Shenika K. Williams MSN ARNP FNP-C PMHNP-BE

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Professional Goal: Nursing Faculty Member

Professional Summary

Dedicated, compassionate, and knowledgeable Nurse Practitioner graduate possessing over 12 years providing quality patient care in the areas of Primary, Critical, Acute and Long Term Care. Driven team leader with proven success in building rapport with patients, staff, and key constituents of diverse backgrounds. Dynamic professional willing to challenge others to provide continual optimal care while demonstrating successful patient assessments, diagnoses, evaluations, and treatments. Possesses proficiencies in Point Of Care, Point Click Care, ECW, EPIC, AHLTA, ATHENA, PARAGON and MEDITECH.

Education

Doctorate in Healthcare Administration Application Pending
Oklahoma State University

Post Master's Certificate-Psychiatric Mental Health **May 2026**
Pacific Lutheran University Tacoma, WA

Masters Science of Nursing – Specialization in Family Nurse Practitioner **February 2018**
South University Savannah, GA

Bachelor of Science in Nursing **October 2015**
Excelsior University Albany, NY

Associate in Applied Science Degree in Nursing **June 2012**
Bronx Community College Bronx, NY

Licenses/Certifications/Affliliations/Skills

AANP Certification May 24th, 2018
Active NPI/DEA/ Advanced Registered Nurse Practitioner License: Washington: AP60869396
Active Registered Nurse License

- Washington

Basic Life Support
Certified Medical Director
Certified Aesthetics Neurotoxin Injector
Certified VA Disability Medical Examiner
Certified Ketamine Provider through IPI
Board Member of the Puget Sound Nurse Practitioners Association
Member of the American Association of Nurse Practitioners
Member of the North American Menopause Society
Member of the ASKP3-Ketamine Association
Member of the Obesity Medicine Association
Member of the NAMS Pierce County

Tube and Parenteral Feedings

Hormone Pellet Insertion
IUD Insertion/removal
Pap Smears
Punch & Shave Biopsy
Cryotherapy/ Cryosurgery
Joint & Trigger Point Injections
Phlebotomy
EKG/ECG Rhythm Interpretation

Professional Experience

Director ARNP **August 2021- Present**
Integrated Wellness & Psychiatry **Tacoma, WA**

- Proficient at virtual primary care telehealth consultations across multiple platforms and devices.
- Autonomously manages multiple complex acute and chronic disease cases across the lifespan.
- Autonomous evaluate and treat chronic pain utilizing various forms of alternative Pain Medications for management including LDN and Ketamine.
- Proficient Mental Health Consultations- Anxiety, Depression, ADHD, Insomnia health screenings, evaluation, treatment, medication management across the population.
- Perform Weight Management consultations, formulate treatment plans, education and plan of care.
- Performs aesthetic consultations and develop dermatological skin care treatment plans.
- Performs aesthetic procedures
- Evaluate client's suitability for all available services/treatments and perform treatments that same day.
- Pursue opportunities to educate clients on their diagnoses.
- Educate clients on all treatment processes including pre and post-treatment care guidelines.
- Order or perform screening and diagnostic tests based on findings from history and physical examination.
- Provide clinical/medical leadership and overall supervision to all nursing staff assigned to the facility.
- Provide mental health counseling, training, in-services direction, and discipline to medical/nursing staff regarding medical protocols and systems.
- Provide clinical opportunities to Advanced Practice Nurses, Registered Nurses, LPN's & MA's.
- Provide strategic leadership and direction for all clinical operations of a multi-specialty medical clinic serving a diverse patient population.
- Develop and implement policies and procedures to ensure compliance with regulatory standards and promote high-quality patient care.
- Oversee recruitment, hiring, and training of clinical staff, fostering a culture of teamwork, professionalism, and continuous learning.
- Lead quality improvement initiatives, analyzing data and implementing best practices to optimize clinical outcomes and patient satisfaction.
- Collaborate with interdisciplinary teams to streamline workflows, enhance communication, and improve patient access to care.
- Serve as a liaison between clinical staff, administration, and external stakeholders, representing the clinic's interests in community partnerships and collaborative ventures.
- Manage budgets, allocate resources, and monitor financial performance to achieve operational targets and fiscal sustainability.
- Stay abreast of industry trends, research, and best practices to drive innovation and continuous improvement in clinical services.

- Implemented an electronic health records (EHR) system, leading training efforts and promoting adoption to enhance documentation accuracy and efficiency.
- Develop and implemented protocols for chronic disease management, preventive care, and patient education, improving health outcomes and reducing hospital readmissions.
- Conduct regular performance evaluations, provided feedback and mentoring to staff, and recognized exemplary performance through awards and incentives.

