

Julie Schmitt

DNP ARNP MBA FNP-C CWCN- AP

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EXPERIENCE

OPTUM, United Health Senior Care Community- ARNP Gerontology

October 2024- current

Key responsibilities include but are not limited to providing comprehensive primary and chronic care to patients in a long-term care setting. Serving as an integral member of the interdisciplinary care team, providing evidence-based, guideline-directed medical care while building meaningful relationships with patients, families, facility staff, and healthcare professionals. Providing strong clinical judgment, effective communication, collaboration, and a commitment to treating every patient with dignity, kindness, and compassion.

Duties include but are not limited to

- Provide comprehensive **primary and chronic care management** for patients residing in long-term care settings.
- Assess, diagnose, treat, and manage acute and chronic medical conditions.
- Develop and implement individualized treatment plans based on clinical assessment, patient goals, current evidence, and established guidelines.
- Manage complex chronic diseases and coordinate care to promote quality of life, functional outcomes, and patient safety.
- Provide **case management and care coordination** for patients with complex or multiple medical conditions.
- Order, review, and interpret appropriate diagnostic tests, laboratory studies, and other clinical data to guide diagnosis and treatment.
- Prescribe and manage medications, including controlled substances, in accordance with applicable laws, regulations, and organizational policies.
- Monitor treatment effectiveness, medication response, potential adverse effects, and changes in patient condition.
- Collaborate closely with **Physical Therapy, Occupational Therapy, Speech-Language Pathology, nursing, medical directors, medical director teams, facility staff, administration, patients, and families** to promote coordinated, patient-centered care.
- Participate in interdisciplinary care planning and communicate changes in patient status, treatment plans, and goals of care.
- Facilitate transitions of care between healthcare settings and ensure appropriate follow-up and continuity of treatment.
- Provide compassionate care as patients transition to the **end-of-life phase**, including coordination of palliative care and referral to

SKILLS

Certified Wound Ostomy Nurse (CWON) x 17 years. 10+ years leadership/management experience.

MBA in health administration

AANP board certification in family nurse practitioner since June 2024

CWCN-AP Since July 2025

Part-time instructor PLU ELM Nursing program

Preceptor DNP/FNP students

AWARDS

October 2016 Panel member in consensus panel for Journal Wound Ostomy and Continence Nurse for Best Practice Algorithm for Chronic Venous Insufficiency.

March 2014 Published in Journal Wound Ostomy & Continence Nursing for research on CVI and Health Related QOL

Sigma Theta Tau Honor society of Nursing Since 2008

Magna Cum Laude 2008 PLU BSN.

Ruth Carlton Award to

hospice when appropriate and consistent with patient and family goals.

- Educate facility staff, interdisciplinary team members, associates, patients, and families regarding disease management, treatment plans, medications, preventive care, and changes in clinical status.
- Promote preventive healthcare and evidence-based management of chronic conditions.
- Recognize and respond appropriately to changes in patient condition, including determining when additional evaluation, specialist consultation, emergency care, or other interventions are warranted.
- Maintain accurate, timely, and complete clinical documentation.
- Promote patient dignity, autonomy, safety, and quality of life in all aspects of care.
- Build trusting relationships with patients and families through clear communication, active listening, kindness, and compassion.
- Participate in quality improvement initiatives and support a culture of collaborative, high-quality care.

outstanding valedictorian
DNP student PLU May 2024

LANGUAGES

English, limited Spanish

VMFH, Tacoma, WA — *Manager Clinical Services, Regional Wound Care Service Line*

April 2022 – September 2024

Responsible for the overall leadership, performance and day-to-day activities within the Wound Care Services covering inpatient and outpatient wound care for six Legacy St. Hospitals in the PNW. Responsible for ensuring the delivery of consistent, high quality patient care and service through a blended hands-on and leadership by example approach. Responsible for staff management, team-building, budgeting, revenue cycle management, clinical operations, hospital partner interaction and retention, physician management, and professional education/community referral development.

Duties include but are not limited to: Work collaboratively with hospital partners, Executive Leadership, physician/providers, staff and interdisciplinary staff. Other duties include: Assess, coordinate, and facilitate training and educational programs for staff and interdisciplinary team members. Participate in continuing education, hospital and other health committees, work groups, and keep current with industry trends. Complete all performance appraisals, staff development, utilize performance improve procedures and processes and ensure all staff are compliant with hospital policies and procedures. I am responsible for clinical operations including ensuring timely and complete documentation, ensuring Joint Commission standards are met, as well as meeting clinical and quality outcomes. Also responsible for meeting financial expectations, budget development, and revenue cycle functions

St. Joseph Medical Center, Tacoma, WA — *Enterostomal Therapy RN Supervisor*

September 2019 - April 2022

Full time staff nurse inpatient wound/ostomy services covering six hospitals within the Virginia Mason CHI Franciscan health system. Management of

acute and chronic wounds in the acute care setting across multiple system related hospitals. Duties include but are not limited to: Staff education, delegation, patient teaching, and focused, holistic assessments of patients including pressure relief, orthotics, nutrition, appliances, and documentation of wounds/ostomy in accordance with guidelines. Negative pressure wound therapy, ostomy teaching/education and plans development. Management of pressure ulcers, venous/arterial/diabetic ulcers, traumatic and surgical wounds. Provide wound care recommendations based on current evidence based practice guidelines. Work collaboratively with physicians, social workers, staff nurses, patients and their families as well as pharmacy, vending representatives. Develop a plan of care with patients regarding wound and ostomy management.

