

Bernadine Ihediohanma, DNP, FNP-C, CRNP

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SUMMARY

Accomplished and solution-driven healthcare professional with 15+ years of progressive experience as an interdisciplinary Family Nurse Practitioner and Registered Nurse. Proven track record of excellence in primary care and the management of acute exacerbation of chronic diseases, with a focus on health promotion and advocacy, chronic disease management, health maintenance, infectious disease control, and disease prevention. Decisive healthcare leader, with expertise in patient education and experience, safeguarding, quality improvement programs, performance management, and mentorship. Aptitude for communicating across diverse groups, collaborating with cross-functional teams, and cultivating strong working relationships with key stakeholders.

Areas of Expertise:

- Primary Care
 - Acute, Critical & Intensive Care
 - Suturing & Suture Removal
 - Healthcare Leadership Experience
 - Infection Prevention & Management
 - Disease Prevention
 - Chronic Disease Management
 - Advanced Health Assessment Skills
 - Wound Care Management Experience
 - Nursing Preceptorship Experience
 - Process & Quality Improvements
 - Health Maintenance
 - Health Promotion & Disease Prevention
 - Diagnostic Testing, EKG & Lab Interpretation
 - Women's Health, Pap & Pelvic Examinations
 - Patient Education, Safety & Advocacy
 - Electronic Medical Record Platforms
 - Manage Acute Exacerbation of Chronic Diseases
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PROFESSIONAL EXPERIENCE

Nurse Practitioner Subacute and Long-term Care | Cadia Healthcare employed by Guardia Healthcare, MD 2021 - Present

Administer optimal patient care quality at 270 bed SAR/long-term care facility; chronic disease management, disease prevention, and health maintenance. Manage diverse caseloads, including acute diseases, infectious diseases, skin diseases, emergency medicine, and mental health illnesses. Treat diverse range of illnesses, including seizures, cardiovascular disease, diabetes, COPD/ASTHMA, dementia, gout, pneumonia, bronchitis, C Diff colitis, major depressive disorder, GAD, bipolar disorder, and schizoaffective disorder. Coordinate admission and discharge process, including transitional care, administrative procedures, and patient education. Collaborate with clinical teams to support patient pathways and ensure patient satisfaction; streamline facility operations and deliver strategic healthcare leadership.

Selected Contributions and Accomplishments

- Led mentorship program for new nurse practitioners and new hires.
- Drove process improvement to deliver high-quality patient care, including rapid response for altered health conditions.
- Oversaw installation of 12-lead echocardiogram.
- Gained extensive experience in management of acute exacerbation of chronic diseases, chronic disease management, disease prevention, and health maintenance.
- Reduced hospital readmissions by >70%.

Critical Care Float RN | UMBWMC, Glen Burnie, MD 2012 - Present

Provide expert level care as a Primary and Resource Nurse on critical care, telemetry, and medical/surgical units through collaborative efforts with multidisciplinary colleagues to effectively treat and manage the care of patients with acute, critical, and chronic health conditions. Skillfully conduct a broad range of bedside procedures and meticulously monitor patient responses to care minimizing the risk of additional medical complications. Educate patients and families on diagnosed conditions, treatment options, and healthy lifestyle choices encouraging informed decision making, treatment compliance, and achievement of best possible outcomes. Chart all assessments, provided treatments, and patient progress to the EMR in compliance with rigorous standards for professional practice.

Selected Contributions and Accomplishments

- Contributed to an increase in the unit's patient satisfaction score by more than 10% through effectively highlighting a taskforce member to ensure shift change handoff occurring at the bedside.
- Leveraged patient feedback and process improvement opportunities, as an active member of the Hand-Off Communication Committee, to create a safe, healthier environment for individuals and clinicians resulting in increased satisfaction and improved healthcare outcomes.
- Instrumental in responding to code events during rapid, deteriorating changes in patient conditions and implementing stabilizing interventions to minimize the risk of adverse outcomes.
- Influential preceptor; responsible for training colleagues to deliver the highest standards of care while building their confidence and competency in conducting safe, autonomous practice.

