

Cristina Herico Roy, APRN

CONTACT

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EDUCATION

Olivet Nazarene University School of Graduate and Continuing Studies

Class of: August 2016
Master of Science in Nursing
* *Sigma Theta Tau International Honor Society of Nursing*

Loyola University Chicago Marcella Niehoff School of Nursing

Class of: May 2012
Bachelors of Science in Nursing

LICENSURE AND CERTIFICATION

Family Nurse Practitioner - Certified

Certification No. # 209.015547

State of Illinois
Expires: May 31, 2027

Registered Professional Nurse

License No. 041.403552

State of Illinois
Expires: May 31, 2024

American Heart Association Health Care Provider

*Basic Life Support
Advanced Cardiac Life Support*

*Expires: August 18, 2024
Expires: August 18, 2024*

PROFESSIONAL EXPERIENCE

Nurse Practitioner - Community First Medical Center (Acute Care Setting) May 2017 - Present

Inpatient Hospital Privileges / Acute Care Setting
Managed plan of care and collaborate with multi-disciplinary team (PT/OT/ST/Specialists) to maximize patient centered care and outcomes
Managed patients in ICU, Telemetry/Step Down unit, Extended Care Unit (rehab), and Med-Surg Unit
Proficient in CVA/Stroke and Coronary Artery Disease protocol, diagnoses, and treatment plan
Emergency Room call (2x/month): Admit patients and managed care from ER stay up until discharge
Assist nursing staff with foley and IV insertion
Titration of anticoagulants

Nurse Practitioner (inpatient & outpatient) - Roy Medical Group, LLC. May 2017 - Present

Manage plan of care and collaborate with multi-disciplinary team (PT/OT/ST/specialists) to maximize patient centered care for inpatient medicine (AMITA Resurrection Medical Center, Community First Medical Center, St. Joseph Village of Chicago, Bethesda Rehab and Senior Care, and Norridge Gardens)
Counsel patients on diabetes, and hypertension lifestyle changes and management for a diverse population, primarily the underserved community
Work in a fast-paced environment: 3-4 patients per hour
Diagnose and manage patients with acute and chronic illnesses in the outpatient setting
Review and discuss lab results with patients

Pain management (Rheumatoid Arthritis, Lumbar and Cervical stenosis/Radiculopathy, Degenerative Joint Disorder, Polyneuropathy, etc.)
Weight Management Counseling and Treatment
Diagnose and manage patients in the pediatric population
Well child visits, school/sports physicals with immunizations
Precept/Mentor students from North Park University and Resurrection University
Managerial tasks: pay-roll for employees and ordering supplies

Nurse Practitioner (Hospice) – Attuned Care ; Comfort Hospice July 2017 - August 2018

Perform face-to-face visits for palliative and hospice referrals
Assess the comfort/pain level of patients in an imminent status
Manage plan of care for terminally ill patients
Collaborate with psych/social workers to assess the needs of terminally ill patients and their families.

Staff Nurse –

Critical Care Unit (Northwestern Lake Forest Hospital) September 2012 - December 2018

Proficient in titration of cardiac and anticoagulant drips.
Skillfully cared for patients with continuous cardiac monitoring and post cardiac stent placement.
Collaborated with a multi-disciplinary team to develop and maximize patient centered care.
Educated patients in terms of medical status/changes in cardiac rhythms, medications, and life style changes.
End-of-Life Care

Personal Care Assistant (Over 200 hours) August 2011 - 2013

Cared for a quadriplegic and assisted in activities of daily living:
Bowel program/digital disimpaction, straight catheterization, feeding, bathing, and transferring
Managed care of patient by means of medication regimen and maintaining home safety

LEADERSHIP

Philanthropic Ambassador - Telemetry Unit (NLFH) November 2013 - 2014

Hosting fun and creative activities
Hosted the telemetry fundraiser in support of the United Way Campaign
Promote education, financial stability, and healthy lives

VOLUNTEER EXPERIENCE

The Lourdes Service Immersion Nursing Trip (Loyola University-Chicago) May 2010, May 2012, May 2018

Bath Attendant

Lourdes, France
Worked intimately and spiritually with the malades (sick pilgrims)
Immersed pilgrims in and out of baths
Undressed/dressed the malades to maintain privacy and modesty

Help for Hiayan - Chicago (Rizal Center) November 2012

Helped organize the relief in the Philippines, packing medical supplies, clothes, and canned goods
Played the role of a nurse at the relief site to aid those who became dehydrated, light headed, and/or injured.