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| Name: | Alesha Mcclanahan |
| Phone: | 219-689-3369 |
| Email: | alesha.mcclanahan@valpo.edu |
| Location: | US-IN-Merrillville-46410 () |
| Last Modified: | 8/8/2019 3:44:03 PM |

 Work History

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| Company Name: | Porter Regional Hospital | 06/01/2014 - Present |
| Job Title: | Registered Nurse | |
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| Company Name: | Porter Regional Hospital | 09/01/2012 - 06/01/2014 |
| Job Title: | Certified Nursing Assistant | |
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 Education

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| School: | Valparaiso University (VU) - Valparaiso, IN; College of Nursing and Health Professions | Graduation Date: |  |
| Major: |  | | |
| Degree: | Doctorate | | |
| School: | Valparaiso University - Valparaiso, IN; College of Nursing and Health Professions | Graduation Date: |  |
| Major: |  | | |
| Degree: | Bachelor's Degree | | |
| School: | Indiana | Graduation Date: |  |
| Major: |  | | |
| Degree: | None | | |

 Additional Skills And Qualifications

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| Recent Job Title: | Registered Nurse | Recent Wage: | 0 per |
| Security Clearance: | No |  |  |

 Desired Position

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| Desired Wage: | per | Desired Employment Type: |  |
| Desired Travel: |  | Desired commute: |  |
| Desired Relocation: | No | |  |

