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## EDUCATION

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<b>University of Pennsylvania, School of Nursing – Philadelphia, PA</b>	1979-1980
Master of Science in Nursing, Family Nurse Practitioner	
<b>University at Buffalo, School of Nursing – Buffalo, NY</b>	1973-1977
Bachelor of Science in Nursing, Summa Cum Laude	

## HONORS & AWARDS

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<b>Fellow of the American Association of Nurse Practitioners</b>	2012 to Present
The FAANP Program was established in 2000 to recognize NPs who have made outstanding contributions to healthcare practice, research, education, and/or policy and to facilitate leadership within the NP profession.	
<b>NP Entrepreneurs of the Year Spirit Award</b>	2024
Exemplifying the merits of entrepreneurship. Selected as the first annual award winner.	
<b>Seattle Met Magazine Top Nurse Practitioners</b>	2012 to 2020
Top providers selected by area health professionals.	
<b>Best of Kent, "Physician"</b>	2010 to 2012, 2014, 2017, 2019
<b>WSNA, Best Practice</b>	2019
Washington State Nurses Association, Professional Nursing & Health Care Council Recognition Award. Presented to an individual to recognize best practice in the daily care of patients.	
<b>Washington Health Alliance</b>	2018
Patient experience award given to the top 4 clinics out of 351 across the state of Washington. WA Leaders in Health Care Awards published in the Seattle Business Magazine.	
<b>University at Buffalo Distinguished Alumni of the Year</b>	2011
<b>Who's Who of American Women</b>	2000 to 2006
<b>University of Washington, Outstanding Preceptor</b>	2004
<b>Who's Who in Medicine &amp; Healthcare</b>	2002
<b>Who's Who in America in the West</b>	1992 to 2000
<b>Washington State Award for Excellence, American Association of Nurse Practitioners</b>	1999
Given annually to an individual NP in each state who has demonstrated excellence in NP clinical practice.	
<b>National Directory of Who's Who in Executives &amp; Professionals</b>	1996 to 1997
<b>International Who's Who of Professionals</b>	1996
<b>Who's Who Among Outstanding Business Executives</b>	1996
<b>2000 Notable American Women</b>	1995
<b>University of Washington, Outstanding Preceptor</b>	1993
<b>Who's Who in American Nursing</b>	1993 to 1994
<b>ARNPs United Leadership Award</b>	1992
<b>Sigma Theta Tau</b>	1977 to 1995

<b>Professional Nurse Traineeship</b>	1979 to 1980
<b>Anne Walker Sengbusch Leadership Award</b>	1977
<b>Nursing '76 "Innovations in Nursing" Scholarship</b>	1976
<b>Who's Who in American Colleges and Universities</b>	
<b>Outstanding Young Women of America</b>	

## *ACADEMIC APPOINTMENTS & AFFILIATIONS*

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<b>Pacific Lutheran University – Tacoma, WA</b>	2023 to Present
<b>Graduate Faculty</b>	2023 to Present
Teaching DNP students as primary faculty for the following courses	
N704 Policy & Politics: Implications for Health Care	2023 to Present
N705 Clinical Resource Management	2023 to Present
N770 Procedures and Diagnostics	2023 to Present
<b>NNPEN Conference Co-chair</b>	2025
<b>University of Washington – Seattle, WA</b>	1987 to 2022
<b>Clinical Faculty</b>	1987 to 2002
Working with MSN & DNP students in the family nurse practitioner program as a clinical preceptor.	
<b>Co-chair Pacific NW Primary Care &amp; Advanced Practice Conference</b>	1987 to 2020
Co-chair of the largest advanced practice conference in the Pacific NW. Responsible for guiding conference development, speaker selection, and interfacing with UW CNE staff.	
<b>Highline College – Des Moines, WA</b>	2009 to 2022
<b>Preceptor</b>	
Working with undergraduate nursing students in AA program to offer a glimpse of what APRNs do.	
<b>Seattle Midwifery School – Seattle, WA</b>	1990 to 1991
<b>Clinical Preceptor</b>	
Working with direct entry midwifery students.	
<b>Rutgers State University – Camden, NJ</b>	1982 to 1983
<b>Adjunct Clinical Faculty</b>	
Clinical preceptor for nursing students in a BSN program.	
<b>Thomas Jefferson University – Philadelphia, PA</b>	1982 to 1983
<b>Adjunct Clinical Faculty</b>	
Clinical preceptor for nursing students in a BSN program.	

