

MATIA KILGORE, APRN, MSN, FNP-C

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Professional Summary

Dedicated and patient focused Family Nurse Practitioner with proven strengths in acute patient care, staff development and patient advocacy. Displays an exceptional aptitude to deliver positive patient outcomes in a fast-paced environment while simultaneously building productive relationships. Known for exceptional interpersonal and communication skills, the ability to manage competing priorities, as well as maintaining accurate and efficient documentation.

Skills

- Advanced assessment skills and strong clinical judgment as a Nurse Practitioner
- Removal of sutures, staples and Jackson Pratt drains
- Punch biopsy, EKG interpretation, venipuncture, and splinting extremities
- MRI, CT and X-ray interpretation
- Computer proficiencies in MS Word, MS Excel, Outlook, and EMR

Certifications

- American Academy of Nurse Practitioners, FNP-C, issued 10/2020, current
- Advanced Practice Registered Nurse, District of Columbia, issued 3/2021, current
- American Heart Association, ACLS and BLS, both current
- Controlled Substance License Maryland, issued 07/2021, current
- Drug Enforcement Administration License issued 01/11/2022, current

Education

Master of Science in Nursing, 09/2020

Drexel University, Philadelphia, Pennsylvania

- Family Nurse Practitioner Specialty
- GPA 3.88

Bachelor of Science in Nursing, 05/2010

Washington Adventist University, Takoma Park, Maryland

BS Biology, 05/2004

Howard University, Washington, DC

Licensure

- Advanced Practice Registered Nurse, State of Maryland, issued 12/2020, current
- Registered Nurse, State of Maryland, issued 07/2010, current

Clinical Practicums

Women's Health

- Provide culturally-sensitive and compassionate patient care including gynecologic examinations, assessment, diagnoses, treatment, education, and counseling
- Secure complete health histories including gynecologic, reproductive, contraceptive, medical, surgical, sexual, family health, and psychosocial systems
- Facilitate a comprehensive range of patient services and direct care including well-woman pelvic, abdominal, breast examinations, and STD/STI screenings

- Order, perform, and interpret specific diagnostic tests and procedures including Papanicolaou smear, cultures, wet mounts, urinalysis, and ultrasounds
- Diagnose and treat acute ambulatory conditions such as vaginitis, PID, STD's, and other gynecologic conditions
- Assist with insertion of long acting reversible contraceptives

Family Practice

- Provide compassionate primary care services including comprehensive and focused physical examinations, health assessments, diagnoses, and treatment plans across the lifespan
- Educate and guide patients on disease prevention and healthy lifestyle habits
- Manage overall patient care, including acute illness such as upper respiratory infections, sinusitis, pharyngitis, allergies, influenzae, pneumonia, acute otitis media, back pain, dermatitis, cellulitis, and various chronic ailments, such as diabetes, hypertension, arthritis, chronic obstructive pulmonary disease, and thyroid disorders as well as changes in lifestyle and development issues

Pediatrics

- Conduct well-child exams, sports physicals, and complete health histories for pediatric patients of all developmental stages
- Diagnose acute otitis media, hand-foot-and-mouth disease, urticarial rashes, strep pharyngitis, upper respiratory infections, pneumonia, conjunctivitis, and cat-scratch-fever, under supervision of preceptor
- Confident in knowledge of growth and development, anticipatory guidance, the child family interaction, in addition to working with parents to address their fears, concerns and treatment options
- Recognition and management of common acute pediatric illnesses, pediatric pathological conditions, chronic illness and the effect of childhood illness on growth and development
- Demonstrate safety in calculating pediatric dosages of medication

Primary Care

- Provide compassionate primary care services including comprehensive and focused physical examinations, health assessments, diagnoses, and treatment of acute and chronic illnesses
- Manage chronic conditions such as diabetes, hypertension, arthritis, chronic obstructive pulmonary disease, and thyroid disorders
- Assess need for appropriate lab tests, order and interpret results under the supervision of preceptor
- Collaborate with medical specialties through appropriate referrals

Professional Experience

Family Nurse Practitioner for Vitable Health

Vitable Health, Philadelphia, PA 08/2022- **present**

- Provide direct and indirect primary care services to plan members.
- Obtain patient history and perform assessments via observation, interview and examination.

- Order, perform and interpret diagnostic studies.
- Counsel and educate patients concerning preventative health, treatment options and community resources.

Family Nurse Practitioner for Cadia of Hyattsville

Guardia Healthcare, Middletown, VA, 04/2022-present

- Collaborate with the interdisciplinary team to develop care plans for patients in skilled nursing facility.
- Conduct comprehensive assessments and implement individualized treatment plans based on patient goals, needs, preferences and resources.
- Provided primary care services including medication management, preventive health screenings and chronic disease management.

