




Jackie M. Valdez, MSN, APRN, FNP-C

BOARD CERTIFIED FAMILY NURSE PRACTITIONER

Contact

-  The Woodlands, Texas
-  (210) 740-1438
-  AJValdez888@gmail.com

Education

Master of Science in Nursing
Family Nurse Practitioner
University of Texas - Arlington
Graduated August 2022 | GPA 3.526

Bachelor of Science in Nursing
University of the Incarnate Word
Graduated May 2018
Honors: *Dean's List*

Associate of Applied Science in Nursing
Registered Nurse
Texas State Technical College
Graduated August 2015

Licensed Vocational Nurse
University of Texas - Brownsville
Graduated December 2011

Licenses & Certifications

- FNP-C, *American Association of Nurse Practitioners*
- APRN, Tennessee
- RN, Tennessee

Leadership Positions

- Lead Nurse

Languages (Fluent)

- English
- Spanish

Profile

Bilingual board-certified nurse practitioner with nine years of nursing experience and a demonstrated career-long commitment to providing safe, patient-focused, and cost-effective healthcare. Compassionate medical professional dedicated to achieving positive outcomes and fostering trusting relationships with patients and their families. Enthusiastic advanced practitioner who is skilled at thinking critically and optimizing patient care by promoting a holistic approach to health and wellness, utilizing evidence-based disease prevention strategies. Seeking an outpatient nurse practitioner role in a supportive environment that emphasizes high-quality patient care.

Professional NP Experience

FAMILY PRACTICE / PRIMARY CARE

Highland Woods Health | August 2023 – January 2024

Provided comprehensive primary care services to diverse patient population, including preventive care, chronic disease management, and acute illness treatment.

- Performed comprehensive health histories and physical examinations in the pediatric, adult and geriatric population
- Conducted breast and pelvic exams, Pap smears, and STI testing
- Established diagnoses and managed medical treatments for patients with acute and chronic conditions including, but not limited to: COPD, diabetes, hyperlipidemia, hypertension, thyroid disorder, depression, anxiety, UTIs, obesity, and abdominal/musculoskeletal pain
- Provided pre-operative evaluations
- Conducted school, sports and employment physicals
- Ordered and interpreted laboratory, EKG, and radiologic testing
- Educated patients about preventative screenings and vaccinations
- Counseled patients on healthy lifestyle options, including proper diet and exercise, weight management, and smoking cessation
- Performed advanced clinical procedures, including ear lavage, suture removal, wound care
- Referred patients for specialty care when appropriate

NP Practicum / Internship Experience

FAMILY PRACTICE / PRIMARY CARE | 270 HOURS

Health for All, LLC | May 2022 – July 2022

Under Supervision of a Preceptor

- Performed comprehensive health histories and physical examinations in a primarily Brazilian patient population who only speak Portuguese
- Conducted school and employment physicals

Professional Skills

- Comprehensive health coaching to individuals and families across the lifespan
- Advanced health assessment and medication management
- Therapeutic and preventative interventions
- Astute to subtle changes in patient conditions
- Patient and family advocate
- Collaborative teamwork approach
- Excellent team communicator
- EKG, radiography, and laboratory interpretation
- Basic wound care
- Well woman exams
- STI testing, treatment, and counseling
- Disease prevention strategies
- Patient safety and education
- HIPAA compliance
- EMR systems and documentation (eClinicalWorks)

Personal Skills

- Reliable and professional
- Organized and efficient
- Multi-tasking and prioritization
- Critical and strategic thinker
- Empathetic and patient-focused
- Ethical decision-making
- Detail-oriented
- Self-motivated
- Adaptive learner
- Leadership
- Bilingual (English & Spanish)

Professional Affiliations

Member, *American Association of Nurse Practitioners*

Member, *Sigma Theta Tau International Honor Society of Nursing*

- Established diagnoses and managed medical treatments for patients with acute and chronic conditions including, but not limited to: COPD, diabetes, hyperlipidemia, hypertension, thyroid disorder, depression, anxiety, and musculoskeletal pain
- Ordered and interpreted laboratory, EKG, and radiologic testing
- Educated patients about preventative screenings and vaccinations
- Counseled patients on healthy lifestyle options, including proper diet and exercise, weight management, and smoking cessation
- Observed advanced clinical procedures, including toenail avulsion, foreign body removal, IUD placements, wound care, and suturing
- Referred patients for specialty care when appropriate

PEDIATRICS | 90 HOURS

Lake Pediatrics, PA | May 2022

Under Supervision of a Preceptor

- Performed comprehensive health histories and physical examinations for pediatric patients aged newborn to adolescent
- Established diagnoses and managed medical treatments of acute and chronic pediatric conditions including, but not limited to: acne, allergies, asthma, diabetes, viral illnesses, streptococcal infections, otitis media, gastrointestinal symptoms, urinary tract infections, and Covid-19
- Educated parents/caregivers about developmental milestones, proper diet and nutrition, and monitoring for abnormalities
- Recommended and administered vaccinations according to immunization schedule and CDC guidelines
- Referred patients for specialty care when appropriate

INTERNAL MEDICINE | 180.50 HOURS

Family Medical Centers | January 2022 – March 2022

Under Supervision of a Preceptor

- Performed comprehensive health histories and physical examinations in the adult and geriatric population
- Conducted breast and pelvic exams, Pap smears, and STI testing
- Established diagnoses and managed medical treatments for patients with acute and chronic conditions including, but not limited to: COPD, diabetes, hyperlipidemia, hypertension, thyroid disorder, depression, anxiety, and musculoskeletal pain
- Provided employment and DOT physicals
- Ordered and interpreted laboratory, EKG, and radiologic testing
- Educated patients about preventative screenings and vaccinations
- Counseled patients on healthy lifestyle options, including proper diet and exercise, weight management, and smoking cessation
- Performed advanced clinical procedures, including ear lavage and fluorescein staining
- Referred patients for specialty care when appropriate

URGENT CARE | 180.50 HOURS

Medfit Care, LLC | October 2021 – November 2021

Under Supervision of a Preceptor

- Performed comprehensive health histories and physical examinations for patients with various urgent care needs including, but not limited to:

COPD exacerbation, asthma, influenza, acute sinusitis, streptococcal infections, otitis media, urinary tract infections, sexually transmitted infections, Covid-19, and minor musculoskeletal injuries

- Ordered and interpreted laboratory, EKG, and radiologic testing
- Performed advanced clinical procedures, including ear lavage and Pap smears

Nursing Experience

Acute Care, Registered Nurse (PRN)

Corpus Christi Medical Center - Doctor's Regional | March 2021 - May 2021

Acute Care, Registered Nurse (PRN)

Corpus Christi Rehabilitation Hospital | January 2020 - June 2020

Perioperative & Post-Operative Unit, Lead Registered Nurse

Dr. YoungForever - Plastic Surgery and MedSpa | April 2018 - April 2019

Post-Acute Rehab, Registered Nurse (PRN)

Warm Springs at Thousand Oaks | February 2017 - May 2018

Acute Rehab Unit, Registered Nurse

North Central Baptist Hospital | May 2016 - September 2016