## *PRESENTATIONS*

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A Clinician's Guide to Reproductive Health in Turbulent Times. ARNPs United 1<sup>st</sup> Annual APRN Conference:  
 "IUDs and You: The Ultimate Guide to Pain-Free Insertions!" (Workshop)  
 Tacoma, WA October 2023

University of Washington. Pacific Northwest 45<sup>th</sup> Annual National Conference: Advanced Practice in Primary & Acute Care:  
 "Uterine Blocks, Biopsies and IUDs: What's a Cervix to Do?" (Workshop)  
 Seattle, WA October 2022

University of Washington. Pacific Northwest 42<sup>nd</sup> Annual National Conference: Advanced Practice in Primary & Acute Care:  
 "Uterine Blocks, Biopsies and IUDs: What's a Cervix to Do?" (Workshop) Seattle, WA October 2019

University of Washington. Pacific Northwest 41<sup>st</sup> Annual National Conference: Advanced Practice in Primary & Acute Care:  
 "Uterine Blocks, Biopsies and IUDs: What's a Cervix to Do?" (Workshop)  
 "Cutting Up: Biopsy Techniques for Skin Including Genital Lesions and Sebaceous Cysts" (Workshop)  
 Seattle, WA October 2018

University of Washington. Pacific Northwest 40<sup>th</sup> Annual National Conference: Advanced Practice in Primary & Acute Care:  
 "Uterine Blocks, Biopsies and IUDs: What's a Cervix to Do?" (Workshop)  
 "Cutting Up: Biopsy Techniques for Skin Including Genital Lesions and Sebaceous Cysts" (Workshop)  
 Seattle, WA October 2017

University of Washington. Pacific Northwest 39<sup>th</sup> Annual National Conference: Advanced Practice in Primary & Acute Care: "Uterine Blocks, Biopsies and IUDs: What's a Cervix to Do?" (Workshop) Rated 4.6/5 39 participants Seattle, WA October 2016

University of Washington. Pacific Northwest 37<sup>th</sup> Annual National Conference: Advanced Practice in Primary & Acute Care: "Uterine Blocks, Biopsies and IUDs: What's a Cervix to Do?" (Workshop) Seattle, WA November 2015

University of Washington. Pacific Northwest 38<sup>th</sup> Annual National Conference: Advanced Practice in Primary & Acute Care: "Sensitive Area Biopsy" (Workshop)  
"IUD, Endometrial Biopsy and Cervical Blocks" (Workshop) Seattle, WA October 2014

University of Washington. Pacific Northwest 37<sup>th</sup> Annual National Conference: Advanced Practice in Primary & Acute Care: "Suturing Survival Skills: What Knot to Do" (Workshop) Seattle, WA October 31 – November 2, 2013

University of Washington. Pacific Northwest 36<sup>th</sup> Annual National Conference: Advanced Practice in Primary & Acute Care: "When, How, Why, and Which Lesions to Biopsy?" (Workshop) Seattle, WA October 2012

University of Washington. Pacific Northwest 35<sup>th</sup> Annual Conference for Primary Care Practitioners: "When, How & Why to Biopsy Which Lesions?" Seattle WA October 2011.

American Academy of Nurse Practitioners 2011 Annual Conference. "Vulvar Biopsies" Las Vegas NV June 2011

University of Washington Family Nurse Practitioner Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA October 2011.

University of Washington Family Nurse Practitioner Program. "Intro to Suturing: What Knot to Do?" Seattle WA May 2011.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Advanced Suturing Techniques" Seattle WA October 2010.

Kent Sorooptimists. "Screening for Cancer" Kent, WA September 2010.

University of Washington Family Nurse Practitioner Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA August 2010.

University of Washington Family Nurse Practitioner Program. "Intro to Suturing: What Knot to Do?" Seattle WA May 2010.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "When, How & Why Biopsy Which Lesions" Seattle WA November 2009.

University of Washington Family Nurse Practitioner Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA August 2009.

University of Washington Family Nurse Practitioner Program. "Introduction to Surgical Procedures Office Based." Seattle WA May 2009.

University of Washington Family Nurse Practitioner Program. "Starting a Private NP Practice." Seattle WA March 2009.

Auburn Riverside High School. Asthma Overview 12<sup>th</sup> Grade Health Class May 2009.

Kent Sorooptimists. "Heart Health for Women" Kent, WA February 2009.

University of Washington Family Nurse Practitioner Graduate Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA January 2009.

University of Washington Family Nurse Practitioner Graduate Program. "Suturing: What Knot to Do." Seattle WA December 2008.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "When, How & Why Biopsy Which Lesions" Seattle WA November 2008.

American Society of Hypertension: Hypertension for the Primary Care Clinician. "Beta Blockers" New Orleans, LA May 2008.

University of Washington Family Nurse Practitioner Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA February 2008.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "When, How & Why Biopsy Which Lesions" Seattle WA November 2007.

University of Washington Family Nurse Practitioner Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA February 2007.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Sensitive Biopsy Techniques." Seattle WA October 2006.