Critical Care Supplemental Registered Nurse | UMMC, Baltimore, MD

2012 - 07/23/2021

Exercise healthcare leadership, patient care expertise, communication, critical thinking, and collaboration to adapt to highly dynamic healthcare teams across 1 shock trauma and 9 ICUs providing compassionate care for critically ill patients and promoting treatment efficacy to maximize full recovery potential. Leverage assessment findings and diagnostic results, in consultation with interdisciplinary professionals, to plan and deliver individualized, culturally sensitive care promoting stability and progressive healing. Experienced in managing ventilators and CRRT, as ordered. Observe all responses to care reporting any abnormal findings and actualizing appropriate nursing interventions, when needed, to maintain patient safety. Impart detailed guidance, resources, and support to patients and their families on disease processes, care plans, and interventions to foster a strong understanding of health conditions and assistance in navigating complex medical situations.

Selected Contributions and Accomplishments

- Actively participate in continuing education and professional development opportunities to enhance optimal care delivery.

Charge Nurse/Registered Nurse: LTAC | Bridgepoint Hospital, Washington, DC

2007 - 2016

Influentially led a team of nursing professionals on a 24-bed long term intensive care unit; evaluated census and delegate staffing assignments on the basis of identified needs and available skill sets to support maximized productivity while maintaining patient satisfaction. Seamlessly facilitated unit admissions processes by conducting comprehensive assessments and ensuring timely submission of orders to the EMR platform. Interacted closely with multidisciplinary team members to assess, plan, implement and evaluate treatment plans effectively managing acute and chronic illnesses. Educated patients/families throughout their hospitalization and at the time of discharge to foster a strong understanding of ongoing care needs and treatment regimen compliance to reduce the risk of readmission.

Selected Contributions and Accomplishments

- Identified and capitalized on opportunities for process improvements by conducting real time chart audits ensuring completeness and accuracy in compliance with local, state, and federally mandated healthcare protocols.

Medical Intensive Care Unit Registered Nurse | UMMC, Baltimore, MD

2006 - 2012

Utilized the full scope of the nursing process to provide exceptional quality care to complex, critically ill and/or unstable patients ensuring comfort, safety, and treatment efficacy to optimize healthcare outcomes. Interfaced with multidisciplinary colleagues to quickly assess patient needs and deliver therapeutic interventions while simultaneously managing changing medical conditions. Demonstrated expertise in the utilization of critical care equipment including but not limited to Ventilator, CRRT, Nitric Oxide, Oscillators, ECMO, Aquadex, and advanced hemodynamic monitoring of PAWP, SVO2, ICP, CVP, and PA. Counseled patients and their families on disease processes, prevention, and self-management strategies to support positive healthcare results. Maintained thorough, accurate documentation in the corresponding patient's EMR to promote exceptional care across the continuum.

Selected Contributions and Accomplishments

- Played a pivotal role in precepting new nurses by identifying educational needs and providing learning opportunities in the areas of proper techniques, care standards, operational procedures, and safety protocols to optimize performance and safety.
- Engaged in educational activities, evidence based project implementation, nursing competency development, and simulation activities to refine skills remaining at the forefront of first class patient care delivery.
- Successfully responded to rapidly changing and deteriorating conditions experienced by patients and seamlessly facilitated Return of Spontaneous Circulation (ROSC) during CODE.
- Contributed to the MICU Infection Control Committee by recommending best practices to minimize the spread of HAI.

EDUCATION AND CREDENTIALS

Doctor of Nursing Practice: Family Nurse Practitioner, Nebraska Methodist College, Omaha, NE
DNP Capstone Project: Purposeful Rounding and Improved Patient Care: An Evaluation of Nurses' and
Nursing Assistants Perceptions of Purposeful Rounding and Intervention to Improve Practice
Bachelor of Science in Nursing, University of Maryland, Baltimore, MD

Licensure & Certifications:

**American Academy of Nurse Practitioner Certification Board, Certified Family Nurse Practitioner
No. F10201033**, (Current)
Maryland State Board of Nursing, Certified Registered Nurse Practitioner No. R172509, (Current)
Maryland State Board of Nursing, Registered Nurse License No. R172509, (Current)
American Heart Association, BLS and ACLS Certifications, (Current)

PROFESSIONAL AFFILIATIONS

American Association of Nurse Practitioners | Nurse Practitioner Association of Maryland
Sigma Theta Tau International Honor Society of Nursing

REFERENCES

References available upon request