

Robin McDermott

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Obesity Medicine Nurse Practitioner

15+ years of experience as a Nurse Practitioner providing comprehensive, compassionate care to optimize patient outcomes. Achieved record-breaking patient case numbers and awarded for patient satisfaction, with an average patient excess body weight loss of 50% in 6 months. Expertly utilized patient medical histories, conducted thorough physical exams, interpreted diagnostic tests, and developed comprehensive patient care plans from a holistic perspective.

WORK EXPERIENCE

Sentara Comprehensive Weight Loss Solutions, Bariatric Surgery • Norfolk, Virginia • 11 /2016-Present

Nurse Practitioner

- Provides education on Obesity as a disease, reeducating the patient and peer population on associated stigma. There is more to a person's health state than a number on the scale.
- Comprehensive care provided in outpatient, inpatient and telehealth settings. Strong familiarity with multiple telehealth platforms, leading to a smooth user experience.
- Provides personalized nutrition education and obesity pharmacotherapeutics to facilitate effective weight loss and management. Expertly utilizes patient medical histories, conducts thorough physical exams, interprets diagnostic tests, and develops comprehensive patient care plans from a holistic perspective.
- Collaborates closely with multidisciplinary teams including physicians, nutritionists, psychologists and fitness trainers, to provide holistic care to patients.
- Received multiple patient satisfaction awards for consistently providing compassionate and high-quality care, resulting in optimized patient outcomes and positive feedback.
- Contributed to a high-performing team that achieved a record-breaking amount of successful patient cases within the decade

Kroger • Portsmouth, Virginia, USA • 01/2016 - 07/2016

Nurse Practitioner

- Served as autonomous Advanced Practice Provider in ambulatory setting, utilizing physical examination, diagnostic testing and critical thinking as clinical decision support.
- Provided a comprehensive approach in the retail setting, offering education, referral, and follow-up care while incorporating market analytics and assessing product market fit.
- Coordinated clinical and administrative activities while providing leadership and guidance to direct reports.
- Applied cultural competence when serving diverse communities, with a focus on frequently serving the underserved.

Minor Emergency and Family Care Center • Virginia Beach, Virginia, USA • 01/2012 - 07/2016

Nurse Practitioner

- Collaborated closely with the founder, who pioneered the establishment of the first urgent care clinics in the state.
- Contributed to the significant success and growth of the clinic over a period of 5 years, acquiring valuable skills in healthcare management and operations.
- Played a pivotal role in securing the local paper's prestigious "Best of the Beach" award for five consecutive years.
- Created personalized treatment programs for patients with obesity, leveraging in-depth laboratory analysis and diagnostic testing to inform decision-making.
- Utilized exceptional diagnostic skills to identify bone marrow cancer in a patient presenting with knee pain, leading to timely and accurate treatment. This is one of Robin's landmark cases of clinical medicine.

Sleep Specialists of Tidewater • Chesapeake, Virginia, USA • 03/2010 - 07/2011

Nurse Practitioner

- Conducted physical examinations, interpreted diagnostic tests, diagnosed and treated acute and chronic conditions in an office setting. Specialized in managing sleep disorders such as sleep apnea, insomnia, narcolepsy and respiratory disorders such as asthma, COPD, and metabolic disorders e.g., metabolic syndrome, obesity.

EDUCATION

Masters Of Nursing, Family Nurse Practitioner

Old Dominion University • Norfolk, Virginia, USA • 12/2007

Bachelors Of Nursing

Old Dominion University • 12/2003

CERTIFICATIONS

Board Certification• 03/2008 - 03/2028

Certified by the American Academy of Nurse Practitioners

Family Nurse Practitioner•Registered Nurse

State of Virginia•03/2008-11/2023 •01/2003-11/2023•

State of Florida•08/2023-04//2025•08/2023-04/2025•

Controlled Substance Licensure

Drug Enforcement Agency •03/2008-09/2024

Basic Life Support

Resuscitation Quality Improvement • 09/2023

APRN State Licensure-Requirements met, pending approval

Arizona, California, Connecticut, New York, Ohio, Texas

PATIENT FEEDBACK

June 1, 2023

“Robin is an extremely personable and knowledgeable healthcare provider. She took her time to address my questions and I did not feel rushed along. Very positive experience!!!”

April 27, 2023

“Robin is encouraging, thoughtful, and resourceful! I enjoy her charisma and positivity! She is certainly working in the right place as those of us who are struggling with weight need all the encouragement we can get!”

March 28, 2022

“She made me feel real comfortable about the situation. Any medical questions I had, she answered them and, you know, I understood everything that she’s talking about. So...she’s phenomenal and I want to thank her very much.”