University of Washington Family Nurse Practitioner Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA February 2006.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Basic Suturing Techniques." Seattle WA October 2005.

NCNP National Conference. "Basic Suturing" & "Punch Biopsies & Other Surgical Procedures." Orlando, FL May 2005.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Advanced Suturing Techniques." Seattle WA September 2004.

ACNP National Conference. "Basic Suturing" & "Genital Biopsies." Cincinnati, OH October 2003.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Advanced Suturing Techniques." Seattle WA October 2003.

University of Washington Family Nurse Practitioner Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA February 2003.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Advanced Suturing Techniques." Seattle WA September 2002.

University of Washington Family Nurse Practitioner Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA January 2002.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Advanced Suturing Techniques." Seattle WA September 2001.

University of Washington / Seattle King County Jail. "Dermatology Update: Evaluating Rashes." Seattle WA March 2001

University of Washington Family Nurse Practitioner Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA January 2001.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Advanced Suturing Techniques." Seattle WA September 19, 2000.

ACNP National Clinical Symposium, Suturing, What Knot To Do? Salt Lake City, UT, September 2000.

ACNP National Clinical Symposium, Cut Punch and Scrape, Sharpen Your Biopsy Technique, Salt Lake City, UT, September 2000.

University of Washington / Seattle King County Jail. "Dermatology Update: Evaluating Rashes." Seattle WA March 2000

University of Washington Family Nurse Practitioner Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA February 2000.

University of Washington Family Nurse Practitioner Program. "Dermatology Update: Evaluating Rashes." Seattle WA December 1999.

ACNP National Clinical Symposium, Suturing, What Knot To Do? Nashville, TN, October 7, 1999

ACNP National Clinical Symposium, Cut Punch and Scrape, Sharpen Your Biopsy Technique, Nashville, TN, October 9, 1999

ACNP National Clinical Symposium, IUD Insertion Workshop, Nashville, TN, October 8, 1999

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Basic Suturing." Seattle WA September 25, 1999.

University of Washington / Seattle King County Jail. "Dermatology Update: Evaluating Rashes." Seattle WA April 1999

University of Washington Family Nurse Practitioner Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA February 1999.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Advanced Suturing." Seattle WA September 19, 1998.

University of Washington / Seattle King County Jail. "Dermatology Update: Evaluating Rashes." Seattle WA February 1998

University of Washington Family Nurse Practitioner Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA February 1998.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Basic Suturing." Seattle WA October 25, 1997.

University of Washington / Seattle King County Jail. "Dermatology Update: Evaluating Rashes." Seattle WA February 1997

University of Washington Family Nurse Practitioner Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA February 1997.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Advanced Suturing Techniques." Seattle WA October 26, 1996.

University of Washington / Seattle King County Jail. "Dermatology Update: Evaluating Rashes." Seattle WA September 1996

University of Washington Family Nurse Practitioner Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA March 1996.

University of Washington / Seattle King County Jail. "Dermatology Update: Evaluating Rashes." Seattle WA March 1996

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Basic Suturing Techniques." Seattle WA November 3, 1995.

University of Washington / Seattle King County Jail. "Dermatology Update: Evaluating Rashes." Seattle WA May 1995

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Advanced Suturing Techniques." Seattle WA October 15, 1994.

University of Washington Family Nurse Practitioner Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA May 1995.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Basic Suturing Techniques." Seattle WA November 6, 1993.

University of Washington / Seattle King County Jail. "Dermatology Update: Evaluating Rashes." Seattle WA May 1993

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Beyond The Basics or What Knot To Do." Seattle WA October 31, 1992.

University of Washington / Seattle King County Jail. "Dermatology Update: Evaluating Rashes." Seattle WA July 1992

American Academy of Nurse Practitioners Annual Conference. "Suturing and Wound Management." Co-instructor. Washington, DC. June 1992.

University of Washington, Graduate Nursing Faculty. "Dermatology Update: Evaluating Rashes." Seattle WA September 1991.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Introduction to Suturing and Wound Management." Seattle WA November 8, 1991.

American Academy of Nurse Practitioners Annual Conference. "Suturing and Wound Management." Co-instructor. Portland, OR. May 1991.

University of Washington Family Nurse Practitioner Program. "Private Practice as a Nurse Practitioner" Seattle WA January 31, 1991

Bellevue Community College, Continuing Nursing Education. "Wound Management and Suturing." Co-instructor of two day workshop. Bellevue, WA March 1991.

Bellevue Community College, Continuing Nursing Education. "Wound Management and Suturing." Co-instructor of two day workshop. Bellevue, WA September 1991.

University of Washington. Pacific Northwest Annual Conference for Nurse Practitioners: Primary Care in the 1990's. "Introduction to Suturing and Wound Management." Seattle WA November 8, 1990.

