, Belcamp, Maryland
The Johns Hopkins Hospital Cardiovascular Progressive Care Unit - Baltimore, MD

- Obtained full history and chief complaint findings
- Performed annual physical exams, pre-op exams, well woman exams, and Medicare wellness visits
- Performed routine well child visits and developmental screenings. Counseled families regarding developmental delays and referred to the appropriate resources.
- Assessed and diagnosed patients according to history and physical exam findings
- Counseled patients regarding acute and chronic illness and methods to improve symptoms
- Performed episodic and follow-up physical examinations
- Performed episodic breast/gynecological examinations and diagnosed microscopic findings under the supervision of a family nurse practitioner
- Contributed towards the plan of care regarding proper diagnostic labs, imaging, and treatment for acute and chronic illnesses under the supervision of family nurse practitioner
- Researched and utilized evidence-based guidelines and developed a plan of care under the supervision of family nurse practitioner
- Consulted interdisciplinary providers and referred patients when needed under the supervision of family nurse practitioner
- Assisted the family nurse practitioner in various procedures such as abscess drainage and cryotherapy
- Documented visit notes in the electronic medical record using the Epic system

MEMBERSHIP & AFFILIATIONS

American Nurses Credentialing Center	Summer 2018 - present
Sigma Theta Tau International Honor Society of Nursing	Spring 2017 - present
American Nurses Association	Fall 2015 - present
Project Mobile Incorporated	Summer 2015 - present
JHH Performance Improvement Committee	Spring 2015- Aug 2016
Golden Key Honor Society	Spring 2014 – present

SKILLS/CERTIFICATIONS

Family Nurse Practitioner Board Certified by the ANCC
Certified Registered Nurse Practitioner by the Maryland Board of Nursing R212067
Registered Nurse Licensure R212067
DEA/CDS Certified (issued April 2019)
BLS /AED Certified by the American Heart Association (issued Jan. 2019)
EPIC, Amazing Charts, and Sunrise POE trained
Operate Microsoft Office Suite