**St. Joseph Medical Center, Tacoma, WA — Program Director
SJMC Wound & Hyperbaric Center**

May 2017 - Sept 2019

Responsible for the overall leadership, performance and day-to-day activities within the Wound Care & Hyperbaric Treatment Center. Responsible for ensuring the delivery of consistent, high quality patient care and service through a blended hands-on and leadership by example approach. Responsible for staff management, team-building, budgeting, revenue cycle management, clinical operations, hospital partner interaction and retention, physician management, and professional education/community referral development.

Duties include but are not limited to: Work collaboratively with hospital partners, Healogics management company and hospital and Healogics Partners Human Resources. Other duties include: Assess, coordinate, and facilitate training and educational programs for staff and interdisciplinary team members. Participate in continuing education, hospital and Healogics health meetings, committees, work groups, and keep current with industry trends. Complete all performance appraisals, staff development, utilize performance improve procedures and processes and ensure all staff are compliant with hospital and Healogics policies and procedures. I am responsible for clinical operations including ensuring timely and complete documentation, ensuring Joint Commission standards are met, as well as meeting clinical and quality outcomes. Also responsible for meeting financial expectations, budget development, and revenue cycle functions.

**Harrison Medical Center, Bremerton, WA — Quality
Performance Manager/Clinical Nurse Manager/Director of
Clinical Services. Harrison Home Health/CHI Franciscan Health
at Home**

November 2014 - May 2017

Leadership position as quality manager monitoring infection control, risk factors and implementation of programs and processes based on root cause analysis to remedy identified problems. Clinical nurse management

of 20+ staff including oversight of performance evaluations, competencies, skill evaluations and ride along. Preparation for Joint Commission oversight, monitoring of compliance, chart quality and content audits. Teaching and evaluation of new skills, implementation of new processes regarding infection control, documentation standards, reimbursement. Sit on various committees within the hospital system and community.

Harrison Medical Center, Bremerton, WA — Program Director Harrison Wound & Hyperbaric Medicine Center

August 2009- - November 2014

Wound/Ostomy Therapy RN

Full time staff nurse outpatient and inpatient wound/ostomy services. Management of acute and chronic wounds in the acute care and outpatient setting. Duties include but are not limited to: Staff education and delegation, pt. teaching. Complete, focused, and holistic assessments of patients including pressure relief, orthotics, nutrition, appliances, and documentation of wounds/ostomy in accordance with guidelines. Negative pressure wound therapy, ostomy teaching/education and plans development. Management of pressure ulcers, venous/arterial/diabetic ulcers, traumatic and surgical wounds. Provide wound care recommendations based on current evidence based practice guidelines. Work collaboratively with physicians, social workers, staff nurses, patients and their families as well as pharmacy, vending representatives. Develop a plan of care with patients regarding wound and ostomy management.

Program Director Harrison Wound & Hyperbaric Center

Responsible for the overall leadership, performance and day-to-day activities within the Wound Care & Hyperbaric Treatment Center. Responsible for ensuring the delivery of consistent, high quality patient care and service through a blended hands-on and leadership by example approach. Responsible for staff management, team-building, budgeting, revenue cycle management, clinical operations, hospital partner interaction and retention, physician management, and professional education/community referral development.

Duties include but are not limited to: Work collaboratively with hospital partners, Restorix Health management company and hospital and Restorix Partners Human Resources. Other duties include: Assess, coordinate, and facilitate training and educational programs for staff and interdisciplinary team members. Participate in continuing education, hospital and Restorix health meetings, committees, work groups, and keep current with industry trends. Complete all performance appraisals, staff development, utilize performance improve procedures and processes

and ensure all staff are compliant with hospital and Restorix Health policies and procedures. I am responsible for clinical operations including ensuring timely and complete documentation, ensuring Joint Commission standards are met, as well as meeting clinical and quality outcomes. Also responsible for meeting financial expectations, budget development, and revenue cycle functions

Harrison Medical Center, Bremerton, WA — LPN/RN

January 2006- - August 2009

Home Health administrative LPN

Worked as intake and referral specialist. Triage referrals for home health appropriateness. Works directly with social workers at hospitals, community health agencies, physician offices and public health nurses. Coordinate care with outside agencies such as IV therapy and community health agencies. Computer input and programming. Receiving and imputing physician orders. Works directly with physical and occupational therapists, nurses and administrative personnel. Follow up quality of care phone calls to patients and provide referral and or information sources and services to callers with questions. Work with insurance companies for initial insurance authorizations and continuity of care coverage. Development of quality assurance programs and process improvement when relating to intake and referral process.

