

## Curriculum Vitae

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### EDUCATION

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- 2017- 2021 Northwestern Oklahoma State University**  
Doctorate of Nursing Practice (DNP) Degree: Advanced Practice Registered Nurse
- 2010- 2012 Northwestern Oklahoma State University**  
Woodward, Ok  
Bachelor of Science in Nursing Degree: Registered Nurse
- 2005- 2009 Southwestern Oklahoma State University**  
Weatherford, Ok  
Bachelor of Science in Health Science Degree  
Minor: Psychology
- 2006 High Plains Technology Center**  
Certified Nurse's Aide License  
Certified Home Health Care Aide License
- 1999-2005 Mooreland High School**  
High School Diploma
- 2005 State FFA Degree**  
Oklahoma

### CERTIFICATIONS AND LICENSURE

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- Family Nurse Practitioner (FNP-CNP)
- Point of Care Ultrasound Certification for Gynecology and Obstetrics 2022-Present
- International Board Certified Lactation Consultant –2015-Present
- Neonatal Resuscitation Program Certified – 2012-Present
- Advance Cardiac Life Support Certified – 2013-Present
- Basic Life Support Certification -2006-Present

## WORK EXPERIENCE

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**2023-Present Northwestern Oklahoma State University**

**Woodward, Ok**

*Assistant Professor, Division of Nursing*

- Job Description: Teaching courses, teaching skills labs, holistic assessment lab, supervises clinical, plans and coordinates clinical placements, collaborates with community members and facilities. Sponsor for the Student Nurse's Association.

**2021-Present Oklahoma State Department of Health**

**District 1**

*Family Nurse Practitioner*

- Job Description: Assessment, diagnosis and treatment of patients through the local health departments and the mobile unit. Provided services to clients through child health, adult health and family planning programs. Provided lactation consultations. Education tailored to clients and families from all walks of life on various topics regarding his/her healthcare, based on most current evidence-based practices. Collaborate with mobile unit team, coordinating nurses, pharmacists, community health workers and more to provide comprehensive care to families.

**2015 - 2021 AllianceHealth Woodward**

**Woodward, Ok**

*International Board Certified Lactation Consultant/Childbirth Education Teacher*

- Job Description: 24 hours/week: Individual prenatal education/training for mothers/families, provide help with mother/infant on expected conditions that may interfere with breastfeeding, assist with latch-on difficulties, educate on techniques to families expecting multiples, educate and assist with re-lactation and induced lactation, day to day rounding on inpatients, follow-up calls to recent inpatients, meet with mother/infant dyad on outpatient basis to troubleshoot difficulties, provide anticipatory guidance, teach childbirth education course to expectant couples, provide in-service training to staff

**2012-2021 AllianceHealth Woodward**

**Woodward, Ok**

*Registered Nurse*

- Job Description: Labor and delivery charge nurse, manage laboring patients including sterile vaginal exams and medication administration, work with physicians, admission and discharge of patients, assessment and care of pregnant patients including high risk patients, assess fetal heart tones and contractions, postpartum assessment and care, newborn assessment and care, education to parents on caring for infants, managing pre-term labor patients, direct patient assignments to nurses, educate nursing staff, precept nursing students, collaborate with staff from all departments, communicate with family members, float to Intensive Care Unit and Medical Surgical Unit as necessary

**2011- 2012 AllianceHealth Woodward**

**Woodward, Ok**

*Nurse Technician*

- Job Description: Assisted with assessment of clients, initiate IV access, assisted with charting, assisted with patient care, worked with electric medical records and charting, interpreted cardiac monitors, interpret fetal heart tone and contraction strips, assisted with admission and discharge of clients, work 12 hours per shift, assisted with obstetrical checks, floated to Obstetrical and Labor and Delivery Unit, Intensive Care Unit, Medical Surgical Unit, and the Emergency Department