Contemporary Forums. Nursing Challenges in Family Healthcare. "Office Emergencies: Don't Push the Panic Button." Anaheim, CA. October 11, 1990.

Contemporary Forums. Nursing Challenges in Family Healthcare. "Case Studies in Family Practice." Anaheim, CA. October 11, 1990.

American Academy of Nurse Practitioners Annual Conference. "Introduction to Suturing," Kansas City, Missouri. September 1990.

Bellevue Community College, Continuing Nursing Education. "Wound Management and Suturing." Co-instructor of two day workshop. Bellevue, WA March 16-17, 1990.

University of Washington. Pacific Northwest Annual Conference for Nurse Practitioners: Primary Care in the 1990's. "HPV: A Warty Problem." Seattle WA November 16-18, 1989.

University of Washington. Pacific Northwest Annual Conference for Nurse Practitioners: Primary Care in the 1990's. "Introduction to Suturing and Wound Management." Seattle WA November 16-18, 1989.

Bellevue Community College, Continuing Nursing Education. ADVANCES: Clinical Topics & Pharmacology. "Human Papillomavirus Disease: Current Pharmacologic Approaches". Bellevue, WA October 20, 1989.

American Academy of Nurse Practitioners. Different Roles: Common Goals. "Condylomata: A Warty Problem." Philadelphia, Pennsylvania. June 3, 1989.

Bellevue Community College, Continuing Nursing Education. "Wound Management and Suturing." Co-instructor of two day workshop. Bellevue, WA March 17-18, 1989.

Uniformed Nurse Practitioner Association Symposium. "Private Practice: Are You Sure You Want to do This?" Norfolk, Virginia. June 13, 1988.

Seattle University School of Nursing. "Experts in Action: A Look at Your Future" panel presentation. January 24, 1987.

Kent School District. "Infectious Diseases in School". Presentation to class for Health Office Aides, October 1986.

Pennsylvania Nurses' Association, Nursing East 1984. "Issues in Male Reproductive Health". October 24, 1984.

Nurse Practitioner: Power Potential. Panel discussion: "Consumer Marketing". Carlisle, Pennsylvania. September 8, 1984.

Pennsylvania Nurses' Association, Nursing East 1983. "Patient Education Handouts: A Cataloguing System to Save Time". June 8, 1983.

Fire College Weekend, 1981. "Management of Disasters". August 8, 1981.

University of Pennsylvania, Primary Care Program. "Diaphragm Fitting and Selection: A Presentation for Health Care Providers". Slide-tape programmed learner in Medical School Library. July 1981.

Pennsylvania Health Services Council, Emergency Four Conference. "Shelter Management & Evacuation". June 12, 1981.

State University of New York at Buffalo, School of Nursing. Video taped lecture and handouts on Basic Life Support. November 1977.

## *PUBLICATIONS*

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### **ARNP Care**

Publisher and founder of the monthly newsletter to Washington State ARNPs, July 1989 to 2015

Co-Editor, July 1990 to 2015

Co-Editor, (now a biweekly publication) January 2023 to Present

**NP Central ([www.npcentral.net](http://www.npcentral.net))**

Editor 1994 to 2018.

**Adult Primary Care**

Edited by Meredith and Horan, Co-author of chapter: *Policy, Issues, and Trends Affecting Practice*, 2000

**Nurse Practitioner's Drug Handbook, 3<sup>rd</sup> Edition**

Forward by Linda Pearson, Clinical Consultant, 2000, 1998

**Advance for Nurse Practitioners:**

Workplace Question & Answer Guest Columnist, September 1997, Volume 5(9)

**Nurse Practitioner News:**

Co-Author of "Net Walker" a computer column published every other month, Sept. 1995 to 1996

**The Nurse Practitioner:**

Contributing Editor, April 1992 to December 1996

Editorial Board, July 1992 to present

Co-Editor of "Nurse Practitioner Abstracts," a monthly column, July 1991 to December 1996

Co-Author of "Practice Issues," a bi-monthly column, February 1996 to December 1996

**Journal of the American Academy of Nurse Practitioners**

Marketing and Management Columnist in quarterly journal, January 1989 to March 1990:

"Marketing: An Issue of Particular Relevance to Nurse Practitioners." 1(1), 1989.

"Quality Assurance for Office Laboratories." 1(2) 1989.

"Marketing Techniques: In Print." 1(3), 1989

"Hospital Privileges: Who Needs Them?" 1(4), 1989.

"Marketing Techniques: In Person." 2(1), 1990.

**Clinical Abstracts For Nurse Practitioners**

Editor of bimonthly publication, September 1989 to August 1990.