Home Health clinical LPN

Harrison Medical Center in home health as a clinical LPN. Cooperate in the care involved with adults and children of all ages. Duties include but are not limited to: complete and focused assessments, wound care, wound vac changes, venipuncture, PT/INR finger stick machines, other lab/blood collection, inserting and maintaining urinary catheters. Case collaboration and care management, triage, communication with care members and client's family and physicians. Participation in care conferences, meetings, educational classes. Responsible for personal computers, phones, and medical equipment provided by the hospital.

Home Health Clinical RN

Part time clinical RN and case manager. Participate and plan in the care of adults and children of all ages. Duties include but are not limited to: Admission visits with accompanying admission paperwork in accordance with conditions of participation. OASIS completion, writing an individualized plan of care for each patient. Complete and focused assessments, venipuncture, wound care, other lab/blood collection, management of IV and PICC lines, medication management and reconciliation, catheter insertion and maintenance, delegation of interventions as appropriate. Participation and initiation of care conferences, meetings, and arrangement of

interdisciplinary care as needed. Care collaboration, triage, family, and physician communication. Management of a predetermined number of client cases involving high acuity and oftentimes complex client loads. Responsible for personal computers, phones, and medical equipment provided by the hospital.

The Doctors Clinic, Bremerton, WA — LPN

January 1994- - August 2006

LPN Office Nurse– GI

Working in GI Clinic under direct supervision of Dr. Jay Newkirk. Worked as office nurse; rooming patients, Vital Signs, assessments, pre-op and post-op monitoring after procedures. Routine injections such as B12 or antibiotics. Prepared patients for colonoscopies and endoscopies including but not limited to Demerol injections, assisting with procedures, monitoring O2 sats and vital signs, collecting biopsy specimens, CLO testing. Monitor and educate Hepatitis C patients including giving them injections and Obtaining and monitoring appropriate blood work. Telephone triage, Scheduling appointments, tests, and procedures. ICD9 coding and billing.

LPN, Office Nurse– Ortho

Rotated in a variety of offices including endocrinology, oncology, family practice, internal medicine– duties included but not limited to: rooming patients, taking vital signs, giving injections, assisting with tests. Telephone triage, constant communication with physician, ICD9 coding and billing.

Worked orthopedics for over three years as the direct office nurse for Dr. Christopher Rankin and Dr. Kent VanBuecken. Clinical duties include: rooming patients, stocking rooms, telephone triage, pain management, surgery scheduling, preparing injections, casting, splinting, wound care, assisting with x-rays, medication refills, monitor patient blood work such as PT/INR and monitor Coumadin dosages. Assist doctors in procedures such as reducing fractures in clinical settings. Scheduling tests and procedures. Patient education, ICD9 and CPT coding and billing, L&I paperwork and procedures. Patient assessments and routine care. But not limited to the above duties

EDUCATION

Pacific Lutheran University, Tacoma, WA — Doctorate Nursing Practice/Family Nurse Practitioner Program

June 2021 - May 2024

Maintaining a 3.93 GPA throughout program

**Western Governors University Washington, Kent, WA—
*MBA in Healthcare Administration and Leadership***

April 2014 - May 2016

Maintained a 4.0 GPA throughout program

**University of WA, Tacoma, WA — *MN community and
population health nursing***

September 2010 - June 2012

Graduated with honors, 3.9 GPA

Pacific Lutheran University, Tacoma, WA— *BSN Nursing*

September 2006 - December 2008

Graduated Magna Cum Laude BSN with 3.93 GPA.

Olympic College, Bremerton, WA— *Associates Degree*

September 2004 - June 2006

Prerequisites for nursing program. Dean's list, graduated with honors 4.0 GPA.

**Clover Park Technical College, Steilacoom, WA— *Licensed
Practical Nursing***

September 1993 - June 1994

4.0 GPA. Honor roll. Perfect Attendance Record

South Kitsap High School, Port Orchard, WA— *Diploma*

September 1983 - June 1987

APA courses, photography, School newspaper business manager.

PROJECTS

**DNP project — *Wound Education in Individuals with Substance
Use Disorder to Improve Attendance and Retention in
Medication Assisted Treatment.***

Abstract

Background: Individuals with substance use disorder face many barriers including stigma, embarrassment, and marginalization due to disease processes. Individuals with skin injury related to substance abuse face additional stigma resulting in poor retention in medication assisted treatment programs.

Purpose: This project aims to provide educational support and tools to healthcare providers who can then provide wound education and tools to

patients to improve attendance in medication-assisted treatment by decreasing no show rates.

Methods: Quality improvement project utilizing quasi-experimental design with key variables of attendance and retention before implementation as well as 2 weeks, one month, and two months after. A convenience sample from patients enrolled in medication assisted treatment in a small holistic health setting.

Implications: As advanced practice nurses, we are taught the importance of education but provided little time to adequately apply knowledge. It is the hope that this study represents the importance of education as a foundation to practice.

MN Project — *The Lived Experiences of Persons with Chronic Venous Insufficiency and Lower Extremity Ulcers*

Research done at the wound center at Harrison Medical Center and original research published in Journal of Wound Ostomy & Continence Nursing. March/April 2014

REFERENCES

Available upon request