**2009 Town of Mooreland**

**Mooreland, Ok**

*Swimming Pool Manager*

- Job Description: Managed the local swimming pool by treating the pool water, hiring and maintaining lifeguards, collecting fees, providing concessions, discipline children, organizing pool parties, night swims and swimming lessons, documenting incidents, providing first aide treatment as needed, maintaining facility bathrooms and deck, organizing special swim races and coin dive

**2005-Presnt Smith & Company Auction and Realty**

**Mooreland, Ok**

*Administrative Assistant*

- Job Description: Coordinate Bidder activity for absent bidders, public relations, clerk auctions, check in buyers and seller, input data into computer, check out buyers, balance check business check books, communication with public, create auction flyers, develop mailing lists

**ACHIEVEMENT - HIGHLIGHTS**

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- Woodward News Best of the Best Nurse for 2021
- DNP Student Representative for the NWOSU Student Committee (2019-2021)
- Alicia Ogden Randall Scholarship recipient 2020
- AllianceHealth Woodward Employee of the Month (April 2019)
- AllianceHealth Woodward: Service Excellence Award Winner (2016)
- AllianceHealth Woodward: 10 Years of Service Award (2016)
- NWOSU Nursing- Leadership Award Recipient (2012)
- NWOSU Nursing- Nursing Excellence Award Recipient (2012)
- NWOSU Nursing-Outstanding Student Award Recipient (2012)
- Business Women of Oklahoma Scholarship Recipient (2011-2012)
- Woodward Regional Hospital Axillary Scholarship Recipient (2011-2012)
- American Association of University Women Scholarship Recipient (2011-2012)
- Northwestern Oklahoma State University - Student Nurses Association President (2011-2012)
- Research Presenter/Speaker at NWOSU Nursing Department Research Day (Fall 2011)
- NWOSU Student Nurse Association Mentor Program Committee Chair
- NWOSU Vice President's Honor Roll (2011)
- SWOSU Student Government Association-Secretary of Internal Affairs (2008-2009)
- SWOSU Student Government Association Senator (2007-2008)
- Cambridge Who's Who Registry Among Executive and Professional Women
- Mooreland High School: National and State FCCLA Public Speaking Gold Medal Winner for Career Investigation and Job Interview
- Mooreland High School: National and State FFA Gold Medal Team Member in Agricultural Communications

**EDUCATIONAL PRESENTATIONS**

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<i>Date</i>	<i>Title and Information</i>
2019	Human Lactation in a Fast Paced Society, Oral presentation, Student Nurses Association State Convention, Oklahoma Student Nurses Association, Norman, Ok
2021	Prenatal Breastfeeding Education, Breastfeeding Success and Postpartum Depression, Poster Presentation, State Convention, Oklahoma Nurses Association, Normal, Ok

## PROFESSIONAL MEMBERSHIPS

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- Sigma Theta Tau Member (since 2021)

## PROFESSIONAL SERVICE

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- Chair and Founding member of the Northwest Oklahoma Breastfeeding Coalition (2021)
- Student Nurse's Association Sponsor 2023

## ACADEMIC SERVICE TEACHING

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<i>Quarter or Semester, Date</i>	<i>Course title and number, credit hours</i>
Summer 2023	Introduction to Nursing, Lab, 3013
Fall 2023	Mental Health Nursing
Fall 2023	Adult 1 Clinical
Fall 2023	Holistic Assessment
Fall 2023	Mental Health Clinical

## ACADEMIC SERVICE

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<i>Dates</i>	<i>Committee Name</i>	<i>Role</i>
August 2023-Current	<i>NWOSU Division of Nursing Admissions Committee</i>	Member
August 2019-2021	<i>NWOSU Division of Nursing Student Committee</i>	Student Representative Member

## COMMUNITY SERVICE

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Domestic Crisis Center Board Member for NW Oklahoma 2020-2021

NW Oklahoma Breastfeeding Coalition Board Member, Chair 2021-Current