*PROFESSIONAL MEMBERSHIPS*

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University of Washington Continuing Nursing Education Planning Committee 1989 to 2020

For the Pacific Northwest Annual Conference for Primary Care Practitioners

Co-Chair of conference hosting up to 1000 Advanced Practice Nurses yearly.

American Nurses' Association 1977 to Present

ANA Council of Primary Health Care Nurse Practitioners, 1983 to 1988

American College of Nurse Practitioners (merged with AANP) 1993 to 2014

American Association of Nurse Practitioners; member 5/1985 to Present

Previously, the American Academy of Nurse Practitioners

Washington State Representative, 1988 to 1991

Region 10 Board Member, 1986 to 1988

Recording Secretary, May 1985 to May 1986

Steering Committee, May 1984 to May 1985

Chairperson, Bylaws Committee May 1984 to May 1985

ARNPs United of Washington, 1993 to present

Treasurer 2012 to 2014

ARNPs United Silent Auction Committee Chair, 1992 & 93

Associated Washington Nurse Practitioners, 1990 to 1994

Sigma Theta Tau, Xi Chapter 1976 to 1995

Washington State Nurses' Association, 1985 to Present

Healthy Kids WA State WSNA Representative, 1994 to 1995

Ad Hoc Committee on Medicaid Reimbursement for ARNPs, Chair, 1988 to 1991

WSNA Ad Hoc Committee on Home Care, member, 1985 to 1986

*King County Nurses' Association, 1985 to Present*

*Legislative Committee member 1985 to 1987;*

*Nurse Practitioner Special Interest Group member 1985 to 1992;*

*Nurse Practitioner Special Interest Group Legislative Committee; member 1985 to 1990,*

*Chairperson 1987 to 1990.*

*New York State Nurses Association Member*

*1977 to 1979*

*Bellevue Community College,*

*1986 to 1987*

*Planning Committee, Continuing Nursing Education,*

*Pennsylvania Nurses' Association,*

*1979 to 1985*

*Third-Party Reimbursement Task Force Member, January 1984 to December 1984*

*Primary Care Clinicians and Practitioners of Philadelphia,*

*1980 to 1984*

*Vice-Chairperson, 1981 to 1982*

*Chairperson, 1982 to 1983*

*Third-Party Reimbursement Task Force Member, 1982 to 1984*

*American National Red Cross*

## *EXPERIENCE*

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***FamilyCare of Kent a dba of MB2K, LLC – Kent, WA***

***2005 to 2022***

***Family Nurse Practitioner*** – Full-time (2005-2022)

***Managing Partner*** – Full-time (2005-2022)

Responsible for overall supervision of a 4-5 NP practice, providing care as a family nurse practitioner, practice management, and additional duties as required.

***Stryker FamilyCare – Kent, WA***

***2000 to 2005***

***Family Nurse Practitioner*** – Part-time

***Group Director*** – Part-time

Full-time position providing primary family-oriented care to a caseload of patients as a family nurse practitioner and responsible for clinic operations at 3 FamilyCare Clinics.

***Valley Medical Center, Kent Primary Care Clinic – Kent, WA***

***1996 to 2000***

***Family Nurse Practitioner*** – Full-time

Full-time position providing primary family-oriented care to a caseload of patients as a family nurse practitioner.

***Health Connections a dba of Health & Medical Care, PS – Kent, WA***

***1985 to 1996***

***Family Nurse Practitioner*** – Part-time position January 1985 to May 1988. Full-time thereafter.

Provide primary family-oriented care to a caseload of patients as a family nurse practitioner.

Administratively responsible for all aspects of center operations.

***President*** – Co-founder and developer of three business entities

- Health Connections - a comprehensive health and medical practice using family nurse practitioners to provide a full spectrum of primary care to clients of all ages, January 1985 to April 1996. (Sold to Valley Medical Center)
- Nurse Practitioner Support Services - a company providing information for and about nurse practitioners.
- Internet Wizards - a company providing internet services for businesses, nurse practitioners and the general consumer.

***Virginia Mason Clinic – Seattle, WA***

***6/1987 to 5/1988***

***Family Nurse Practitioner*** – Full-time

Provided general health care in the Allergy/General Medicine Section for a diversified group of adult patients, including allergy evaluations and research patients.

**Group Health Cooperative of Puget Sound – Seattle, WA** 1/1985 to 6/1987

**Family Nurse Practitioner – Full-time**

Administratively responsible for developing a new program using nurse practitioners as the primary care providers for GHC enrollees in Nursing Homes, including quality assurance, orientation and training of staff, budgeting, etc. As a nurse practitioner provided direct care to an established caseload of nursing home patients

**Visiting Nurse & Health Association of Camden County, Inc – Camden, NJ** 1981 to 1984

**Coordinator of Employee Health Program & Family Nurse Practitioner (FNP)**

7/1984 to 12/1984

Responsibilities included the development and management of the Employee's Health Program, as well as the provision of these services. Provision of pediatric primary care to an inner-city population on a half-time basis.

