

Martha Tesfahun

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ANCC Certified Family Nurse Practitioner

- ▶ 6+ years of experience as an emergency department RN, including charge nurse duties
- ▶ Family and patient-centered; uncompromising regard for high quality of care
- ▶ Proven ability to remain calm and make accurate decisions under vigorous and high-pressure circumstances
- ▶ Fluent in Tigrinya (Ethiopia & Eritrea) | BLS, ACLS, PALS, ENPC Certifications
- ▶ Member, The National Society of Leadership and Success
- ▶ Member, Nurse Practitioner Association of the District of Columbia

Education

- ▶ MS Degree in Nursing - Family Nurse Practitioner | THE CATHOLIC UNIVERSITY OF AMERICA | 2018
- ▶ BS Degree in Nursing | MARYMOUNT UNIVERSITY | 2013
- ▶ BS Degree in Biology | SALISBURY UNIVERSITY | 2010

Research:

GEORGE WASHINGTON UNIVERSITY, Institute for Biomedical Science IBS, Washington, DC

- ▶ Research study on “Estimating the prevalence of female genital mutilation (FGM) in the District of Columbia, Maryland and Virginia (DMV). To also examine OB/GYN and midwives’ knowledge and attitude on FGM and their level of preparedness when encountering these patients”.
- ▶ Submitted abstract and approved by Institute of Biomedical Sciences to present at “George Washington Research Day” 2014.

Medical Experience

Viemonde/ Washington Metropolitan Area Transit Authority, Arlington, VA | 2020 to Present

Occupational Health Nurse Practitioner

Documenting all employee injuries and illnesses within the workplace, treating injuries and illness for

employees, including follow-ups and referrals, monitoring health status of employees, serving gatekeeper for healthcare services.

INOVA URGENT CARE , Washington, DC | 2019 to Present

Urgent Care Family Nurse Practitioner

Collect current symptoms and detailed patient history to provide urgent care services in a high volume, fast paced setting. In addition, ordering and interpreting diagnostic testing's including labs, x-ray imaging and EKG interpretation.

- ▶ Perform procedures such as, staple and suture repair, splinting, I&D and wound care.

KAISER PERMANENTE, Washington, DC | 2015 to Present

Pre-operative/Post-operative Registered Nurse, Capitol Hill Outpatient Procedure Center: Gastroenterology | 2017 to Present

Assess, plan, and implement patient care before, during, and after surgical procedures. Anticipate potential care problems and collaborate with appropriate individuals during preoperative assessment.

- ▶ Worked on a unit that was short-staffed for six months; teamed up with staff and management to provide effective and safe patient care while maintaining a supportive environment.
- ▶ Transitioned to a new field with resilient attitude and supportive training.

Charge Nurse/Staff Nurse, Capitol Hill Urgent Care and Clinical Decision Unit | 2015 to Present

Managed >20 nursing staff and department workflow while transitioning to lead a demanding urgent care facility. Provide administrative support and excellent patient care. Initiate patient education plans.

- ▶ Used mediation skills to facilitate successful conflict resolution within the department.

HOLY CROSS HOSPITAL, Silver Spring, MD | 2011 to 2018

Emergency Department Registered Nurse | 2013 to 2018; Emergency Department Technician | 2011 to 2013

Collected current symptoms and detailed patient history when performing triage. Consulted with the healthcare team to assess, plan, implement and evaluate patient care plans. Managed advanced life support needs while stabilizing patients based on nursing standards and protocol. Initiated patient education plans.

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Medical Experience (cont.)

SUBURBAN HOSPITAL, Bethesda, MD | 2012 to 2013

Certified Nursing Assistant - Medical Surgical Unit

- ▶ Provided high quality patient care to assist RN's on the Medical Surgical unit.
- ▶ Took vital signs, temperature, EKG and blood pressure; assisted patients on ADL, obtained necessary lab specimens, treated wounds and placed casts.

Clinicals

CHILDREN'S MEDICAL CENTER - THEARC (Pediatrics) | Jan to May 2018 | 20 Clinical Hours

- ▶ Worked with newborns, toddlers, school-aged children, and adolescents.
- ▶ Educated parents in breastfeeding, nutrition, child safety and overall child development.
- ▶ Interpreted hearing and vision screening results.
- ▶ Conducted annual physicals.
- ▶ Successfully identified symptoms to manage acute and chronic conditions.

UNITY HEALTH CLINIC (Family Practice Care) | May 2017 to Jan 2018 | 80 Clinical Hours

- ▶ Implemented family medicine; made diagnoses, provided and monitored treatment regimens.
- ▶ Assessed chronic disease management (asthma, diabetes, and hypertension).

- ▶ Provided testing, treatment, education, and counseling for sexually-transmitted illnesses. Cultivated understanding and importance of family planning, birth control education and management.
- ▶ Ordered, reviewed labs and diagnostic tests; informed patients accordingly based on results.
- ▶ Generated differential diagnoses, allocated treatment regimens, and monitored success of treatments through evidence-based supported care

HOLY CROSS HOSPITAL, Emergency Department | Oct to Dec 2017 | 90 Clinical Hours

- ▶ Managed acute illnesses per evidence based care and clinic guidelines; treated walk-in patients with various symptoms and needs.
- ▶ Evaluated radiology reports and treated common urgent and nonemergency medical conditions in collaboration with emergency room attending nurse practitioners, physician assistances and physicians.
- ▶ Performed complete health history, physical exams, and proper wound management; ensured wounds were well vascularized, free of devitalized tissue, and clear of infection.
- ▶ Facilitated multiple cases simultaneously by prioritizing patient needs.
- ▶ Instituted evidence-based emergency care (suturing, digital hand block, cast and splinting, incision and drainage of abscess, pelvic exam).

INOVA PRIMARY CARE | Jan to May 2017 | 100 Clinical Hours

- ▶ Provided primary care for individuals by assessing patient history.
- ▶ Ordered, reviewed labs and diagnostic tests; informed patients accordingly based on results.
- ▶ Generated differential diagnoses; provided treatment regimens and monitored success of treatments through evidence-based supported care.
- ▶ Served as ongoing source of primary and preventive care.
- ▶ Initiate early detection and preventive health care service screens, education, and counseling.

Community Service

- ▶ Prevention before Cure, Monthly Health Workshops | 2013 to Present
- ▶ Shepherd's Table Homeless Shelter | 2012 to Present