

## CURRICULUM VITAE

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### **EDUCATION**

<u>Dates</u>	<u>Degree</u>	<u>Institution</u>
2013-2016	Doctor of Nursing Practice Family Nurse Practitioner	Colorado Mesa University Grand Junction, CO
2011-2013	Masters of Science in Nursing	Colorado Mesa University Grand Junction, CO
2000-2003	Bachelors of Science in Nursing	Mesa State College Grand Junction, CO
1998-2000	Associate's Degree in Science	Bismarck State College Bismarck, ND

### **LICENSURE**

2003-Present, RN, CO

2016-Present, APN CO

### **CURRENT CERTIFICATIONS**

2016	ANCC- Family Nurse Practitioner
2009	Certified Pediatric Nurse: Society of Pediatric Nurses
2007	Neonatal Resuscitation Provider
2004	Pediatric Advanced Life Support
2004	Emergency Nursing Pediatric Course
2000	Basic Cardiac Life Support

### **HONORS AND AWARDS**

2015	Nightingale Nominee Western Colorado Leadership, Advocacy, and Innovation.
2015	Nightingale Luminary Award Western Colorado Leadership, Advocacy, and Innovation
2013	Inductee Sigma Theta Tau International

### **EXPERIENCE**

2018-Present	Assistant Professor of Nursing Colorado Mesa University Grand Junction, CO Course development and instruction to MSN and DNP students in an online format teaching Pathophysiology, Rural Health Care, as well as traditional BSN students in Professional Development. Participate in department committee work including curriculum development.
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2016-Present	<p>Program Coordinator Lifestyle Medicine Children's Hospital Colorado, Aurora, CO</p> <p>Management of multidisciplinary childhood obesity program. Coordination of program operations across integrated specialty clinics including nutrition, cardiology, endocrinology, sleep, liver/GI, psychology, and bariatric surgery. Oversee and expand telemedicine opportunities. Indirect supervision of support staff such as administrative assistants, medical assistants, exercise physiologists, registered dietitians, and registered nurses. Recruitment and mentoring of new medical providers including physicians, fellows, physician assistants, and nurse practitioners. Hospital wide collaboration with key stakeholders including Child Health Advocacy team, and the Healthy Hospital team. Organize all objectives related to Lifestyle Medicine leadership. Coordinate the obesity lecture series for the medical campus. Medical education outreach to primary care. Evaluate and implement productivity goals and patient volumes.</p>
2016-Present	<p>Instructor Department of Pediatrics Section of Nutrition University of Colorado School of Medicine. Aurora, CO</p> <p>Medical evaluation and treatment of pediatric patients with severe obesity and associated co-morbid conditions in the Lifestyle Medicine tier one clinic. Coordinate patient care across the sub-specialty clinics. Evaluation of all patient referrals for Lifestyle Medicine.</p>
2013-2016	<p>Assistant Professor of Nursing Colorado Mesa University Grand Junction, CO</p> <p>Course development and instruction to MSN and DNP students in an online format teaching Health Promotion and Disease Prevention as well as traditional BSN students in Leadership and Management, Business of Healthcare, and Pediatrics. Participate in department committee work including curriculum development and collaboration with healthcare organizations. Participate in campus wide curriculum development in Essential Learning.</p>
2009-2016	<p>Regional School Nurse Specialist Colorado Dept. of Education Denver, CO</p> <p>Professional Development for school nurses related to chronic disease management. Asthma, Mental Health, Motivational Interviewing, and Childhood Obesity. Statewide program planning, development, presentation, and evaluation. Enhance coordination and collaboration between school district nurses throughout the state. Enhance and facilitate multidisciplinary teams to promote childhood obesity and school health. Data collection and analysis. Presentation developer and speaker at conferences in Colorado and nationally.</p>
2006-2015	<p>RN, Clinical Educator Pediatrics St. Mary's Hospital Grand Junction, CO</p> <p>Care of ill patients on pediatric and neonatal intensive care units. Clinical Educator for Pediatrics and NICU. Relief Clinical Nurse Manager. Daily unit staffing and attendance, and manage payroll. Facilitate continuing education and required competencies for nurses. Implementation of programs to promote professional development. Annual performance evaluations and education budget. Equipment purchase feasibility planning. Participate in hospital wide committees with department leaders. EPIC documentation system Core Trainer. High fidelity simulation training content expert, pediatric/neonatal. Quality improvement projects including LEAN process improvement, and multiple chart audits monthly. Pediatric ICU feasibility project. Hospital wide Wellness Committee.</p>
2006-2007	<p>RN, Nursing Clinical Instructor Mesa State College Grand Junction, CO</p> <p>Supervised nursing students in the clinical setting.</p>
2003-2006	<p>RN The Children's Hospital Denver, CO</p> <p>Care of acutely ill patients on the Neurotrauma, Neurosurgical and Orthopedic unit. Shift Charge nurse.</p>

2001-2003	RN, MA	Western Colorado Pediatric Associates	Grand Junction, CO
Assessment and chief complaint of pediatric patients. Administered Immunizations.			

