

**Frida Mambo Fru**  
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**Nurse Practitioner**

A dedicated Nurse Practitioner with comprehensive education and practical experience across all areas of medical care, with a solid foundation of knowledge in Primary Care and Psychiatric Nursing. Excellent exposure and strong interest in primary and psychiatric care with a desire to grow and become part of a collaborative team of professionals providers • Proficient in Assessment, diagnosis, treatment, medication management and charting • Highly effective skills in listening, evaluating, organizing, and communicating with clients • Work well with members of multi-disciplinary treatment teams and within collaboration • Multicultural sensibility and passionate drive to make a positive difference in patient's lives • A conscientious professional commitment to using a holistic approach to practice utilizing knowledge of research and evidence based practice • A patient advocate with strong clinical skills enhanced by a natural ability to build rapport with clients and families.

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**Professional Experience**

**Insight Treatment Center**

**Nurse Practitioner: September 2020 – present**

- Conduct psychiatric clinical assessment to emotionally disturbed and/or mentally ill patients.
- Monitor medication and initiates appropriate therapies for certain conditions and change medications according to variations in a patient's response within established protocols.
- Collaborate with other healthcare providers to provide wholistic care approach to the client.

**F & M Renounce Healthcare Services, Waldorf, Maryland.**

**Nurse Practitioner, December 2019 - present**

- Conduct clinical head to toe assessment on patients with health complaints, diagnose and write prescriptions to address identified health related problems.
- Analyze diagnostic tests, and create patient care plans to contribute to existing plans.
- Evaluate responses to treatments and medications.
- Collaborate with other healthcare professionals.
- Train patients and families on managing illnesses or injuries and disease prevention.

## **Pharmaceutical Strategies/CVS Minute Clinic**

### **Nurse Practitioner, Contract from September 2021 to March, 2022**

- COVID-19 Relief testing
- Review Clients' COVID-19 test results
- Follow up with patients to make sure they viewed their results.
- Assess COVID test results, approve and sign viewed results.
- Use of Epic electronic medical record system.

## **Chesapeake Pain and Wellness**

### **Nurse Practitioner: January 2021 to September 2021**

- Conduct Pain management and follow ups for patients with chronic pain syndrome.
- Send patients for routine follow up labs.
- Interpret MRI/X-ray findings for pain management.
- Prescribe pain medications and conduct monthly medication monitoring.

## **United Medical Center, Southeast, Washington, D.C.**

### **Registered Nurse, March 2016– November 2019**

Perform medical services for a variety of patients. Document patient's behavior. Execute proper treatment for patients according to physician instruction. Conduct full body assessment of patients and implement customized treatment plans. Consult with physician and administer medications to patients.

- Oversee 10 Licensed Practical Nurses (LPNs) and 5 Certified Nurse Assistants (CNAs) to ensure high standards of patient care.
- Commended for exhibiting versatility and to excelling in high-octane emergency situations.

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## **Walden University, Minneapolis, Minnesota**

### **Nurse Practitioner Clinical Rotations, May 2018– May 2019**

Interpreted medical history, physical findings, disease symptoms, and diagnostic information to formulate accurate diagnosis. Maintained knowledge of legal regulations in state for nurse practitioners. Executed duties with exceptional accuracy.

- Thrived in collaborative practice model.
- Reduced patient wait time by utilizing time management skills.

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## **Additional Experience**

**Registered Nurse (2015–2017)** for Restore health and Rehabilitation Center, White Plains, Maryland.

**Registered Nurse (2012–2015)** for Favorite Healthcare Staffing, Timonium, Maryland.

**Home Health Aide (2010–2012)** for Global Health Care, Washington D.C.

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### **Education and Credentials**

#### **Doctor of Nursing Practice (DNP) (2022)**

University of Massachusetts Global, California

#### **Psychiatric Mental Health Nurse Practitioner (2022)**

University of Massachusetts Global, California

#### **Family Nurse Practitioner (Master of Science in Nursing) (2019)**

Walden University – Minneapolis, Minnesota

#### **Master of Health Services Administration (2014)**

Strayer University – Takoma Park, District of Columbia

#### **Bachelor of Nursing Science (2007)**

University of Buea – Cameroon

### **Licensure and Certifications**

Licensed Registered Nurse

Certified Family Nurse Practitioner

Certified Psychiatric Mental Health Nurse Practitioner

ACLS/BLS Certified with American Heart Association

### **Technical proficiencies**

Windows and Mac OS; Microsoft Word, Excel, Access, PowerPoint, Outlook

### **Languages**

English, French

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### **Professional Associations**

Cameroon Nurse Practitioner Student Association, Vice President, 2018 - Present

American Academy of Nurse Practitioners, FNP-BC, Member, 2020 – Present

Cameroon Cultural Association, Member, 2008 - Present