 Resume

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| Alesha McClanahan CELL PHONE 219-689-3369 ADDRESS 297 S. 725 W., Hebron, IN 46341 E-MAIL alesha.mcclanahan@valpo.edu    Alesha McClanahan CELL PHONE 219-689-3369 ADDRESS 297 S. 725 W., Hebron, IN 46341 E-MAIL alesha.mcclanahan@valpo.edu   PROFESSIONAL PROFILE I am a board certified family nurse practitioner in Northwest Indiana and recent graduate of the Doctor of Nursing Practice program at Valparaiso University. I am seeking a position as a psychiatric nurse practitioner. I demonstrate leadership, self-motivation, and critical thinking. I have a strong desire to learn and gain more knowledge, skills, and experience. I strive to provide excellent, holistic care and have a passion for making a difference and promoting health. I maintain a positive attitude, work well as part of a team, am very receptive to learning, strive to go above and beyond for patients and coworkers, and build meaningful relationships with patients and families. I am very interested in psychiatric care and feel that I can provide compassionate, nonjudgmental care for this population. I recognize the importance of and the need for psychiatric care. I strongly value evidence-based practice as demonstrated by my implementation of an evidence-based practice project involving combination therapy with cognitive behavioral therapy (CBT) and selection serotonin reuptake inhibitor (SSRI) medication for the treatment of adults with generalized anxiety disorder (GAD) in the family practice setting.  ACADEMIC BACKGROUND Valparaiso University (VU) - Valparaiso, IN Doctor of Nursing Practice College of Nursing and Health Professions Graduation: May 18, 2019 GPA: 3.853 Valparaiso University - Valparaiso, IN Bachelor of Science in Nursing College of Nursing and Health Professions Graduation: May 2014 GPA: 3.654   LICENSURE / CERTIFICATIONS Registered Nurse, Indiana, license number 28217098A, exp: 10/2019 American Heart Association, BLS for Healthcare Providers (CPR and AED) Program, exp: 8/2019 American Heart Association/American Academy of Pediatrics, Pediatric Advanced Life Support (PALS) Program, exp: 9/2020 American Heart Association/American Academy of Pediatrics, Neonatal Resuscitation (NRP) Provider, exp: 5/2021 Certified Nurse Aide, Indiana, license number CNA1202084 Family Nurse Practitioner ANCC Board Certified: Certification number 2019041434, exp: 6/27/24   WORK EXPERIENCE Porter Regional Hospital - Valparaiso, IN Registered Nurse June 2014 - present Women and Children's Unit, Contact: Elaine Merkel, Unit Director (219) 983-8300  Provide nursing care of children, infants, and adult women, including post-surgical, antepartum, and postpartum care  Collaborate with interdisciplinary team of nurses, respiratory therapists, physical therapists, doctors, nurse practitioners  Utilize computer charting systems and other computer programs to document patient information and facilitate care  Communicate effectively with patients, families, doctors, nurses, pharmacy, laboratory, and additional staff members  Porter Regional Hospital - Valparaiso, IN Certified Nursing Assistant September 2012 - June 2014 Orthopedic Unit, Contact: Lisa Stemler, Unit Director (219) 983-8300  Facilitated care of patients including bathing, taking vital signs, ambulation and bathroom needs, use of orthopedic devices  Communicated with patients and families about patient care activities and coordinated care with nurses and other nursing assistants by working together and informing nurses of patient needs  Floated to other units to provide care throughout the hospital based on staffing needs, including medical/surgical, oncology, intermediate care, progressive care, and intensive care units  CLINICAL EXPERIENCE/EVIDENCE-BASED PRACTICE PROJECT - GRADUATE PROGRAM NUR 722 Application of the APN Role I - Women's Health and Prenatal Care - 140 clinical hours completed  Franciscan Physician Network OBGYN Health Center, Preceptor: Rhea Martin, WHNP NUR 732 Application of the APN Role II -Pediatrics, Family Practice, Neonatal, Dermatology - 210 clinical hours completed  Riley Pediatric Clinic at Saint Joseph Regional Medical Center, Preceptor: Janet Hartgrove, CPNP  Hoehn Medical Group, Preceptor: Connie Ramirez, ANP-BC  Brief experience at Porter Regional Hospital, Neonatal Intensive Care Unit, Preceptor: Christina Cavinder, CPNP  Brief experience at Dermatology Associates of Northwest Indiana, Preceptor: Marlee Pratt, FNP NUR 799A DNP Project: Development - Evidence-Based Practice Project - 140 clinical hours completed  Krol Family Medicine, Preceptors: Lori Krol, NP and Jessica Wisdom, NP NUR 742 Application of the APN Role III - Internal Medicine - 210 clinical hours completed  Franciscan Physician Network Winfield Health Center, Preceptor: Laurie Deeb, NP NUR 799B DNP Project: Implementation - Evidence-Based Practice Project - 140 clinical hours completed  Krol Family Medicine, Preceptors: Lori Krol, NP NUR 752 Application of the APN Role IV - Family Practice, Orthopedics, Dermatology - 140 clinical hours completed  Hoehn Medical Group, Preceptor: Connie