

# Nnah, Chiamaka A

MSN, CRNP-PMH, RN

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## Education

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University of Maryland Eastern Shore Bachelor of Science in Biology	<b>2013-2017</b>
University of Maryland School of Nursing Clinical Nurse Leader, Master's in Nursing	<b>2017-2019</b>
Walden University. Post Master's Psychiatric Mental Health Nurse Practitioner Program	<b>2019-2021</b>

## Work Experience

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### **Building Blocks Healthcare LLC**

4000 Old Court Rd Suite 206

Pikesville, MD 21208

**07/2022- Present**

**Hours per week: 20**

Medical Director

**Telemedicine (CRNP-PMH)**

#### **Duties, Accomplishments and Related Skills:**

- Conduct psychiatric evaluations, including multi-axial diagnostic assessment and treatment planning
- Supervise all clinical services
- Provide psychiatric consultation to staff after business hours
- Ensure that coverage is available during absences
- Authorize any laboratory testing
- Authority and responsibility for assuring quality of services
- Provide clinical consultation and training
- Provide psychiatric treatment
- Medication training and education to stakeholders
- Supervise Nurse Practitioners
- Facilitate emergent evaluation and need for hospitalization
- Assist in obtaining medication samples
- Provide psychiatric documentation

### **Solus Health LLC**

1020 St Paul St

Baltimore, MD 21202

**03/2021 – Present**

**Hours per week: 15-20**

**Outpatient Clinic (CRNP-PMH)**

**Duties, Accomplishments and Related Skills:**

- Completes evaluation/assessments as well as implement treatment plans using evidence-based interventions.
- All documentation done before the end of each business.
- Provides medication management and titrations as required.
- Consults and collaborates with community resources.
- Presentations of research and development in areas of study.
- Provides direct clinical services including individual psychotherapy to patients as required.
- Each patient encounter and medical record to meet COMAR and CARF requirements.
- Provides training for ground and support staff as needed on an ongoing basis as needed.

**John Hopkins Hospital**

1800 Orleans St

Baltimore, MD 21287

**04/2022 – Present**

**Hours per week: 40**

**Adolescent Psychiatric Unit (Contract)**

**Duties, Accomplishments and Related Skills:**

- 15 bed acute care inpatient psychiatry unit and a 12 slot psychiatric Day Hospital for voluntary patients aged 5-17.
- Most commonly seen diagnoses include mood disorders, anxiety, psychosis, bipolar and adjustment disorders. In addition to mental illness, patients may also have medical comorbidities: asthma, diabetes, sickle cell, cancer, etc.
- Care for patients with feeding tubes, IVs, and who need to be catheterized. You would provide crisis intervention, stabilization, and appropriation of after-care appointments.
- Functions autonomously providing relationship-based care that promotes continuous, consistent, efficient and accountable delivery of nursing care using the nursing process with a favorable focus on patient experience.
- Identifies current and potential complex problems of specific patient populations, critically analyzes trends and changes in patient status, and plans appropriate interventions

**MedStar Harbor Hospital**

3001 South Hanover Street

Brooklyn, Maryland 21225

**12/2021 – 02/2022**

**Hours per week: 36**

**Adult Psychiatric Unit (Contract)**

**Duties, Accomplishments and Related Skills:**

- Contributes to the achievement of established department goals and objectives and adheres to department policies, procedures, quality standards, safety standards, and MedStar SPIRIT Values. Complies with governmental and accreditation regulations.
- Collects and analyzes significant patient's information that pertains to physical, psychological, socio-cultural, economic, spiritual, and life-style behaviors and efficiently leveraging available technology.
- Functions autonomously providing relationship-based care that promotes continuous, consistent, efficient and accountable delivery of nursing care using the nursing process with a favorable focus on patient experience.
- Identifies current and potential complex problems of specific patient populations, critically analyzes trends and changes in patient status, and plans appropriate interventions.
- Incorporates evidence-based practice and research into patient care delivery, with a focus on quality and safety.
- Serves as a patient advocate by independently communicating clinical concerns, including ethical decisions, in a timely manner to other members of the interdisciplinary team.

**Mary Washington Hospital**

1001 Sam Perry Blvd,

Fredericksburg, VA 22401

**06/2021 – 08/2021**

**Hours per week: 36**

**Adult Psychiatric Unit (Contract)**

**Duties, Accomplishments and Related Skills:**

- Direct and coordinate nursing care, including oversight of licensed and unlicensed personnel in any assigned or delegated tasks using the nursing process and interdisciplinary teamwork to achieve desired patient outcomes.
- Coordinate involvement of the patient, family and health team members in patient care, including patient/family teaching and discharge planning.
- Communicate and coordinate the plan of care and other pertinent information to/from other health care team members.
- Assist Leadership to define standards of excellence for patient care; participate in improvement of patient care services.
- Participate in, contribute to and integrate performance improvement into care delivery and participate in quality improvement activities.
- Participate in orientation of new permanent and temporary staff members.

- Act as point of contact on hospital and departmental policies and procedures to nurses and other health team members.
- Participate in daily operational activities necessary for safe patient/staff environment.
- Provide input to the Nurse Manager regarding unit needs.
- Participate in unit, departmental and hospital committees for formulation of nursing and hospital policies and procedures.
- Perform other duties as assigned.

