

Ashley Fox, MSN, FNP-C

Frederick, MD 21704 * (443) 299-7469 * ashleyfox630@gmail.com

Family Nurse Practitioner (FNP-C)

Family Nurse Practitioner currently acting as a night shift Nurse Practitioner at Adventist Healthcare Urgent Care in Takoma Park, MD. 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:

- 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:

Adventist Healthcare Urgent Care, Takoma Park, MD

(April 2020- Present)

Family Nurse Practitioner

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

2019 - April 2020)

Family Nurse Practitioner

(June

- 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

2013 - May 2019)

(Oct.

Registered Nurse, Emergency Department

- 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
- Jan. 2014)

(Aug. 2011

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 - July 2011)

(Feb.

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 College - 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: 6/2021
- Registered Nurse (RN) Licensure
 - State of Maryland, current through 6/2021
- Advanced Cardiac Life Support, exp. 5/20
- Pediatric Advanced Life Support, exp. 10/20
- Basic Life Support, CPR for the Healthcare Professional, exp. 10/20
- Base Station Certification

Associations:

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

Research:

Fox, A. & Osborne, A. (2017). Motivating factors for graduate nurses: A literature review.

Professional References:

Nilay Thaker, DO
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