Family Nurse Practitioner-Clinic Supervisor **MAY 2021- 2023**
Northwest Ketamine Clinics **Tacoma/Bellevue, WA**

- Worked independently, in collaboration with the Clinical Director to establish ketamine and clinic wide protocols and guidelines.
- Supervised day to day operations of clinic
- Developed 1:1 relationships with patients by providing a supportive, safe environment
- Started IV's, Administered infusions per protocol.
- Monitored patients during infusions. Documented patient care and provided patient education and follow-up.
- Performed initial psychiatric/medical screenings, history, and consultations by phone or in person.
- Supervised RN and LPN's, acted as a nursing leader and resource person
- Assisted in community outreach and marketing initiatives

Family Nurse Practitioner **JANUARY 2019- 08/2021**
Virginia Mason Franciscan Health System **LAKEWOOD, WA**

- Autonomously treated acute illnesses for patients 2 months and older via telehealth platforms.
- Performed Immunizations to children and adults.
- Performed health and sport physicals for children and adults.
- Referred patients to higher levels of care to include urgent care clinics and Emergency Department.
- Performed a comprehensive physical examination.
- Screened for psycho/social/cultural/genetic/ lifestyle factors that may impact health care and health outcomes.
- Screened for health risks and health promotion needs
- Ordered or perform screening and diagnostic tests based on findings from history and physical examination.
- Developed plan of care based on assessment findings and diagnoses.
- Provide health promotion/ disease prevention education/counseling, and anticipatory guidance.

Family Nurse Practitioner **August 2018- Dec 2018**
Redi Clinic MultiCare Health System **Federal Way, WA**

- Autonomously treated acute illnesses for patients 18 months and older.
- Performed Immunizations to children and adults
- Performed health and sport physicals for children and adults.
- Referred patients to higher levels of care to include urgent care clinics and Emergency Department.

CVICU/ICU Travel Registered Nurse **January 2016- January 2018**
COMANCHE COUNTYMEMORIAL HOSPITAL
Lawton, OK

- Maintained Pre/post IABP, pre/post CABG, pre/post vascular surgeries, pre/post lobectomies, documentation and maintenance of central lines.
- Assessment, diagnosis, planning, treatment and evaluation of preoperative and post- operative cardiothoracic surgical patients with temporary epicardial pacing, open cardiac arrest management, PA catheters, pleural chest tubes, external cardiac defibrillation, IABP care and LVAD management.
- Competent in rhythm interpretation, hemodynamics monitoring, airway management, pain management, medication management and safety precautions.
- Provided patient/family education and support and initiated the rehabilitation process.

CVICU Registered Nurse **August 2014- November 2015**
Tacoma General Hospital **Tacoma, WA**

- CVICU/CCU RN residency completed at Tacoma General Hospital
- Assessment, diagnosis, planning, treatment and evaluation of preoperative and post- operative surgical patients with emphasis on Cardiovascular Surgery and Cardiac ICU care.
- Management of arterial, central venous, and pulmonary artery lines, chest tube removal, assisted in intubation and extubation, temporary cardiac pacing, mechanical ventilation, intra-aortic balloon counterpulsation, hypothermia for patient's s/p cardiac arrest and support with a ventricular assist device.
- Competent in airway management, pain management, medication management and safety precautions.
- Provided patient/family education and support and initiated the rehabilitation process.
- Floated to PCU, ER and Med Surgical Units to provide support when short staffed.

Ventilator/Trach Registered Nurse **March 2013-May 2019**
Park Rose Care Center **Tacoma, WA**

- Checked medication routinely and reordered as necessary, observed expiration dates.
- Administered medication and wound care procedures; skin treatment and wound vac's as covered by nurse practice acts.
- Initiated "Alert" charting when residents condition changed.
- Supervised and monitored CNA's which included ensuring resident care is completed and facility policies are followed.
- Managed all phases of care cycle for critically ill patients, overseeing patient care, emergency response/transport and management of patient family crises.
- Contributed to organizational growth initiatives as an active member of patient education, the instruction of new residents and nurses in crisis intervention, medication administration and resuscitation.
- Built solid, trusting relationships with staff and patient families, generating positive PR through extra efforts in care treatment and one-on-one communications.

Ventilator/Trach Registered Nurse **December 2013-June 2014**
Kindred Hospital **Seattle, WA**

- Established a compassionate environment by providing emotional, psychological and spiritual support to patients and their families.
- Collaborated with multidisciplinary team members, working closely with physicians, nurses, technicians and therapists to formulate, implement and modify individual care plans, participated in team problem solving methods.
- Maintained patient confidence and kept information protected and confidential.
- Ensured the correct operation of equipment, trouble shoot malfunctions and maintained equipment inventories.
- Documented patient care services by charting in patient and department records.
- Documented and communicated actions, irregularities and continuing needs of assigned patients.

- Protected patients and staff by adhering to infection control policies and protocols, medication administration, storage procedures and controlled substances regulations.
- Encouraged patient's independence by establishing patient care goals; educated and taught patient, friends, family about patient's condition, medications, self-care skills and answered questions.

Registered Nurse **October 2012-June 2013**
Avamere Skilled Nursing & Rehab **Tacoma, WA**

- Checked medication routinely and reordered as necessary, observed expiration dates.
- Administered medication via tube feedings.
- Initiated "Alert" charting when residents condition changed.
- Supervised and monitored CNA's which included ensuring resident care is completed and facility policies are followed.
- Managed all phases of care cycle for critically ill patients, overseeing patient care, emergency response/transport and management of patient family crises.
- Contributed to organizational growth initiatives as an active member of patient education, the instruction of new residents and nurses in crisis intervention, medication administration and resuscitation.
- Built solid, trusting relationships with staff and patient families