

ONA L. RIDGWAY DNP, MSN, FNP, PMHNP

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Professional Summary

Highly qualified board-certified Family Nurse Practitioner and Psychiatric Nurse Practitioner with an emphasis in Primary Family Practice and Advanced Practice Psychiatric Nursing Care. I set high priority in building strong relationships with my community, patients', and their families. Acts as a patient advocate to achieve best outcome.

Undergraduate experience in Women's Health and Emergency Medicine.

Post graduate experience in Primary Care, Psychiatric and mental health care across the lifespan. Caring for the homeless and underserved/under-represented at-risk populations.

Doctorate in Nursing Practice with an emphasis on eliminating polypharmacy. ANCC board certified in Family Practice and Psychiatric Mental Health. Seeks opportunities to learn and expand knowledge base for practice.

2024 Regional Nightingale Award Recipient for a Nursing Led Care Team with Pathways Family Wellness Center. With recognition of outstanding quality of patient care, superior nursing skills and extraordinary compassion.

Skills

Preceptor for undergraduate and graduate nursing students.

Current role as Nursing professor with Colorado Mesa University School of Nursing.

Leadership skills. The ability to collaborate with community stakeholders.

Opened an Integrative Medical/Behavioral Health Practice for the Unhoused within Mesa County.

Woman's health

Emergency Medicine

Family Practice

Geriatric Care

Hospice Care

Mental Health Primary Care

EMDR training 2023 with ongoing certification.

Work History

Colorado Mesa University

July 2, 2024 - Present

Nursing Professor

Instructor of Nursing for the graduate and undergraduate Nursing program. Current classes assigned include graduate mental health and LPN to BSN Population Health and Gerontology. Current class load is online platform.

Colorado Mesa University- Now Mesa County Health Department

September 2020- Present

Visiting Professor/ Nurse Clinical Lead- Pathways Wellness Center

Primary and Psychiatric Nurse practitioner caring for the homeless population of our community. Preceptor of health science students for CMU to include nursing, physician assistant. Precepted medical residents from St. Mary's Family Practice Residency. Integration of a team approach in teaching future healthcare providers the importance of vulnerable populations.

Lifespan Psychiatry of Colorado

March 2023- Present

Diagnosis and treatment of mental health conditions across the lifespan. Special interest in high-risk adolescents, young adults and elderly. Medication management and EMDR therapy.

Certified Family Nurse Practitioner

October 2018-2022

Western Valley Family Practice – Fruita, Colorado

Primary Health care provider to include management of pharmacological and non-pharmacological treatment of various disorders and diseases throughout the lifespan. Critical thinking skills to manage patient needs. Focus on elimination of polypharmacy to improve the wellbeing of geriatric care and opiate use among our population. Member of Quality Improvement team. Active member of the practice Quality Improvement Team.

Hope West Hospice – Grand Junction Colorado

August 2015 to October 2018

Face to Face visits for Hospice eligibility. Patient symptom management to include review of goals and Advanced Care Planning and palliative care consultation. Management of multiple complex diagnosis and co-morbidities. Holistic approach to patient care to include family and support systems. Shared call with medical staff group. Team support for care management in long-term care facilities. Medication management and reconciliation. Patient and staff support and education.

Certified Family Nurse Practitioner.

June 20008 to July 2024

Western Valley Family Practice – Fruita, Colorado

Primary Health care provider to include management of pharmacological and non-pharmacological treatment of various disorders and diseases throughout the lifespan. Critical thinking skills to manage patient needs.

Certified Family Nurse Practitioner.

December 2004 to June 2008

Western Medical Associates – Grand Junction Colorado

Primary Care Nurse Practitioner in a Family Practice/ Internal Medicine Practice. Hospital Admission and Discharge of Hospital patients. Focus pediatric, adult, and geriatric population.

Education

2022-University of Colorado, Colorado Springs- Colorado Springs, Colorado. Completed Post Masters Certificate in Primary Mental Health.

2020 - Grand Canyon University- Phoenix, Arizona. Completed DNP Doctor of Nursing Practice

2004-University of Colorado Health Sciences - Denver, Colorado MSN Master of Science in Nursing- Family Nurse Practitioner

2001- Colorado State University Pueblo Colorado – Bachelor of Science in Nursing

Affiliations

St. Mary's Hospital, Grand Junction Colorado

ANCC

American Nurses Association

Colorado Nurses Association

Member of Sigma Theta Tau

Neuro Education Institute

Certifications

Registered Family Nurse Practitioner, Colorado License Number 99981

DEA prescriptive privileges 2005- present

ANCC 2020

BLS-2024

ACLS 2024

EMDR 2023

Accomplishments

2024 Regional Nightingale Award

Completion of MSN and Board certification with ANCC for Family Practice and Primary Mental Health.

Active member of my community and advocate for patients, particularly marginalized individuals.

Completion DNP -Focus on Polypharmacy in Community

Nursing leader- Started and piloted telehealth for Western Valley Family Practice. Nurse clinical Lead for Pathways Wellness Center which is Family and Behavioral health clinic embedded within a family homeless shelter. Advocate for high risk, vulnerable member of my community.