

Dina Froustis, MSN, APRN, FNP-C

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PROFESSIONAL SUMMARY

Family Nurse Practitioner with six years of experience as a Registered Nurse in fast-paced ER/ICU Level I trauma hospital. Dedicated to providing compassionate patient care by listening to patients and employing motivational interviewing techniques. Passionate about preventative care, community health, and functional medicine. Experience with providing care to underserved populations, complex disease management, and extensive patient education. Proven track record with teamwork and display positive attitude in workplace.

SKILLS/COMPETENCIES

- Excellent verbal communication skills: English, Greek, and Spanish
- Critical Care problem solving
- Great leadership skills
- Strong interpersonal for collaboration with team members
- Skilled in motivational interviewing
- Effective at multi-tasking and experience with working in high-stress environments
- Experience with various Electronic Medical Records including EPIC, Cerner, Athena
- Evidence based practice and continuing education

EDUCATION

Master of Science in Nursing, Family Nurse Practitioner | Chicago, IL
 North Park University – School of Nursing, May 2021
 • Member of Alpha Sigma Nu indicating top 15% of class

Bachelor of Science in Nursing | Chicago, IL
 Chamberlain University – School of Nursing February 2015
 • Dean’s List
 • Magna Cum Laude
 • Member of National Student Nurse Association
 • Award of Ripple Affect

Bachelor of Liberal Arts | Lake Forest, IL
 Lake Forest College-Biology May 2011
 • Dean’s List
 • Biology Scholarship Recipient
 • Beta Beta Beta

LICENSURE

Registered Nurse – IL (Active)	# 041.429584	Exp. 05/2024
Advanced Practice Registered Nurse- IL (Active)	# 209.023434	Exp. 05/2024
American Academy Nurse Practitioners- (Active)	#F05210735	Exp. 05/2026

PROFESSIONAL CERTIFICATIONS

Trauma Nurse Core Course (TNCC) – Emergency Nurses Association	Exp. 11/2022
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ADDITIONAL EDUCATION & TRAINING

American Heart Association Basic Life Support (Active)	January 2023
American Heart Association Advanced Life Support (Active)	September 2022
American Heart Association Pediatric Life Support (Active)	September 2022
Novice Facial Filler Training – Rana Kennelly’s	
Novice Neuromodulator Training – Rana Kennelly’s	
Prevention, Recognition, Management of Ischemic Events r/t Facial Fillers – Rana Kennelly’s	
Microtoxin Injectable – Rana Kennelly’s	
Combined Full Day Hands-On Training Course – Rana Kennelly’s	

SHADOWING

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| • SpaDerma – Shadowed Sara Koop, RN BSN | September 2020 |
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EMPLOYMENT HISTORY

A Ray of Hope | Libertyville, Illinois

June 2021 – Present

Nurse Practitioner-Neurology, Neuromuscular and Psychiatry

- Deliver clinical excellence and quality patient care in outpatient setting
- Conduct comprehensive health assessments, prescribe treatments, make referrals, and manage neurological and psychiatric conditions
- Treat 10 (new consults) to 20 (follow ups) patients per day, assist with acute and chronic concerns

Contributions

- Mentoring new mid-levels and medical students
- Providing patient and family education on mental health diagnosis, treatment and medications

Advocate Condell Medical Center | Libertyville, Illinois

October 2016 – June 2021

Float Nurse-Critical Care (ER/ICU)

- Deliver clinical excellence and quality patient care for critical care patients
- Patients belong to a variety of diseases and surgery: General/Trauma Surgery, Septic, Neurological Conditions, Cardiac Arrest, Covid-19, DKA, Abdominal pain.

Contributions

- Mentored nursing/paramedic students and new nurse hires
- Won supervisor's praise after a patient wrote a letter to the Director of Nursing admiring the exceptional nursing care and patient advocacy
- Relied on and chosen to deliver skilled nursing care to the most critical patients
- Depended on to provide compassionate care to patients who were difficult to please, known for patience and resilience
- Provided patient and family education including: Post mold care, Foley care, dressing changes, new medications and signs and symptoms to be alert for.
- Chosen to educate and train colleagues on effective use of new medical equipment on unit

Winchester Endoscopy | Libertyville, Illinois

April 2018 – September 2018

Nurse- GI

- Assisted with endoscopy/colonoscopy procedures
- Performed pre- and post-procedure patient education
- Maintain a clean and safe environment during GI procedures
- Educate patients in diet changes needed to maintain a healthy GI tract
- Ensures patients are clinically stable before discharge

Advocate Condell Medical Center | Libertyville, Illinois

April 2015 – October 2016

Float Nurse- Medical Surgical

- Delivered quality patient care for up to six patients per day on medical-surgical units, specialized in orthopedic/trauma/general surgeries, stroke, cardiac conditions, ESRD/renal and oncology.

Contributions

- Provided post-operative patient education including deep vein thrombosis prevention, infection prevention, and drain care
- Worked in collaboration with physicians and social workers to ensure patients were getting discharged to appropriate rehabilitation facilities.
- Recognized for serving as patient advocate while communicating effectively with patients, families, and caregivers to facilitate outstanding levels of care
- Mentored nursing students

PROFESSIONAL ACTIVITIES

Sigma Theta Tau

November 2018 – Present

- Honor Society
- Member

American Association of Nurse Practitioners

January 2019 – Present

- Member

COMMUNITY SERVICE

International Service Trip | Kenya, Africa

September 2014

Volunteer

- Provided basic health care to poverty areas and educational classes to home health volunteers
- Went on home visits to patients who were unable to attend the community medical camps
- Filled prescription orders at each community medical camp and provided education on medication administration

Muscular Dystrophy Association

June 2015 – June 2016

Volunteer

- Spend time and build relationships with children at MDA Camp
- Administer medication and tube feedings
- Attend any child injury or critical situation

Avon Breast Cancer Walk | Chicago, Illinois

June 2013

Volunteer/Fundraiser

- Participated
- Raised over \$40,000 for Avon Breast Cancer

QUALITY IMPROVEMENT ACTIVITIES

Advocate Condell Medical Center

Epic Superuser

October 2019 – Current

- Go live RN support at Condell and Lutheran General ICU/ER

Magnet Representative for Float Pool

May 2015 – September 2019

- Attended Magnet conference 2016 (Orlando, FL), 2017 (Houston, TX)
- Toured Magnet interviewers around hospital during first designation

Chair of Practice & Quality Hospital Council

October 2015 – June 2018

- Organized, ran and participated in hospital meetings monthly
- Coached next chair into new role
- Interviewed during magnet designation with committee