**FNP & Center Administrator**

2/1981 to 7/1984

Full-time (VNHA) contracted position in the Camden County Health Department's Family Practice Center at Bergen-Lanning (February 1981 to July 1984). Responsibilities included clinical, administrative, and educational components in a multi-organizational center.

**Planned Parenthood of Southeastern PA – Philadelphia, PA** 7/1981 to 10/1983

**Family Nurse Practitioner – Part-time**

Provision of women's health care with a focus on family planning.

**University of Pennsylvania, School of Nursing – Philadelphia, PA** 9/1979 to 12/1980

**Graduate Student – Full-time**

Development of clinical skills in various settings while at the University of Pennsylvania.

Penn Urban HMO; Adults, Sept. to Dec. 1980.

Spring Garden Clinic; Adults, Oct. to Dec. 1980.

Germantown Hospital; Women's Health, Jan. to May 1980.

Pediatric Associates; Pediatrics, Sept. to Dec. 1979.

Chester Co. Children's Clinic; Oct. to Dec. 1979.

**Germantown Hospital and Dispensary – Philadelphia, PA** 5/1980 to 5/1982

**Staff Nurse – Part-time**

Emergency Department. Triage clients and provided emergency nursing care, including charge responsibilities.

**Buffalo General Hospital – Buffalo, NY** 5/1977 to 5/1979

**Assistant Head Nurse & Staff Nurse – Full-time**

Assistant Head Nurse responsibilities on a Surgical Unit; Staff nursing in ICU and ER settings.

*HOSPITAL APPOINTMENTS & AFFILIATIONS*

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**St. Anne's – Seattle, WA** 2022 to Present

Allied Health Staff

**Virginia Mason Medical Center – Seattle, WA** 1987 to 1997

Allied Health Professional Staff

**Highline Community Hospital – Burien, WA** 1990 to 1997

Allied Health Professional Staff

Bylaws Committee: member, 1993 to 1996

Ad Hoc Committee Chair Allied Health Professionals, 1993

Family Practice Department: member, 1990 to 1996

**Valley Medical Center – Renton, WA** 1996 to 2000

Medical Assistant (their classification for nurse practitioners)



## *CERTIFICATION & LICENSURE*

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### **Washington**

Advanced Registered Nurse Practitioner with prescriptive authority	1984 to Present
Registered Nurse	1984 to Present

### **National**

ANCC certification as a Family Nurse Practitioner	1981 to Present
DEA	Active
NPI	Active
American Red Cross Cardio-pulmonary Resuscitation Instructor	1977-1996

## *COMMUNITY ACTIVITIES*

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Cornerstone Clinic Volunteer Nurse Practitioner, Federal Way, WA	10/2023 to Present
Golden Bond Rescue of Oregon and Washington Volunteer Coordinator	2019 to Present
NP Central Board of Trustees Secretary-Treasurer	2004 to Present
Puget Sound Blood Donor over 100 units	1985 to Present
Evergreen Golden Retriever Rescue	2012 to 2019
Board Member	2017 to 2019
Volunteer Coordinator	2012 to 2019
Rotacare Medical Clinic, Volunteer Nurse Practitioner Renton, WA	2003 to 2018
American Lung Association, Asthma Camp Volunteer Nurse Practitioner	June 1998, 2000 to 2005
Children's Therapy Center, Kent, WA, Board member	1992 to 1999
Vice President	1997 to 1998
Secretary	1994 to 1997; 1998 to 1999
Kentwood High School PTA member	2001 to 2004
Meridian Junior High PTA member	1998 to 2001
Panther Lake PTA member	1991 to 1998
Legislative Chair	1996 to 1997
DSHS Healthy Kids Committee	1994 to 1995
Aloha Medical Mission	November 1993
Volunteer Nurse Practitioner to Kalibo, Aklan, Philippines for a 10-day mission	
Washington State Children's Access to Health Care Committee	1991 to 1993
Neighborhood Crime Watch Captain	1986 to 2004
American Red Cross CPR Instructors	1977 to 1996
Courses taught annually in the community	
Kent School District Health Vocational Advisory Committee, member	1988 to 1991
Chairperson	1989 to 1991
Kent Chamber of Commerce, member	1986 to 1996
East Hill Business Council of the Kent Chamber of Commerce; member	1988 to 1990

## ***PRESENTATIONS***

University of Washington Family Nurse Practitioner Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA October 2011.

University of Washington Family Nurse Practitioner Program. "Intro to Suturing: What Knot to Do?" Seattle WA May 2011.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Advanced Suturing Techniques" Seattle WA. October 2010.