### **PROFESSIONAL ORGANIZATIONS**

2015-present	American Association for Nurse Practitioners
2013-present	Sigma Theta Tau International
2009-present	Society of Pediatric Nurses
2008-2015	Colorado Organization for Nurse Leaders

### **LEADERSHIP ACTIVITIES**

2012	Healthy School Campaign: School Nurse Leadership Academy Local and National policy development and advocacy
2011	Colorado Center for Nursing Excellence: Frontline Leaders Leading a Quality Initiative
2009	Colorado Center for Nursing Excellence: Nurse Leadership Development Academy

### **ACADEMIC APPOINTMENT**

2018-present	Assistant Professor Colorado Mesa University School of Nursing, Department of Health Sciences
2016-present	Instructor University of Colorado School of Medicine, Department of Pediatrics, Section of Nutrition
2013-2016	Assistant Professor Colorado Mesa University School of Nursing, Department of Health Sciences

### **PRESENTATIONS**

2018	Children's Hospital Colorado Lifestyle Medicine Orientation	Aurora, CO
2018	Avista Adventist Hospital Grand Rounds Childhood Obesity and Cardiovascular Disease	Louisville, CO
2018	Poudre Valley Hospital Grand Rounds Childhood Obesity and Type II Diabetes	Ft. Collins, CO
2018	Lee University guest lecture Nursing Leadership and Health Promotion	Cleveland, TN
2018	Colorado School Nurse Orientation Childhood Obesity and Comorbidities	Webinar
2018	Pediatric Advanced Practice Conference Children's Hospital Colorado Childhood Obesity	Aurora, CO
2017	Lifestyle Medicine Program Overview for the Primary Care Provider	Denver, CO Broomfield, CO Lone Tree, CO Aurora, CO Denver, CO
2015	Colorado School Nurse Orientation, Signs and Symptoms of Child Abuse Healthy Lifestyles: Childhood Obesity Toolkit Confidentiality: HIPPA vs. FERPA Seizure Management	
2015	Colorado Health Coordinators Conference	Vail, CO

2014	School obesity intervention: CO pilot program Colorado School Nurse Orientation, Signs and Symptoms of Child Abuse Healthy Lifestyles: The Weight of the Nation Confidentiality: HIPPA vs. FERPA Seizure Management	Denver, CO
2014	Colorado Health Coordinators Conference	Breckenridge, CO.
2014	Pediatric education seminar: St. Mary's Hospital Hematology and Childhood Cancers Pediatric Diabetic Ketoacidosis	Grand Junction, CO
2014	Nurse Residency Graduation: St. Mary's Hospital Keynote Speaker	Grand Junction, CO
2014	West Central School Nurse Regional Meeting The Weight of the Nation	Grand Junction, CO
2013	Colorado Health Coordinators Conference Health Learner Model	Vail, CO.
2013	Colorado School Nurses Orientation Signs and Symptoms of Child Abuse Confidentiality: HIPPA vs. FERPA Seizure Management	Denver, CO
2012	Naturita High School Healthy Lifestyles for Students	Naturita, CO
2012	Colorado Regional School Nurse Update All Hands on Deck, Childhood Mental Health	Grand Junction, CO Durango, CO Montrose, CO Glenwood Springs, CO Steamboat Springs, CO
2012	National Association of School Nurses Conference, Colorado's Model for Healthy Students	San Francisco, CA.
2012	Colorado School Nurse Orientation Signs and Symptoms of Child Abuse Healthy Lifestyles Confidentiality: HIPPA vs. FERPA Seizure Management	Colorado Springs, CO
2011	Colorado Regional School Nurse Update Healthy Lifestyles=Healthy Learners	Grand Junction, CO Durango, CO Montrose, CO Glenwood Springs, CO Steamboat Springs, CO
2011	Colorado Health Coordinators Conference Healthy Lifestyles	Breckenridge, CO
2011	Colorado School Nurse Orientation Signs and Symptoms of Child Abuse Ear, Nose, and Throat: Assessment Confidentiality: HIPPA vs. FERPA Healthy Lifestyles=Healthy Learners	Colorado Springs, CO
2011	Colorado Association of School Nurses Conference, Healthy Lifestyles=Healthy Learners	Keystone, CO
2010	Colorado Regional School Nurse Update Asthma in the School-age Child	Grand Junction, CO Durango, CO Montrose, CO Glenwood Springs, CO Steamboat Springs, CO

### **COMMUNITY SERVICE**

- 2017-present Erie Single Track Advocates volunteer.
- 2013-2017 Colorado Plateau Mountain Bike Trail Association (COPMOBA) active member.
- 2012-2017 **We Can! Mesa County** childhood obesity intervention program volunteer.  
Activities include program analysis, data collection, and nutrition and physical activity education.
- 2010-2016 Holy Family Catholic School fundraising and event volunteer
- 2008-2016 Grand Junction Fire Department fundraising and event volunteer
- 2011-2013 Riverside Education Center: Board of Directors