

Objective: Highlight of career achievements

HIGHLIGHTS OF QUALIFICATIONS

- Currently licensed and credentialed as a Family Nurse Practitioner by Maryland Board of Nursing
- Over 13 years of experience as a military nurse in various specialty areas.
- Excellent teamwork, leadership, initiative, and critical thinking skills noted on evaluations.
- Named the top clinical nurse overseas deployments.

EDUCATION

- 1996-2000** **Temple University**, Philadelphia, PA, Bachelors of Science in Exercise Physiology,
Magna Cum Laude
- 2003-2005** **York College of Pennsylvania**, York, PA, Bachelors of Science in Nursing
- 2014-2017** **Uniformed Services University**, Bethesda, MD, Doctorate of Nursing Practice

WORK EXPERIENCE

August 2020- present

Family Nurse Practitioner

NAVAL BRANCH HEALTH CLINIC
Naples, Italy

July 2018- July 2020

Department Head, 21 Area Branch Clinic

- Appointed first OIC of 21 ABHC & Marine Centered Medical Home with a 50% increase of leadership responsibility. Provided oversight for safe completion of 25,000+ patient encounters, while providing primary care to her 500 patients.
- Instituted an acute care Physical Therapy clinic resulting in 8% reduction in no-show rates with annual cost avoidance of \$10K.
- Achieved BUMED benchmark of 90th percentile for chlamydia screening by briefing 500 Marines on safe sexual health/prevention, ensuring units' medical readiness.
- Developed weekly tracking system for facility repairs which was implemented as a standardized tool across local branch clinics resulting in 50% work order completion increase.
- Selected to serve on Navy Nurse Corps Strategic goal team for Transformational Leadership establishing criteria for coaching through mentorship.
- Strengthened relationship with Force Preservation Council resulting in 3% increase in operational readiness of supported Marine Corps units.
- Provided Preceptorship to 2 FNP students of the Uniformed Services University.

NAVAL HOSPITAL CAMP PENDLETON
Camp Pendleton, CA

June 2017-July 2018

Family Nurse Practitioner, Family Medicine

- Provided primary health care to a panel of 2000 active duty member and dependents at one of the busiest clinics in the hospital.
- Experience with AHLTA, HAIMS, Essentris, CHCS

NAVAL HOSPITAL CAMP PENDLETON
Camp Pendleton, CA

- Performed various procedures to include IUD, Nexplanon, I&D, and punch and shave biopsies.
- Career Development Board member
- Awarded Hard Charger of the Year award, in only 3 months of practicing.

2014-2017**UNIFORMED SERVICES UNIVERSITY
Bethesda, MD**

Doctoral Student, Graduate School of Nursing

- Graduated Magna Cum Laude
- Inducted into the National Honor Society
- Received Esprit De Corps Award
- Completed Scholarly Inquiry Project to assess the needs for Exceptional Family Member Program

2011-2014**FORT BELVOIR COMMUNITY HOSPITAL
Fort Belvoir, VA**

Clinic Manager

- Managed 10 civilian and 15 military staff members in a busy pediatric clinic
- As change leader and agent, facilitated implementation of Medical Home Port (Patient Centered Medical Home) and obtained NCQA recognition.
- Experience in government contracts, metrics, human resources, clinic management, program management and evaluation.
- Hand-selected to assist the Deputy Commander of Medicine with a Healthy Base Initiative
- Played an essential role in the initiation of the Surgeon General/World Health organization Baby friendly initiative.

2005-2011**NATIONAL NAVAL MEDICAL CENTER
Bethesda, MD**

Medical Surgical/ICU Staff Nurse

- 2007-2011 provided primary nursing and post anesthesia care in fast paced 20 bed multi-service intensive care unit to active duty and retiree military population, to include combat trauma ICU care to those injured while serving in Operations Iraqi Freedom and Enduring Freedom.
- Gained extensive training and experience in caring for traumatic brain injury, combat trauma, immediate post-op cardio-thoracic surgery care, wound care, conscious sedation, neurosurgery, general surgery, and medical critical care patients.
- Frequently assigned as ICU charge nurse, effectively managed 8-12 RN and Corpsman staff assignments, patient admission and discharges, provided updated patient progress reports during multidisciplinary and trauma rounds, and first responder to hospital wide code blue and rapid-response team activations.
- 2010, deployed to Haiti aboard USNS Comfort, providing care to over 171 critical pediatric patients devastated by the hurricane. As the team leader coordinated discharges to land support efforts in Haiti.
- 2008, deployed to Expeditionary Medical Facility Kuwait, providing care to US and coalition forces. As one of the only two Critical Care Nurses, gained extensive experience in patient transport, adapting skills to provide excellent nursing care in austere environment with limited resources, and provided mentorship to junior nursing staff and corpsman with limited experience.

- Proven ability to effectively execute critical thinking skills to manage the care for the critical patient in stressful and fast paced working conditions.
- 2005-2007 Staff nurse on a 44-bed multi-service surgical ward caring for complex and demanding patient load of Soldiers, Sailors, and Marines injured in support of Operations IRAQI FREEDOM and ENDURING FREEDOM. Changed dressings, provided emotional support for families and patients.

TRAINING

- Clinical Manager Course (2018)
- Advanced Trauma and Life Support Course (2015)
- Battlefield Acupuncture (2015)
- Critical Care Course (September 2007)
- National Naval Medical Center, 12 week Nurse Internship Program (March 2006)
- National Naval Medical Center, Basic Dysrhythmia Course (January 2007)
- National Naval Medical Center, Integrated Wound Specialty Course (March 2006)
- ENA Trauma Nursing Care Course (August 2008)
- Attended the Naval Expeditionary Medical Training Institute (July 2008), a 14 day training course focused on advanced trauma training, first aid, and patient handling in preparation for deployment.

AWARDS AND RECOGNITION

- **Esprit de Corps Award, USU**, awarded by peers for providing excellent morale and encouragement to peers during three years of education at USU.
- **Doctor of Nursing Practice Scholarly Project**, PCS Transition of Care for Kitsap, WA Exceptional Family Member: Process Evaluation. McQuade, L. K., Ocampo, V. P., White, R.V. (2017). PCS Transition of Care for Kitsap, WA Exceptional Family Members: Process Evaluation. Unpublished manuscript, Uniformed Services University, Bethesda, MD.
- **Navy and Marine Corps Achievement Medal**, for professional achievement as staff nurse, EMF-Kuwait, while deployed in support of OIF/OEF in 2008. Supervised 12 staff members in the 44 bed level III facility, responsible for the care of 1,076 inpatients, 2,691 casualty receiving patients, and 80 helo patients, directly contributing to an 81 percent return to duty rate for United States and Coalition Forces.
- **Personal Commendation**, May 2008, from Brigadier General Frink for superior performance while serving as ICU nurse while deployed in Kuwait-2008
- **Certificates of Appreciation** in Jan, Feb, May, and June 2009, for outstanding performance as an instructor for the Basic Dysrhythmia Course.
- **Co-author Research Journal Submission- PAID- Not Money but a War-Wounded Traumatic Brain Injury Patient with Sympathetic Storming**

CERTIFICATIONS AND COMPETENCIES

- Family Nurse Practitioner Renewal Date: May 2022
- Basic Life Support for Healthcare Providers Renewal Date: January 2022

PROFESSIONAL AFFILIATIONS

- Member of Sigma Theta Tau International Honor Society, 2017
- American Association of Nurse Practitioners (AACN), 2015

- National Naval Officers Associations (NNOA), 2008
- Founder of Kappa Omicron Sigma chapter of Sigma Gamma Rho Sorority, Inc. 2009