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EDUCATION / LICENSES / CERTIFICATIONS

Bachelor of Science in Nursing from University of Wyoming 1985

Master of Science in Health and Nutrition Education from Hawthorn University 2015

Multi-State Registered Nurse License (current)

Certified Diabetes Care & Education Specialist 2021 (current)

Certified Lactation Consultant 2018 (current)

Certified "Diabetes Prevention Program" Life Coach 2017 (current)

Certified Health Coach 2016 - 2021

Health/Nutrition Trainer for Department of Family Services 2007 - 2017

Certified Diabetic Educator 2001 – 2006

Certified Nurse's Aide Instructor 2000 - 2004

Certified AHA CPR / First Aid Instructor 1989 – 2020

Certified School Nurse 1889 – 1994, 2016 – 2021

PREVIOUS EMPLOYERS / JOB TITLES / RELEVANT ACCOMPLISHMENTS

Positive Patterns for Life in remote USA 2013 - Current

**Diabetes Educator / Weight Loss Coach / Holistic Nutrition Counselor /
Christian Health Coach**

Provide classes and one-on-one counseling for Type 2 Diabetes, Gestational Diabetes, and Prediabetes. Provide weight management programs, support groups, and one-on-one counseling for tweens and teens. Provide holistic weight loss programs, support groups, and one-on-one counseling for adults. Work with individuals of all ages, providing evidence-based natural interventions to support healing and optimal health.

Women Child and Family Development in Eastern Wyoming 2021 - 2026

Nutritionist for Head Start / Early Head Start Programs in 9 Counties

Counties Provide nutrition assessments for nutritionally compromised individuals (infants, young children, pregnant women, and new moms); Recommend nutrition interventions; Provide nutrition counseling for parents; Developed and implemented program to promote healthy weight children; Provide staff training; Review and revise meal/snack menus; Provide Lactation Counseling and Produce education videos for parents.

Baby Live Advice in remote USA 2021 - 2022

DSME Program Coordinator / Diabetes Educator Developed diabetes self-management education (DSME) program for Baby Live Advice per CDCES practice guidelines and California Diabetes and Pregnancy Program called "Sweet Success"; Provided diabetes self-management education and training for pregnant diabetic patients via telehealth; Provided prenatal counseling and lactation support; Collaborated with pregnancy providers and community services to ensure patients receive essential equipment and services.

Community Health Center of Central Wyoming in Lander/Riverton, WY 2019 - 2021

Pediatric Health and Nutrition Educator Implemented an evidence-based pediatric weight management program; Provide nutrition and lifestyle counseling for youth and their parents – working with ages 1 through 18 about weight related issues (overweight / obesity, type 2 diabetes, prediabetes, failure to thrive, anorexia).

Pediatric Clinic Nurse Performed physical assessment of pediatric patients (newborn through 18 years of age); Provided growth and development education for parents; Performed rapid lab testing in clinic (urinalysis, strep throat, influenza, RSV, pregnancy, stool, pertussis); Provided chronic disease management counseling for children and parents; Provided pediatric phone triage; Formed and maintained collaborative working relationships with community health and service organizations.

DSME Program Coordinator / Diabetes Educator Developed diabetes self-management education (DSME) program for Community Health Center of Central Wyoming per ADCES practice guidelines; Provide diabetes self-management education and training for diabetic patients via face-to-face and via telehealth; Collaborate with providers, pharmacies, healthcare agencies, and community services to ensure patients receive essential equipment and services.

Women-Infant-Child Nutrition Program, WY 2018 – 2019; 2023 - 2024

Nutritionist Performed nutritional assessment for clients (pregnant and postpartum women, infants and young children); Provided nutritional guidance; Determined supplemental food needs; Conducted health screenings and immunization checks; Facilitated referrals; Provided individual and group education in nutrition, breastfeeding and health issues; Prepared education materials; and Developed education and outreach initiatives.

Eastern Shoshone Tribal Health in Fort Washakie, WY 2017- 2018

Nurse Case Manager Supervisory position with direct oversight of the Tribal Health Chronic Disease Program and Youth Wellness initiatives; Developed policies and procedures for tribal health programs; Performed needs assessment on clients; Consulted with health professionals to facilitate coordination of care; Developed case management plans for clients; Provided emotional support and disease-management training to clients and their families (i.e. heart disease, chronic kidney disease, retinopathy, neuropathy, etc.); Coordinated and network with tribal, local, county, and state health programs and projects to promote availability of comprehensive healthcare services for people with chronic diseases; Developed and present health education programs for community.

Diabetes Program Coordinator / Diabetes Educator Developed diabetes case management program which included home-based DSME for Eastern Shoshone Tribe; Developed DSME curriculum for groups and taught classes; Performed diabetes care assessments and provided one-on-one DSME in client's homes; Chaired a multidisciplinary diabetes care team; Collaborated with Indian Health Services, Pharmacy, and dialysis unit to ensure continuity of care.

St. Stephens Indian School in Saint Stephens, WY 2016 - 2017

K – 12 School Nurse Provided health clinic for ill and injured students grades K-12; Monitored and ensured immunization compliance; Performed health screenings (vision, hearing, growth, nutrition, scoliosis, blood pressure); Chaired health curriculum committee K-12; Taught health lessons K - 11; Implemented infection control measures to manage outbreaks of infectious diseases; Conducted strep throat screening program fluoride swish program; Provided nutrition counseling; Wrote and implemented Individualized Health Plans for children with special health issues.

Fremont County Pediatric Clinic in Lander, WY 2013 – 2016

Pediatric Clinic Nurse See *Relevant Accomplishments* for this position listed under Community Health Center of Central Wyoming.

