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# Xiying (CiCi ) He, RN, MSN, FNP

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## PROFILE SUMMARY

Dedicated Advanced Practice Registered Nurse with over five years of experience in the healthcare, with emphasis on cardiology, acute care, neurology, and family medicine. Recognized for integrity, unparalleled work ethics and organizational aptitudes to effectively manage priorities with a longtime commitment in helping to provide care to patients. Professional strengths include excellent interpersonal communication skills and comfortably adapt to different work environments. I am highly organized and able to work independently. I am a competent patient care provider who recognizes my limitations and I prefer to work collaboratively and seek advice. I highly value team-based healthcare and believe that each discipline uniquely contributes to best practice. At heart, I am an advanced practice nurse with a passion for providing excellent comprehensive care for individuals across the life span.

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## SKILLS SUMMARY

- Advanced Assessment Skills
  - Chronic disease management
  - Patient education
  - Diagnostic imaging
  - Physician Consults
  - Outstanding Communications Skills
  - Well child Exam
  - Infection Control
  - Family Planning
  - Women's health
  - IV therapy
  - EKG interpretation
  - Physical Assessments
  - Depression/ Anxiety
  - Diabetes
  - Pediatric Treatment
  - Thyroid Disorders
  - Critical Thinking Skills
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## PROFESSIONAL EXPERIENCE

### Family Nurse Practitioner Student Clinical Rotations

#### **320 hours      Family practice, Olathe wellbeing Center, Olathe, KS**

Provided advanced primary care to Pediatrics, Adolescent, Adult and Geriatric patients in clinic. Performed physical exams, recording of patient medical histories, created patient care plans, and administered diagnostic tests. Provide age appropriate preventive screening or commendation including vaccinations, colorectal cancer, mammography, depression, sexually transmitted infections, hypothyroidism, obesity, diabetes, and cervical cancer.

#### **180 hours      Internal medicine, Southland Primary Care, Belton, MO**

Performed evidence-based comprehensive primary care management for a wide range of chronic illness of individuals across the lifespan including asthma, diabetes mellitus, COPD, hypertension, and hyperlipidemia, with referrals to appropriate specialists as warranted. Established advanced diagnostic perceptive method for interviewing, educating, and developing plans of care for children and their families.

#### **120 hours      Pediatrics management, Children's Clinic, Leawood, KS**

Provided anticipatory guidance to pediatric patients and their families concerning areas such as vaccine administration, growth and developmental milestones, nutrition and hygiene, and safety. Diagnosed acute otitis media, hang-foot-and-mouth disease, urticaria, GABHS, upper respiratory infections, Osgood-Schlatter's, pneumonia, and conjunctivitis.

#### **90 hours      Obstetrics and Gynecology, Women's care, Shawnee, KS**

Provided women's health and obstetric care to patients in a high-volume practice. Internship duties include annual women's exams, contraception management, cancer screenings and management, STI testing and counseling, PCOS management. Provide care for urgent problem visits. Provide genetic testing and counseling.

#### **100 hours      Urgent Care/ Emergency, Walgreens Health Care Clinic, Lenexa, KS**

#### **60 hours      Neurology, College Park Specialty Center, Overland Park, KS**

### HealthTrust Workforce Solutions

HCA Midwest hospitals- Kansas & Missouri  
(10/2017-Current)

Agency Registered Nurse- PCU, Telemetry, Medical, and Surgical Floors

- Employed critical thinking skills to assess and manage patients various specialties including oncology, orthopedic, GI, surgical, rehab, and telemetry inpatient setting. Duties performed in a high paced, skilled environment. Completed comprehensive patient assessments to determine individual needs, formulating plans of care in collaboration with multidisciplinary healthcare professionals, including physicians, case managers and social workers. Teach patients and significant others how to manage their illness/injury, by explaining: post-treatment home care needs, diet/nutrition/exercise programs, self-administration of medication and rehabilitation

**Research Medical Center- Kansas City, Missouri**

**(06/2014-10/2017)**

**Relief Charge and Staff Registered Nurse, Intensive Telemetry Care Unit**

- Provide comprehensive medical and emotional care to critically ill patients with various diagnoses. Ensure two-way communication with physicians concerning patient status and patient advocate. Interact with the patient families and provide support; along with explaining procedure and daily updates of patient conditions. Ensuring patient remains hemodynamically stable by administering appropriate medications and titrating medication to effect. Patient care surrounding myocardial infarction, HTN, CVA, atrial and ventricular arrhythmias, pre and post heart catheterization. Manage patient pre/post pacemaker insertion and electrophysiology studies. Experience opportunities as relief charge nurse overseeing 20 staff nurses in 40 bed critical care unit. Provided orientation to new nurses and preceptor to experience nurses.

**Grace of Leawood Skilled Nursing Home- Leawood, KS.**

**(06/2014-05/2015)**

**RN Staff Nurse**

- Supported an average caseload of 65 patients in the provision of preventative health care within a nursing home environment. Maintained patient care needs in accordance to individualized care plan that helped improved patient's quality of life. Facilitated staff, patient and family decision making by providing educational tools.

**CERTIFICATIONS**

**Kansas Registered nurse license (Active)**

Registered Nurse # 201502865

**Certificate of ACLS (Active)**

American Heart Association

**Missouri Registered nurse license (Active)**

Registered Nurse # 13-132823-062

**Certificate of BLS for Healthcare Provider (Active)**

American Heart Association

**EDUCATION**

**Master of Science, Graduate program Family Nurse Practitioner - (December 2019: Currently)**

Research College of Nursing- Kansas City, Missouri

**Bachelor of Science, Nursing w/Honors**

Fort Hays State University - Hays, Kansas

**Associate of Science, Nursing**

Neosho County Community College- Chanute, KS

**PROFESSIONAL RESEARCH**

- Dessieux, M & He, X. (2019, May) Cardiovascular protective effects of the Mediterranean diet in adults. Presented at Rockhurst university's Bobbie Siler poster Presentation.
- He, X. (2018) Nurse practitioner delivered diabetes care can improve patient adherence and clinical outcomes.

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## REFERENCES

Dr. Nic Webb, DNP, APRN, FNP-BC      Research College of Nursing  
Contact: 334-954-9971 / fnpmontgomery@gmail.com

Melissa Herlein APRN FNP-BC      Olathe Wellbeing Center  
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