

KATHERINE BEAR, MSN, APRN, FNP-C

Gilbert, Arizona 85298 | 480-266-4481 | harmonkt@yahoo.com

Professional Summary

Dedicated and patient focused Family Nurse Practitioner with proven strengths in acute patient care, staff development and patient advocacy. Displays an exceptional aptitude to deliver positive patient outcomes in a fast-paced environment while simultaneously building productive relationships. Known for exceptional interpersonal and communication skills, the ability to manage competing priorities, as well as maintaining accurate and efficient documentation.

Skills

- Advanced assessment skills and strong clinical judgment as a Nurse Practitioner
- Stapling, skin adhesive, wound care management and EKG interpretation
- Computer proficiencies in MS Word, MS Excel, Outlook, and EMR

Certifications

- American Academy of Nurse Practitioners, FNP-C, issued 12/2019, current
- American Heart Association, BLS and ACLS, both current
- Society of Trauma Nurses, TCRN, current
- National Institute of Stroke Scale, NIHSS, current

Licensure

- Advanced Practice Registered Nurse, State of Arizona, issued 12/2019, current
- Registered Nurse, State of Arizona issued 10/2007, current

Education

Master of Science in Nursing, 12/2019

University of Phoenix
Phoenix, Arizona

- Family Nurse Practitioner Specialty
- GPA 4.0

Bachelor of Science in Nursing, 05/2012

Grand Canyon University
Glendale Arizona

- GPA 4.0

Associate Degree of Science in Nursing, 05/2007

Des Moines Area Community College
Ankeny, Iowa

Clinical Practicums

Women's Health / Non-profit Community Health Women's Health Clinic

- Secure complete health histories including gynecologic, reproductive, contraceptive, medical, surgical, sexual, family health, and psychosocial systems
- Adept at performing basic physical exam components including breast exam, pelvic exam, pap smear, cervical cultures, and assisting with colposcopy
- Able to function autonomously from preceptor on routine care for GYN patients
- Knowledgeable in diagnostics and management of STDs

Family Medicine / Community Health Clinic working with Gila River and Ak-Chin Indian Communities

- Comprehensive and focused history and physical examination, including appropriate psychosocial, developmental, depression/anxiety screenings, and cultural elements
- Educate and guide patients on disease prevention and healthy lifestyle habits
- Manage overall patient care, including acute illness such as upper respiratory infections, sinusitis, pharyngitis, allergies, pneumonia, acute otitis media, back pain, dermatitis, cellulitis, and various chronic ailments such as diabetes, hypertension, arthritis, chronic obstructive pulmonary disease, and thyroid disorders as well as changes in lifestyle and development issues
- Assess need for appropriate lab tests, order and interpret results under the supervision of preceptor
- Collaborate with medical specialties through appropriate referrals
- Assist in coordination of community resources to meet needs of individuals and families
- Conduct comprehensive pediatric wellness exams, developmental screenings, acute care and follow-up visits for infants, pediatrics, and adolescents
- Confident in knowledge of growth and development, anticipatory guidance, and the child family interaction while working with parents to address their fears, concerns and treatment options
- Recognition and management of acute and chronic pediatric diseases and the effect of childhood illness on growth and development
- Demonstrate safety in calculating pediatric dosages of medication

Professional Experience

Registered Nurse / Trauma Intensive Care Unit

Dignity Health, 03/2013 to Present

Chandler, Arizona

- Provide quality care to critically ill patients through the implementation of evidence-based nursing assessment, nursing diagnosis, interventions, and ongoing evaluation
- Collaborate with health professionals and interdisciplinary team members to ensure optimal patient outcomes
- Recognize clinical changes in patient status and implement appropriate interventions with concise communication of assessment and plan of care to physician
- Provide therapeutic listening, emotional support, and education to patients while providing compassionate care

Registered Nurse / Intensive Care Unit

Maricopa Medical Center, 03/2011 to 07/2013

Phoenix, Arizona

- Utilize evidence-based nursing treatment plans to ensure positive outcomes while fostering a healing and safe environment
- Safely and compassionately care for critically ill patients while monitoring managing hemodynamic indicators and titrating multiple critical care drips
- Perform and interpret diagnostic tests while communicating health status changes to physician
- Assist doctors performing conscious sedation for bedside procedures including chest tube, central line, arterial line, and hemodialysis catheter insertions, bronchoscopy, and cardioversion
- Educate patients and their families on disease process and prevention, identify potential health and safety hazards, and discuss appropriate lifestyle and health assistance modifications while preparing the patient for discharge

Registered Nurse / Pediatric Intensive Care Unit

Maricopa Medical Center-Arizona Children's Center, 10/2007 to 03/2011

Phoenix, Arizona

- Provide highly skilled care grounded in evidence-based care guidelines and clinical knowledge to acutely ill medical inpatients
- Work closely with physicians and other interdisciplinary team members to deliver quality care and ensure optimal patient outcomes
- Highly skilled in invasive cardiac monitoring with arterial and central venous lines, administration and titration of critical care medicated infusions as per evidence-based practice protocols/physician orders, and managing patients with external ventriculostomy's, intracranial monitoring systems and advanced airways on ventilators
- Skillfully respond in urgent situations with appropriate and timely nursing interventions to ensure patient safety and optimal patient outcomes
- Educate patients/families about medications, disease condition and health maintenance

Affiliations

- American Association of Nurse Practitioners, AANP
- American Nurses Association, ANA
- Sigma Theta Tau International Honor Society of Nursing, STTI

Awarded

- National Daisy Award for Nursing, 2012

Interests

- Quality improvement projects such as The L.E.A.D. RN Program, which affords the opportunity to nurses to build upon their professional career within our organizations, along with recognizing and rewarding nurses who strive to advance their personal and professional development
- I also enjoy traveling and exploring all of beautiful Arizona such as Sedona and the Grand Canyon, and spending time with my family