

## Amena Adams MSN, RN, PHN

(C) 505-730-5719 • [amenaadams19@apu.edu](mailto:amenaadams19@apu.edu) • <https://www.linkedin.com/in/amena-adams-usdmsn/>

### EDUCATION

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#### Family Nurse Practitioner Certificate Program- *Expected completion Fall 2023*

Azuza Pacific University, San Diego, CA

- Post Master's Family Nurse Practitioner Certificate program

#### Master of Science in Nursing- May 2018

University of San Diego, San Diego, CA

- Master's Entry Program in Nursing
- Evidence-Based Practice project: *For patients with a Foley catheter does the presence of dependent loops in the catheter tubing versus no dependent loops in the tubing increase the occurrence of CAUTI.*
- Research Day Poster: *Undiagnosed Hypertension in Residents of La Morita, Tijuana.*

### WORK EXPERIENCE

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#### Registered Nurse

11/2019 – present

#### Scripps Clinic, Urogynecology Department– La Jolla, CA

- Percutaneous Tibial Nerve Stimulation (PTNS)
- Bladder Instillations
- In-Office Bladder Botox
- Pre Surgical Urodynamics Testing
- Catheter maintenance/removal/teaching
- Pre and Post-Operative patient preparation
- Triage calls to Nurse Line and Provider Inbox messages
- Placing orders for labs, referrals, medications, imaging in Epic system

#### Registered Nurse

4/2021 – 11/2021

#### Scripps Memorial Hospital, Maternal Child Health– La Jolla, CA

- Postpartum: family-centered care for up to 4 couplets
- Labor & Delivery: triage patients for rupture of membranes, preterm or active labor. Continuous fetal heart monitoring and intrauterine resuscitation. Manage laboring patient including induction, epidural assistance, pain management and delivery support. Assist and circulate in Operating Room for emergent and planned cesarean sections. Medication and immunization administration. Newborn care and assessment. Postpartum support for couplet.
- Lactation Counselor: breastfeeding support and teaching including shield, pump and supplementation when required

#### Nurse Manager

05-2018-11/2019

#### El Cajon Family Health Center of San Diego- El Cajon, CA

- Manage the Nursing Team in Pediatrics, Family Medicine and Women's departments
- Coach and train Nursing Team MA's, LVN's and RN's
- Triage Walk-In Patients, work with Providers to accommodate for same day visits
- Maintain VFC and Purchased Vaccine Inventory

### LANGUAGES

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- Arabic, Iraqi dialect- advanced proficiency
- Spanish- intermediate proficiency

### PROFESSIONAL AFFILIATIONS

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- Association of Women's Health, Obstetrics and Neonatal Nurses (AWHONN) – *[2018-Present]*
- International Urogynecological Association – *[1/2020-Present]*
- San Diego Breastfeeding Coalition – *[2018-Present]*

### CERTIFICATIONS & AWARDS

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- Scripps *Values in Action* Honoree (2021)
- Scripps Presidential Scholar (2022)
- American Red Cross, Basic Life Support Certification (BLS) – *[2020-Present]*
- Certified Lactation Education Counselor – *[2017-Present]*
- Neonatal Resuscitation Program – *[2020-Present]*
- Fetal Heart Monitoring – *[1/2021-Present]*
- Laborie Urodynamics – *[1/2020-Present]*