

PROFESSIONAL FNP PORTFOLIO

Bridgette Bowles, MSN, APRN, FNP-C

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Section I:

1. Biographical Information

Bridgette Bowles

(c) 607-237-9176

Virginia Beach, Virginia

bridgetteb27900@gmail.com

2. FNP Position Statement

My goal is to obtain a position as an entry level nurse practitioner position following graduation in August 2022. I am a quick learner and pride myself on doing the best job that I can. The importance of teamwork and collaboration within a work environment is something that I am aware of when beginning a position. Throughout my clinical rotations and work history I have taken responsibility of my own learning to become the best provider possible. I am constantly looking for ways to further my knowledge as a provider including listening to the American Family Physicians Podcast weekly to obtain continuing education credits. Quality assurance is an important aspect of being a provider and I feel that this is something that pay special attention to. In order to further my knowledge in the dermatology and aesthetic field, I am looking to complete certification for Botox, laser treatment, and other skin care procedure in the near future.

3. Curriculum Vitae

Professional Summary

Registered Nurse (BSN) with 3 years experience providing compassionate health care across many environments and assignments. Upon finishing my ADN and passing the NCLEX in May 2019, I secured a job at UHS where I underwent 6 months of training for the neuro stepdown unit where I became comfortable in my nursing career. I began a fast track BSN program in July of 2019 that allowed me to finish in 1 year while studying year round. Soon after the completion of my neuro-stepdown training, COVID became more prevalent and I decided to begin swabbing at a local testing site and pop up sites up to three hours away which was run by the department of health. I was working in both the neuro-stepdown unit and the swabbing site until August of 2020 when I decided to join the float pool and work in different units of the hospital as needed. This was essential in my knowledge expansion beyond neuro and enabled me to be more rounded in my nursing career. In August of 2020 I began my MSN degree where I again completed classes year round. As COVID numbers started to decrease in the area I decided to leave the testing site and take on an area of nursing where I wanted to expand my knowledge, pediatrics. I began working at Camp Echo which gave me experience with pediatrics that I was looking for. This position was over 50 hours a week in addition on call shifts that required treating children during the night as needed. At this point I was about half way done with my

MSN degree and was looking to begin clinical soon, unfortunately due to New York's nurse practitioner restrictions I was unable to complete clinical in the state. In the face of adversity I decided that it was best for me to move to another state to complete clinical. I left my job at UHS in September and moved to Virginia. Once moving to Virginia I began clinical where I directed my focus to education rather than my bedside nursing role.

Education

United States University, San Diego California Family Nurse Practitioner Major - MSN	Graduation August 2022
The College at Brockport, Brockport New York Nursing Major - BSN	Graduation 2020
SUNY Broome, Binghamton New York Nursing Major - ADN	Graduation 2019
Maine Endwell High School, Endwell New York Regents Degree	Graduation 2015

Work History

UHS Hospital, Johnson City, NY Title; Registered Nurse – Neuro step down unit; Float pool	August 2019 to September 2021
Camp Echo, Bloomingburg, NY Title; Registered Nurse – Primarily school age and adolescent population	June 2021 to August 2021
Department of Health, Binghamton, NY Title; Registered Nurse – COVID swabbing at home facility and pop-up testing sites across NY	May 2020 to April 2021

4. Documentation of Nursing Licensure

LISTING OF SECURITY FEATURES ON REVERSE SIDE

COMMONWEALTH OF VIRGINIA
DEPARTMENT OF HEALTH PROFESSIONS

David E. Brown, D.C., Director

Jay P. Douglas, MSM, RN, CSAC, FRE
Executive Director
(804) 367-4515

BOARD OF NURSING

9960 Mayland Drive, Suite 300
Henrico, VA 23233-1463
www.dhp.virginia.gov/nursing

Registered Nurse
Bridgette Elaine Bowles

Number
0001303142

To verify the status of this license, visit our website www.dhp.virginia.gov, which is a primary source verification of the credential issued by the Commonwealth of Virginia. To file a complaint about a licensee, call: 1-800-533-1560

Commonwealth of Virginia



Board of Nursing
Department of Health Professions

This is to certify that

Bridgette Elaine Bowles

*has fulfilled the requirements of the Code of Virginia and the regulations of
this board and is hereby authorized to practice as a*

Registered Nurse
in the Commonwealth of Virginia

Number 0001303142

Issued 06/16/2021

Manuel B. Herando
President of the Board

Jay Douglas
Executive Director of the Board

David E. Brown
Director of the Department

The University of the State of New York
Education Department
Office of the Professions
REGISTRATION CERTIFICATE
Do not accept a copy of this certificate

License Number: 772527-01

Certificate Number: 1791839



BOWLES BRIDGETTE
390 TIONA RD
NEWARK VALLEY NY 13811-0000

is registered to practice in New York State through 01/31/2025 as a(n)
REGISTERED PROFESSIONAL NURSE