Ramirez, ANP-BC  Illinois Dermatology Institute, Preceptor: Melanie Haney, NP - selected based on my interest in dermatology  Brief experience at Lakeshore Bone &amp; Joint institute, Preceptor: Laurie Jones, NP Nur 799C DNP Project: Evaluation - 140 clinical hours completed  Krol Family Medicine, Preceptors: Lori Krol, NP  SUMMARY OF EVIDENCE-BASED PRACTICE PROJECT  An extensive literature search was performed in order to determine best practice for answering the following clinical question: What is the best way to decrease symptoms of generalized anxiety disorder (GAD) among affected adults in primary care? The project received IRB approval and implementation was completed. The following PICOT question was developed to guide the EBP project: Among adults presenting with GAD in the family practice setting (P), does the introduction of a protocol to treat patients with a selective serotonin reuptake inhibitor (SSRI) and self-administered cognitive behavioral therapy (CBT) via bibliotherapy (I) compared to the current practice of no protocol (C), improve GAD symptoms as measured by patient-reported scores on the Generalized Anxiety Disorder 7-item (GAD-7) scale (O) over a 12-week period (T)? The purpose of this project was to implement an evidence-based protocol involving combination therapy with self-administered CBT and SSRI medication in order to improve patient outcomes through more accessible, affordable, and standardized treatment of GAD. A one-way repeated-measures ANOVA indicated that while mean GAD-7 scores decreased from baseline (M = 4.20, SD = 4.32) to week 12 (M = 1.60, SD = 2.12), there was no statistically significant decrease found in anxiety symptoms (F(3,27) = 1.94, p &gt; 0.05). A statistically significant decrease in depression symptoms via PHQ-9 scores was found (F(3,27) = 4.34, p &amp;#60;&amp;#10; 0.05&amp;#41;. The majority of participants were satisfied &amp;#40;44.4&amp;#37;&amp;#41; with self-administered CBT.&amp;#10; Providers are recommended to implement combined self-administered CBT and SSRI medication as a&amp;#10; cost-effective, accessible, and effective method to decrease anxiety and depression symptoms&amp;#10; among patients with GAD.&amp;#10;&amp;#10;COMMUNITY INVOLVEMENT&amp;#10;American Association of Nurse Practitioners, Member, 2019 - present&amp;#10; &amp;#42; Recently joined with the importance of nursing policy in mind&amp;#10;Student Nurses Association &amp;#40;SNA&amp;#41;, Graduate Student Representative, 2018 - 2019&amp;#10; &amp;#42; Invited to fill this position by the Assistant Dean of Graduate Nursing and SNA Faculty&amp;#10; Advisor&amp;#59; volunteer activities&amp;#10;Coalition of Advanced Practice Nurses of Indiana, Student Member, 2017 - present&amp;#10; &amp;#42; Maintain awareness of current APRN endeavors, including efforts toward gaining full practice&amp;#10; authority&amp;#10;Student Faculty Concerns Committee, Doctorate of Nursing Practice Representative, 2017 - present&amp;#10; &amp;#42; SNA Representative, 2013 - 2014&amp;#59; volunteer for activities and present topics brought to my&amp;#10; attention by classmates&amp;#10;Sigma Theta Tau International, Member, 2013 - present&amp;#10; &amp;#42; Inducted based on academic success and dedication to nursing&amp;#10;Ireland Spring Break Study Abroad Trip, February&amp;#47;March 2016&amp;#10; &amp;#42; Studied in Ireland for two weeks over spring break&amp;#59; visited hospitals, hospice centers, and&amp;#10; other nursing care facilities&amp;#10;Nursing Leadership Group &amp;#40;NLG&amp;#41;, Women and Children&amp;#39;s Unit Representative, 2015&amp;#10; &amp;#42; Invited to join by Unit Director and NLG Co-Chair&amp;#59; served as a member of the Professional&amp;#10; Development Council&amp;#10;Student Nurses Association &amp;#40;SNA&amp;#41;, President 2013 - 2014, President Elect 2012 - 2013, Member 2010 -&amp;#10;2012&amp;#10; &amp;#42; Initiated mentoring program&amp;#59; raised funds for Relay for Life, volunteered at American Heart&amp;#10; Association events and others&amp;#10;&amp;#10;HONORS&amp;#10; &amp;#42; 2019 Janet M. Brown Outstanding Student Award Recipient&amp;#10; &amp;#42; Valparaiso University Alumni Association Distinguished Student Award Recipient&amp;#10; &amp;#42; Recognized via a speech at the Graduate Commencement Ceremony by President Heckler&amp;#10; &amp;#42; Academic Honors - Distinction&amp;#59; GPA &amp;#62; 3.8 o 'Best Abstract' for EBP Project; Selected to present EBP project at Sigma Theta Tau's Creating Healthy Work Environments Conference in New Orleans, LA as a Rising Star of Research and Scholarship  Second Place for EBP Project Poster at DNP Presentation Day  CVS Health Foundation Advanced Practice Nurse Scholarship  Indiana Organization of Nurse Executives (IONE) Scholarship  Porter Cares Recognition by staff, patients, and patients' families  BSN: Magna Cum Laude; Valparaiso University Dean's List; Valparaiso University Presidential Scholarship; Spanopoulos Scholarship Recipient (Pediatric Nursing)  SKILLS  Microsoft Word, Microsoft PowerPoint, Microsoft Excel; Cerner, Centricity, and EPIC charting systems |