### **Sheppard Pratt Health System**

6501 N Charles Street

Baltimore, MD 21204 United States

**01/2020 – 03/2021**

**Hours per week: 20-40**

**Male Adolescent Unit**

#### **Duties, Accomplishments and Related Skills:**

- Provide psychiatric and mental health nursing to a wide variety of patients with a psychiatric diagnosis, including many with co-morbid substance abuse, complex psychosocial and behavioral issues with complex medical conditions  
Identify an issue, analyze it, develop and implement interventions, and is responsible and accountable for all elements of the nursing process when providing/supervising direct patient care
- Provide patient and family education, psychiatric and medical triage of patients, performance of preventative health screenings, administration of immunizations, completion of mental, physical, and psychosocial assessments, crisis interventions, and administration of medications
- Provide care in a non-judgmental, non-discriminatory manner that is sensitive to the adult or elderly patient and family's diversity, preserving their autonomy, dignity and rights
- Prioritize, organize and complete his/her own assignment in a safe and timely manner
- Require periodic oversight, assistance in developing critical thinking skills and prioritizing patient care
- Direct others, share his/her knowledge, serve as a team leader and precepts new LPNs or nursing assistants
- Participate in unit based shared governance and performance improvement/safety initiatives
- Administer prescribed therapies using appropriate judgement; evaluation of therapies is persistent and timely
- Initiate referrals to other disciplines and/or services appropriately

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### **JD Staffing Agency**

16 Fusting Ave

Baltimore, MD 21228 United States

**11/2019 - 2020**

**Hours per week: 16**

## **Dementia/ Alzheimer (Memory Care Unit) Nurse**

### **Duties, Accomplishments and Related Skills:**

- The nurse cares for elderly patients by assessing and documenting vitals, administering medication, and discussing illnesses and treatments. They also assist with basic functions, such as bathing and eating, and connecting individuals with resources for treatments and improved care.
  - The nurse has specialized education and training in the care of individuals with dementia. Our consistent staffing model promotes relationships between staff and residents which provides a consistency that is so important to persons with dementia.
  - Knowledge of physiological changes, common pathophysiological disorders, unique needs, psychopharmacology, and behavioral management among older adults
  - Excellent communication and assessment skills
  - Knowledge of evidence-based information related to the care of older adults who have dementia and other mental health disorders  
Strong analytical and critical thinking skills
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## **Dependable Nursing Agency**

6310 Fair Oaks Ave

Baltimore, MD 21214 United States

**08/2019 - 05/2020**

**Hours per week: 12**

## **Community Health/Mental Health School Nurse**

### **Duties, Accomplishments and Related Skills:**

- The school nurse addresses the physical, mental, emotional, and social health needs of students and supports their achievement in the learning process.
- The school nurse strives to promote health equity, assisting students and families in connecting with healthcare services, financial resources, shelter, food, and health promotion. This role encompasses responsibility for all students within the school community, and the school nurse is often the only healthcare professional aware of all the services and agencies involved in a student's care.
- Providing health advice to school educational teams, such as the Committee on Special Education and the Individualized Educational Plan (IEP) team
- Provide behavioral health screening and basic behavioral health skills that include education about mental health and substance use disorders, psychotropic medication information, and cognitive behavioral skills.
- Recognize care coordination as a critical component of comprehensive behavioral health services and regularly make referrals and connect parents and children with school and community behavioral health resources.
- School nurses' regular contact with students allows them to provide ongoing assessment, monitor treatment compliance, and provide timely feedback to families, physicians and mental health professionals regarding a student's response to treatment, thus allowing for better medical management of behavioral health conditions and health outcomes

- Regularly provide educational programming to teachers, administrators, parents and guardians, and students about behavioral health concerns and assist with crisis intervention planning.
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### **Sinai Hospital**

2401 W Belvedere Ave, Baltimore, MD 21215

Baltimore, MD 21215 United States

**07/2019 - 01/2020**

**Hours per week: 40**

**Registered Nurse (Transition Mental Health Unit)**

#### **Duties, Accomplishments and Related Skills:**

- The ER department consists of a 53 bed Emergency Room that has 7 specialized emergency centers including a Level II trauma unit center. We will provide the best training and resources to those who have the desire to work for an emerging leader in ER services in the Baltimore metropolitan area.
- Provides safe, age-appropriate patient care, and function as advisor, resource, for patients and their families as a member of the patient care team.
- The nurses are usually assigned a caseload of patients and provide direct care to their patients, which includes facilitating social and emotional needs, supervising medication schedules and evaluating patient progress. These nurses may also collaborate with a variety of interdisciplinary professionals to determine and provide the best possible care for their patients. Educating the patients' family about them the conditions and how to create a supportive environment for the patients to return to for long-term care and recovery are also common duties.
- As many patients are hospitalized because they are a danger to themselves and others, nurses are responsible for maintaining a safe environment through the use of monitoring devices and restraining techniques where deemed necessary. Psychiatric unit nurses provide social support for patients by creating and encouraging patients to take advantage of opportunities such as support groups, social activities, and other therapeutic measures, as well as participating with patients where appropriate.
- Performs intake assessment, offers crisis intervention and provides input into the care of psychiatric patients. Within the context of a patient service culture, screens and assesses patients and develops care plans with final dispositions authorized by the Emergency Department MD and Mental Health Clinician.

## Certifications

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- NPI# 1205587284
- CDS# T622
- License# R239396

- BLS
- ACLS