LICENSEE/REGISTRANT

Suzanne Sullivan
EXECUTIVE SECRETARY

Betsy P...
COMMISSIONER OF EDUCATION
Darab A. Benson
DEPUTY COMMISSIONER

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THE UNIVERSITY OF THE STATE OF NEW YORK
EDUCATION DEPARTMENT



BE IT KNOWN THAT

BRIDGETTE BOWLES

HAVING GIVEN SATISFACTORY EVIDENCE OF THE COMPLETION OF PROFESSIONAL
AND OTHER REQUIREMENTS PRESCRIBED BY LAW IS QUALIFIED TO PRACTICE AS A

REGISTERED PROFESSIONAL NURSE

IN THE STATE OF NEW YORK

IN WITNESS WHEREOF THE EDUCATION DEPARTMENT GRANTS THIS LICENSE
UNDER ITS SEAL AT ALBANY, NEW YORK
THIS SECOND DAY OF JULY, 2019.

Maryellen Elias
COMMISSIONER OF EDUCATION
LICENSE NUMBER
772527



Dale E. P...
DEPUTY COMMISSIONER
FOR THE PROFESSIONS
Suzanne Sullivan
EXECUTIVE SECRETARY
STATE BOARD FOR
NURSING

5. Diplomas



State University of New York College at Brockport

On the recommendation of the Faculty and by the virtue of the authority
vested in them, the Trustees of the University have conferred upon

Bridgette Elaine Bowles

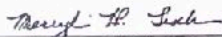
the degree of

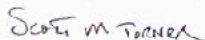
Bachelor of Science in Nursing

and have granted this Diploma as evidence thereof.

Given in the Village of Brockport, in the State of New York,

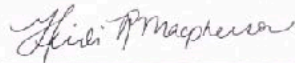
this month of August, two thousand and twenty.


Chairperson of the Board of Trustees


Chairperson of the College Council




Chancellor of the State of New York


President of the College

6. Summary of FNP Educational Preparation

MSN570 - Pathophysiology	3 credit hours
MSN 571 - Pharmacology	3 credit hours
MSN572 - Physical Assessment	4 credit hours

FNP 592 - Primary Care Physicians of Hampton Roads, Florence V. Paragas, MD, 135 hours
FNP 594 - Primary Care Physicians of Hampton Roads, Donna Bradshaw, AGPCNP, 135 hours
FNP 596 - County Pediatrics, Bina Fenn, MD FAAP, 135 hours
FNP 597 - TMM Medical Group, Jimmy Cooper, Jr., FNP-C, 135 hours

7. Certificates of Attendance for Continuing Education and other Certifications

Nursing License: Virginia, New York

Basic Life Support; Expires 08/2023

CPR; Expires 08/2023

8. Membership in professional organization

Current member of the American Academy of Nurse Practitioners

Intention of joining a local Hampton roads FNP chapter

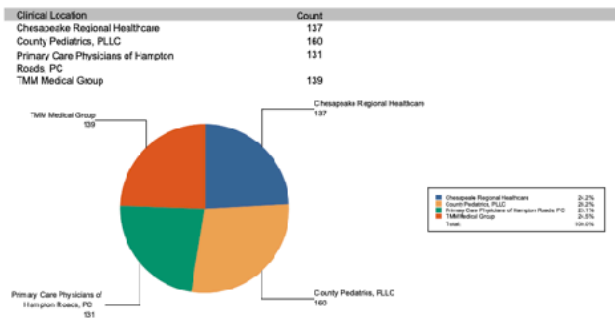
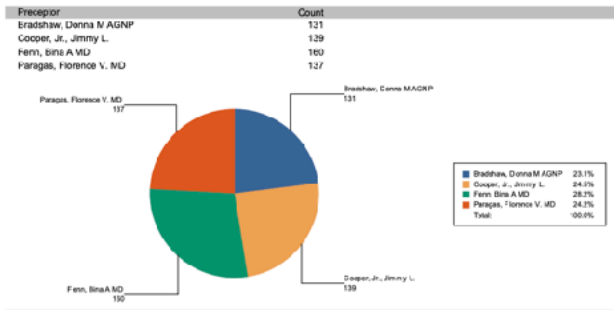
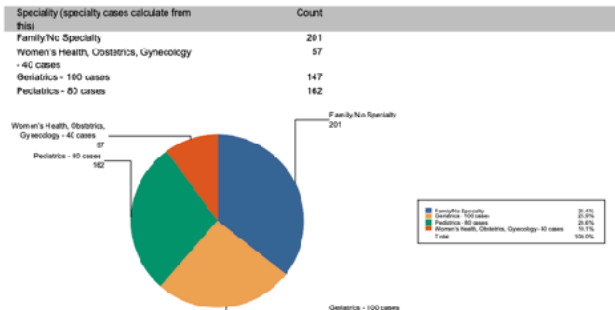
9. Professional presentations and publications

Throughout the 7 years of advanced education that have been completed, there have been many instances of publications and presentations. Unfortunately none of these have been submitted for peer review. In the future professional presentations may be necessary and at that time I will be prepared based on my previous work.

10. Volunteer activities or past military or civil service

After graduation there is an opportunity to spread education throughout the community, I intend to spread awareness regarding chronic diseases by volunteering at local outreach programs. These include events in lower income areas where chronic disease such as diabetes and hypertension is more prominent.