Family Nurse Practitioner for Allegiance House Calls

Allegiance, Middletown, VA 04/2022-present

- Provide transitional care services to recently discharged patients from skilled nursing facility.
- Conduct comprehensive in-home health risk assessments to identify all active and chronic disease conditions, as well as determine all physical, mental, and social needs present at the time of the visit.
- Educate and counsel patient and family based on assessment results, including recommendation

Family Nurse Practitioner for Cerebral

Cerebral, San Francisco, CA, 03/2002 to 11/2022

- Provide diagnostic, psychiatric evaluations, and psychopharmacologic treatments for a wide range of psychiatric diagnoses via Telehealth platform.
- Perform consultations and assessments to manage and stabilize emergent problems.
- Provide education to patients regarding psychopharmacological interventions to improve medication compliance and treatment adherence.

Family Nurse Practitioner for Sameday Health

Vivo Healthstaff, Dublin, California, 10/2021 to 03/2022

- Virtual consulting and screening for COVID 19 testing.

Family Nurse Practitioner for CVS MinuteClinic

SGS Consulting, New Jersey, 10/2021 to 03/2022

- Virtual provider overseeing COVID 19 operations at retail clinic.
- Electronic medical record (EMR) chart and lab order review, signage, and closure.
- EMR generated lab result review, patient outreach, and results sharing via verbal communication or certified letter publication.
- Accurately, evaluate treat, provide health counseling, and disposition planning for patients ranging in age 18 months and above. Educate patients on maintaining proper health.

Registered Nurse/COVID response for the Department of Health/Children School Services

Maxim Healthcare, Columbia, Maryland, 11/2020 to 09/2021

- Ensure that staff follow CDC requirements and wear proper PPE.
- Oversee COVID-19 testing at public and charter school locations in the District of Columbia.
- Administer required tests for COVID-19 (PCR nasal swabbing, etc).
- Provide nursing services to DCPS students that encourage the promotion and maintenance of optimal health and well-being.

Registered Nurse/Telemetry Unit/COVID response

Krucial Staffing, New York, 03/2020 to 4/2020

- Assist with providing quality patient care during 14-day crisis assignment

Registered Nurse / Telemetry Unit

Health Source Global, Fremont, California, 01/2016 to 05/2018

- Assist with providing evidence-based patient care during organized labor strike of Keck Medical Center in California and Abbott Northwestern Hospital employees in Minnesota

Registered Nurse (Float Pool)

Inova Mount Vernon, Alexandria, Virginia, 07/2016 to 06/2020

- Provide highly skilled care grounded in evidence-based care guidelines and clinical knowledge
- Work closely with physicians and other interdisciplinary team members to deliver quality care and assure optimal patient outcomes
- Skillfully respond in urgent situations with appropriate and timely nursing interventions to ensure patient safety and optimal patient outcomes
- Provide therapeutic listening and emotional support to patients while providing compassionate care.

Registered Nurse / Supplemental Staff / COVID-19 Triage

John Hopkins Hospital Intrastaff, Baltimore, Maryland, 09/2015 to **present**

- Effective implementation of evidence-based COVID-19 screening protocols
- Triage emergent symptoms, monitor and guide patients on information on state/local quarantine procedures, and, if appropriate, refer them to testing according to protocol
- Collaborate with physicians and ancillary services to provide multidisciplinary approach to meet the needs of patients and their families
- Identify acute declines in patient status and utilize critical thinking skills to effectively manage emergencies

Previous Professional Experience

Registered Nurse / Medical-Surgical / Telemetry Units

Alliant HealthCare Staffing, Bethesda, Maryland, 04/2015 to 01/2018

- Float to various units of the hospital: Medical-Surgical, Telemetry, and Intermediate Care units

Registered Nurse/ Contract / Medical-Surgical / Telemetry units

USNursing, Greenwood Village, Colorado, 09/2014 to 05/2015

- Assist with providing evidence-based patient care during organized labor strike of Sutter Health and Kaiser Permanente employees in California

Registered Nurse / Contract

Gifted Nurses, Plano, Texas, 05/2016 to 06/2016

- Travel contract for EPIC conversion on 4 Surgery at Winchester Memorial Hospital in West Virginia.

Registered Nurse / Float Pool / Medical-Surgical / Telemetry Units

University of Maryland Medical Center, Baltimore, Maryland, 06/2013 to 06/2021

- Float to various units of the hospital: Medical-Surgical, Telemetry, Emergency, Shock Trauma, and Intermediate Care units

Registered Nurse / Medical-Surgical / Telemetry Units/Occupational Health

Medical Staffing Network, Towson, Maryland, 07/2011 to 02/2020

- Worked various locations throughout the Washington, DC, Maryland, and Virginia area as well as Federal Occupational Health

Registered Nurse / Orthopedic Unit

Southern Maryland Hospital, Clinton, Maryland, 07/2010 to 11/2011

- Adept at managing orthopedic complications, application and care of patient requiring traction, neurovascular assessment, clinical pathway, pulmonary embolism prevention, and care of patient with a cast protocols

Volunteer Experience

Paul's Place, Baltimore, Maryland, 10/2019 to 03/2020

- Provide blood pressure and weight screenings, first aid, health education, referrals, and medical case management services for low income and homeless adults in Baltimore City, MD

Affiliations

- American Association of Nurse Practitioners

Interests

- Evidence-based research and quality improvement projects
- I enjoy cooking, basketball, and traveling