Kent Soroptomist's. "Screening for Cancer." Kent WA September 2010.

University of Washington Family Nurse Practitioner Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA August 2010.

University of Washington Family Nurse Practitioner Program. "Intro to Suturing: What Knot to Do?" Seattle WA May 2010.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "When, How & Why Biopsy Which Lesions Seattle WA November 2009.

University of Washington Family Nurse Practitioner Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA August 2009.

University of Washington Family Nurse Practitioner Program. "Introduction to Surgical Procedures Office Based." Seattle WA May 2009.

Auburn Riverside High School: Asthma Overview 12<sup>th</sup> Grade Health Class May 2009

Soroptomists of Kent. "Heart Health for Women." Kent WA February 2009

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "When, How & Why Biopsy Which Lesions Seattle WA. November 2009.

University of Washington Family Nurse Practitioner Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA. August 2009.

University of Washington Family Nurse Practitioner Program. "Introduction to Surgical Procedures Office Based." Seattle WA. May 2009.

University of Washington Family Nurse Practitioner Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA. February 2009.

University of Washington Family Nurse Practitioner Graduate Program. "Suturing: What Knot to Do." Seattle WA December 2008.

University of Washington Family Nurse Practitioner Graduate Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA January 2009.

University of Washington Pacific Northwest Annual Conference for Primary Care Practitioners. "Punch Biopsies & Other Surgical Procedures." Seattle WA October 2008.

American Society of Hypertension: Hypertension for the Primary Care Clinician. "Beta Blockers." New Orleans, LA May 2008

University of Washington Pacific Northwest Annual Conference for Primary Care Practitioners. "Punch Biopsies & Other Surgical Procedures." Seattle WA October 2007.

University of Washington Pacific Northwest Annual Conference for Primary Care Practitioners. "Punch Biopsies & Other Surgical Procedures." Seattle WA October 2006.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Advanced Suturing Techniques." Seattle WA November 2005

NCNP National Conference. "Basic Suturing." Orlando FL May 2005

NCNP National Conference. "Punch Biopsies & Other Surgical Procedures." Orlando FL May 2005

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Advanced Suturing Techniques." Seattle WA October 2004.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Advanced Suturing Techniques." Seattle WA October 2003.

ACNP National Conference. "Basic Suturing." Cincinnati OH October 2003

ACNP National Conference. "Genital Biopsies." Cincinnati OH October 2003

University of Washington Family Nurse Practitioner Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA January 2003.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Advanced Suturing Techniques." Seattle WA October 2002.

University of Washington Family Nurse Practitioner Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA January 2002.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Advanced Suturing Techniques." Seattle WA September 2001.

University of Washington / Seattle King County Jail. "Dermatology Update: Evaluating Rashes." Seattle WA March 2001.

University of Washington Family Nurse Practitioner Graduate Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA January 2001.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Advanced Suturing Techniques." Seattle WA September 19, 2000.

University of Washington / Seattle King County Jail. "Dermatology Update: Evaluating Rashes." Seattle WA March 2000.

University of Washington Family Nurse Practitioner Graduate Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA February 2000.

University of Washington Family Nurse Practitioner Graduate Program. "Dermatology Update: Evaluating Rashes." Seattle WA December 1999.

ACNP National Clinical Symposium, Suturing, What Knot To Do? Nashville, TN, October 7, 1999

ACNP National Clinical Symposium, Cut Punch and Scrape, Sharpen Your Biopsy Technique, Nashville, TN, October 9, 1999

ACNP Clinical Symposium, IUD Insertion Workshop, Nashville, TN, October 8, 1999

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Basic Suturing." Seattle WA September 25, 1999.

University of Washington / Seattle King County Jail. "Dermatology Update: Evaluating Rashes." Seattle WA April 1999.

University of Washington Family Nurse Practitioner Graduate Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA February 1999.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Advanced Suturing Techniques." Seattle WA September 19, 1998.

University of Washington / Seattle King County Jail. "Dermatology Update: Evaluating Rashes." Seattle WA February 1998.

University of Washington Family Nurse Practitioner Graduate Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA February 1998.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Basic Suturing Techniques." Seattle WA October 25, 1997.

University of Washington / Seattle King County Jail. "Dermatology Update: Evaluating Rashes." Seattle WA February 1997.

University of Washington Family Nurse Practitioner Graduate Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA March 1997.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Advanced Suturing Techniques." Seattle WA October 26, 1996.

University of Washington / Seattle King County Jail. "Dermatology Update: Evaluating Rashes." Seattle WA September 1996.

University of Washington Family Nurse Practitioner Graduate Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA March 1996.

University of Washington / Seattle King County Jail. "Dermatology Update: Evaluating Rashes." Seattle WA March 1996.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Basic Suturing Techniques." Seattle WA November 3, 1995.