11. Clinical Hours



Count	ICD Code	Description
158	I10	Essential (primary) hypertension
128	E11.9	Type 2 diabetes mellitus without complications
91	E73.5	Hyperlipidemia, unspecified
87	Z00.129	Encounter for routine child health examination without abnormal findings
69	E53.9	Women's health, unspecified
73	Z23	Encounter for immunization
63	J38.9	Allergic rhinitis, unspecified
60	Z00.01	Encounter for general adult medical examination with abnormal findings
59	F41.9	Anxiety disorder, unspecified
57	E65.9	Obesity, unspecified
51	K21.9	Gastro-esophageal reflux disease without esophagitis
28	M54.53	Low back pain, unspecified
28	Z13.Z20	Encounter for screening for lipid disorders
24	Z00.00	Encounter for general adult medical examination without abnormal findings
23	R73.03	Predabetes
22	E03.9	Hypothyroidism, unspecified
22	N42.9	Disorder of prostate, unspecified
21	E23.2	Polycystic ovarian syndrome
20	R05.1	Acute cough
20	Z13.Z28	Encounter for screening for other metabolic disorders
19	G47.03	Insomnia, unspecified
19	L38.9	Dermatitis, unspecified
19	F30.2	Attention-deficit hyperactivity disorder, combined type
18	J02.0	Acute pharyngitis, unspecified
18	J04.9	Acute upper respiratory infection, unspecified
17	J01.90	Acute sinusitis, unspecified
17	K03.7	Teething syndrome
17	R05.9	Cough, unspecified
17	R51.9	Headache, unspecified
17	Z00.121	Encounter for routine child health examination with abnormal findings
17	Z78.999	Other long term (current) drug therapy
16	V92.2	Person injured in unspecified motor-vehicle accident, traffic
15	M25.551	Pain in right knee
15	M54.2	Cervicalgia
15	R42	Dizziness and giddiness
15	Z11.3	Encounter for screening for infections with a predominantly sexual mode of transmission
15	Z71.9	Counseling, unspecified
14	J49.909	Unspecified asthma, uncomplicated
14	Z13.1	Encounter for screening for diabetes mellitus
14	Z13.31	Encounter for screening for depression
13	D64.9	Anemia, unspecified

NEED HELP? Experience -> Hours

Export to Excel

Student Summary

Format	Group	Student	Total Summed Hours	Total Elapsed Hours
1	MSN FNP Hours	Bowles, Bridgette	546.1666666	
2	MSN FNP Journal	Specialty (specialty cases calculate from this): Family/No Specialty		192.5000000
3	MSN FNP Journal	Specialty (specialty cases calculate from this): Geriatrics - 100 cases		144.5000000
4	MSN FNP Journal	Specialty (specialty cases calculate from this): Pediatrics - 80 cases		131.0000000
5	MSN FNP Journal	Specialty (specialty cases calculate from this): Women's Health, Obstetrics, Gynecology - 40 cases		56.0000000

12. Reference Letters

County Pediatrics, P.L.L.C
Bina Fenn, M.D., F. A. A. P.
6420 B George Washington Memorial Highway
Yorktown, VA-23692
www.countypediatrics.com
phone: 757-969-6544 fax: 757-969-6545

To: Whom it May Concern

RE: Bridgette Bowles

This letter is to recommend Bridgette Bowles, who completed her clinical pediatric rotation with me from May 2nd to June 8, 2022, for 150 hours. She came with competent clinical skills and a good knowledge base. It was good to see her develop confidence examining and assessing pediatric age patients. She asked pertinent questions and quickly learned how to document in our EMR system.

During her period with me she observed patient care and counseling. She was able to focus on important details, in the midst of the chaos of a typical pediatric setting.

Bridgette exhibited good interpersonal skills and flexibility.

I recommend her because I believe she will be an asset to any institution. I believe her academic skills, interpersonal ability, compassion, ability to organize and prioritize are strengths that will help her become an excellent at whatever she chooses to do.

Sincerely,



Bina Fenn, MD,



TMM MEDICAL GROUP
3520 High Street, Ste 100
Portsmouth, Virginia 23707
(757) 977-9675 (office)
(757) 483-8099 (fax)

August 11, 2022

To Whom it May Concern,

I had the pleasure of precepting Bridgette Bowles for 225 hours during her last semester as a Family Nurse Practitioner student. She assisted me in managing 15-20 patients/day in a busy Family Practice setting. Bridgette was a pleasure to work alongside. She was motivated and sought various learning opportunities that allowed her to expand her foundation and knowledge base. Her interactions with patients were positive and they would often compliment her bedside manner. She has adequate time management and critical thinking skills. I am confident that she will quickly thrive in a nurturing environment and be an asset to similar practice settings.

I can be reached via email at jcooper@tmmmedicalgroup.com or the contact information listed above if I can provide any additional information.

Very respectfully,

Dr. Jimmy Cooper, DHA, FNP-C
CEO/owner
TMM Medical Group