
LAURA J. KUELZ

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CAREER SUMMARY

A Registered Nurse and public health professional with experience in acute inpatient medical-surgical, hospice, and home health settings. Able to use critical thinking and multitasking skills to provide high quality evidenced-based care. Strong interpersonal and communication skills to facilitate optimal patient/nurse relationship.

STRENGTHS

Care Plan Execution and Delivery
Opportunity Analysis
Spanish Language Fluency

Public Speaking
Patient Advocacy

Health Intervention Programming
Wellness Education
Outreach and Program Marketing

EDUCATION

- Bachelor of Science in Nursing, Edgewood College, Madison, WI** 2020
- Masters of Public Health, Des Moines University, Des Moines, IA** 2012
- Internship – Building a Safer Evansville (BASE). Worked with substance abuse prevention program to reduce high risk behavior in middle school and high school youth In Evansville, WI.
 - Capstone – Implemented drugs and violence after-school prevention program for 5th - 8th graders at the youth center in Evansville, WI. Facilitated classes, analyzed data, and measured outcomes of program.
- Bachelor of Arts – Spanish, Central College, Pella, IA** 2003

PROFESSIONAL EXPERIENCE

SSM Health at Home, Monroe, WI 2021-current
Home health provider offering multi-disciplinary health care in the home setting.

Registered Nurse Case Manager, Post-Acute

Perform direct patient care and case management for post-acute patients in the home setting.

- Provide skilled nursing interventions including wound care, medication management, foley catheter management, IV infusion management, assessment/observation, and teaching/education.
- Successfully maintain a caseload of 25-30 patients, ensuring care plan delivery and collaboration with interdisciplinary team.
- Identify and generate referrals to other disciplines to ensure a holistic health care approach.
- Complete timely, detail-oriented charting of patient care.

William S. Middleton Memorial Veterans Hospital, Madison, WI 2020-2021
Medical center that provides health care services for the United States veteran population.

Registered Nurse

Provide direct patient care in a medical-surgical and hospice unit setting through collaboration with the interdisciplinary team and patients and their families.

- Perform patient assessments and implement, evaluate, and coordinate care plans with providers and other interdisciplinary team members.
- Provide skilled nursing care, including medication administration, wound care, IV care and maintenance, injections, monitoring vital signs, and end of life care.
- Educate patients and their caregivers on disease processes, medication/therapy regimen, and self-management.

WEA TRUST, Madison, WI**2010-2014**

A non-profit organization that offers insurance and financial solutions to school employees, state employees, and other public workers.

Health Educator and Medical Services Coordinator

Provided wellness consultation to school districts and individualized care management to health plan members struggling with a variety of health issues. Collaborated with local providers to bring member-focused public health prevention programs to clients. Work with clients on wellness initiatives to target premium control and cost savings. Guided health plan members on health improvement efforts over the phone.

- Designed and implemented disease prevention programs in Wisconsin school districts, removing barriers to maintain health and prevent chronic conditions for members.
- Served as health coach and advocate to members dealing with metabolic syndrome or other related risk factors, empowering members to make positive health changes.
- Brought new and innovative health and wellness programming that engaged hundreds, increased employee health and morale, and reduced health claims for their employers.

THE HEALTH AND WELLNESS INSTITUTE, Des Moines, IA**2008-2010**

A health management, strategic consultation company, specializing in screenings and assessments to prevention-focused programming and incentive management.

Worksite Wellness Consultant/Community Wellness Coordinator

Consulted with over 1500 small businesses in 26 Iowa counties to raise awareness, connect members with local health and wellness resources and deliver worksite and community-based seminars and presentations. Oversaw budget and corporate spending related to client-based activities.

- Created employer wellness committees that targeted health improvement efforts onsite and reduced costs.
- Successfully managed territory budget, leading to increased cost-savings for the client.

UNIVERSITY HEALTH SYSTEM, San Antonio, TX**2007-2008**

The public district hospital which is the San Antonio area's only health system recognized as one of America's Best Hospitals.

Health Educator, 2007-2008

Educated English and Spanish-speaking patients on a variety of health topics. Facilitated group workshops on chronic disease self-management, instructed aerobics and nutrition classes for youth and adults.

- Raised awareness of hundreds of community members through biometric screenings and education, prompting proactive and prevention-based health behaviors.

Patient Navigator, 2007

Educated prenatal patients about available health care funding and programs, navigated patients' transition through the health care system, facilitated enrollment into WIC, Medicaid, and other related programs. Served as an interpreter and as liaison for Spanish-speaking patients. Managed patient referral process to ensure all patients received necessary prenatal care.

VISITING NURSE SERVICES, Des Moines, IA**2006**

Medical and social services provider for women, children and families, adults and seniors in communities across Iowa.

Stork's Nest Coordinator

Managed educational incentive program for pregnant and new mothers, provided prenatal education to eligible clients, maintained incentive program inventory, and oversaw program budget and purchasing decisions.