University of Washington / Seattle King County Jail. "Dermatology Update: Evaluating Rashes." Seattle WA May 1995.

University of Washington Family Nurse Practitioner Graduate Program. "Punch Biopsies & Other Surgical Procedures." Seattle WA May 1995.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Advanced Suturing Techniques." Seattle WA October 15, 1994.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Basic Suturing Techniques." Seattle WA November 6, 1993.

University of Washington / Seattle King County Jail. "Dermatology Update: Evaluating Rashes." Seattle WA May 1993.

University of Washington. Pacific Northwest Annual Conference for Primary Care Practitioners: "Beyond the Basics or What Knot to Do." Seattle WA October 31, 1992.

University of Washington / Seattle King County Jail. "Dermatology Update: Evaluating Rashes." Seattle WA July 1992.

American Academy of Nurse Practitioners Annual Conference. "Suturing and Wound Management." Co-instructor. Washington, DC. June 1992.

University of Washington Graduate Nursing Faculties. "Dermatology Update: Evaluating Rashes." Seattle WA September 1991.

American Academy of Nurse Practitioners Annual Conference. "Suturing and Wound Management." Co-instructor. Portland, OR. May 1991.

University of Washington Family Nurse Practitioner Program. "Private Practice as a Nurse Practitioner." Seattle WA January 31, 1991.

Highline Hospital Senior Wellness Conference. "Physiologic Changes in the Elderly." Seattle WA November 1990.

Contemporary Forums. Nursing Challenges in Family Healthcare. "Dermatology Update: Evaluating Rashes." Anaheim, CA. October 11, 1990.

Contemporary Forums. Nursing Challenges in Family Healthcare. "Chronic Rhinitis: So You Have a Congested Nose." Anaheim, CA. October 12, 1990.

University of Washington. Pacific Northwest Annual Conference for Nurse Practitioners: Primary Care in the 1990's. "Chronic Rhinitis: So You Have a Congested Nose." Seattle WA November 16-18, 1989.

YMCA's Women's Wellness Weekend. "Health Care Through the Decades," September 22, 1989.

American Association of Retired Persons. "Care of the Underinsured." Seattle WA July 18, 1989.

American Academy of Nurse Practitioners. Different Roles: Common Goals. "Chronic Rhinitis: So You Have a Congested Nose!" Philadelphia, Pennsylvania. June 3, 1989.

University of Washington's Clinical Topics for Nurse Practitioners: 1988 Review and Update, Bellevue, WA "Chronic Rhinitis: So, You Have A Congested Nose!" November 4, 1988.

Kent Meridian High School. "Cholesterol and You," September 1988.

YMCA's Women's Wellness Weekend. "Health Care Through the Decades," September 16, 1988.

Uniformed Nurse Practitioner Association National Conference, Norfolk, VA. "So You Have A Congested Nose!," June, 1988.

King County Nurse's Association NP Special Interest Group, Seattle WA "Chronic Rhinitis," May 1988.

Group Health Cooperative, Geriatric Nursing Service, Seattle WA Update to Area Nursing Homes on the GNS, June 1986.

Group Health Cooperative, Geriatric Nursing Service. "Making Visits Count in Nursing Homes," October 1985.

Camden Area health Education Center Continuing Education Course (24 CEU's). "Physical Assessment for Nurses," October 1984.

Coalition of Nurse Practitioners of Pennsylvania, Nurse Practitioners: Power Potential Conference. "Third Party Reimbursement for Nurse Practitioners," September 1984.

Neighborhood Nannies, Haddonfield, New Jersey. "Parenting: Nutrition and Health; Safety and Development," July 1984.

Delaware Valley NAPNAP Association, Philadelphia. "Third Party Reimbursement for Nurse Practitioners," June 1984.

Camden Area Health Education Center, Pathways to Success Conference. "The Role of the Nurse Practitioner in Ambulatory Care," May 1984.

Nurse Practitioner Special Interest Group of Pittsburgh. "Third Party Reimbursement for Nurse Practitioners," May 1984.

Legislative Day, Pennsylvania Nurses Association, Philadelphia. "Third Party Reimbursement for Nurses," April 1984.

Camden Area Health Education Center, Pathways to Success Conference. "The Role of the Nurse Practitioner in Ambulatory Care," November 1983.

Visiting Nurse and Health Association of Camden, Inc. "Trouble Shooting Adult Physical Assessment," December 1982.

Lincoln School for Pregnant Teens, Camden, New Jersey. "Taking Care of Sick Baby," November 1982.

Camden County Extension Services. "Parenting: Social-Emotional Development of Children," September 1982.

Emergency Nurse Training Program, Southeastern Pennsylvania. "Obstetrical and Gynecological Emergencies," February 1981.

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