Pediatric Health and Nutrition Educator See *Relevant Accomplishments* for this position listed under Community Health Center of Central Wyoming.

Rendezvous Pediatrics in Riverton, WY 2011 – 2013

Pediatric Clinic Nurse See *Relevant Accomplishments* for this position listed under Community Health Center of Central Wyoming.

Lander Regional Hospital in Lander, WY 2010 – 2011

Infection Control Conducted surveillance of infectious diseases, outbreaks, and hospital acquired infections; Implemented infection control measures to manage outbreaks of infectious diseases; Monitored staff compliance with infection control measures; Provided staff education about infection control and prevention; Developed and implemented infection control policies and procedures; Worked collaboratively with county and state health offices; Complied with regulatory agencies (JAHCO, APIC, CDC, State of Wyoming); Collaborated with construction crew to prevent construction related hospital acquired infections during hospital renovation; Chaired Infection Control committee; Active member of hospital and county emergency/pandemic preparedness teams.

Employee Health Nurse Monitored/managed adult immunizations for employees; Monitored/implemented employee TB screening; Promoted/provided Influenza vaccinations; Provided blood borne pathogen post exposure management and follow up; Provided a program for injured employees; Tracked employee illnesses and outbreaks; Developed and implemented a wellness promotion program for employees.

Clinical Education Coordinator Provided new employee trainings; Provided annual staff competency trainings; Developed and presented trainings based on education needs identified via quality compliance assessments.

Wyoming Child and Family Development, Inc. in Eastern Wyoming 2006 - 2010

Health, Nutrition, and Safety Coordinator for Head Start Administrative position in a large Head Start organization for which I provided over site and management of health, nutrition and safety programs for 12 early childhood centers in eastern Wyoming which included 200 staff members, approximately 600 children (age birth to 5) and pregnant women; Monitored organization wide immunization compliance; Managed Comprehensive health screening program for infants and young children and performed the following screenings - hemoglobin, growth, nutrition, lead poisoning, blood pressure, vision, hearing, and dental; Performed physical assessments during home visits for newborns; Wrote and implemented care plans for children with special health needs; Developed/implemented a lead blood screening program for children ages 12 months through 5 years; Performed on-site monitoring/inspections for health services, nutrition services, food safety, and safety inspections at Early Head Start and Head Start centers; Wrote/revised policies pertaining to health, nutrition and safety needs of young children and pregnant women; Conducted county wide Health Advisory Council Meetings which focused on health needs of children in the county and involved all health care providers and organizations, and service organizations; Managed employee health program which included adult immunizations, employee injuries, and employee safety; Presented multiple educational trainings/seminars for parents and staff at a local level, organization wide, state conferences, and at a national conference – topics included childhood obesity, health, nutrition, wellness promotion; Developed comprehensive program to promote healthy weight children – roll out of program included training 200 staff and provided parent trainings.

Laramie Medical Clinic in Wheatland, WY 2000 - 2006

Clinical Diabetes Care & Education Specialist Developed and implemented a diabetes clinic program that combined annual diabetes exam with annual self-management patient education. The program was titled Diabetes Smart Care Clinic; Worked collaboratively with physicians to perform comprehensive diabetes exams while concurrently providing DSME review.

Platte County Memorial Hospital in Wheatland, WY 1993 - 2006

Multi-Department Staff Nurse (1993 – 1999) Included Obstetrics, Medical/Surgical, Emergency Room, and Intensive Care nursing.

Care Coordinator (2000 – 2003) Performed discharge needs assessments and developed discharge plans of care; Collaborated with healthcare team, healthcare agencies and family members to ensure smooth transition of care after discharge; Provided disease management education to patients; Worked with insurance companies to facilitate optimal reimbursement for patients; Chaired multidisciplinary care management team for the county.

Clinical Care Pathway Project Manager (2002 – 2006) Developed and implemented 34 disease/condition specific clinical care pathways and documentation tools for nursing/medical staff which included patient education handouts/resources for every disease/condition; Provided ongoing oversight after program implementation; Facilitated continuous

Platte County Memorial Hospital continued

quality improvement team for the program.

Diabetic Educator (1998 – 2006) Developed diabetes self-management program for Platte County Memorial Hospital; Received recognition from American Diabetes Association for program excellence; Provided one-on-one counseling for diabetic patients and their families; Wrote and received 3 grants; Provided diabetes management trainings to nurses and doctors (locally and state wide); Provided insulin management and insulin pump training; Provided consultation to hospitals across the state in regards these facilities attaining ADA recognition for their DSME programs; and Provided multiple diabetes presentations during county, regional, and state conferences.

Infection Control (2003 – 2006) See *Relevant Accomplishments* for this position listed under Lander Regional Hospital.

Employee Health Nurse (2003 – 2006) See *Relevant Accomplishments* for this position listed under Lander Regional Hospital.

Skin/Wound Care Program Manager (2003 – 2006) Developed/implemented comprehensive (prevention & treatment) skin/wound care program for acute and long term care patients (included patient education materials); Developed and presented multi-session skin/wound care staff education program; Team leader for wound care team; Provided wound care for patients.

Platte County School District #2 in Guernsey, WY 1986 - 1993

K – 12 School Nurse See *Relevant Accomplishments* for this position listed under Saint Stephens Indian School.

Libby Elementary School in Wheatland, WY 1986

Elementary School Nurse Provided health clinic for ill and injured children grades K – 3; Monitored and ensure immunization compliance; Performed health screenings (vision, hearing, growth, nutrition); Conducted strep throat screening program.

Community Hospital in Torrington, WY 1885 – 1986

Multi-Department Staff Nurse Included Obstetrics, Medical/Surgical floor, and Emergency Room.