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Education

May 1990	Master of Science Degree, Nursing	University of San Diego
June 1980	Baccalaureate Degree, Nursing	Sonoma State University
June 1974	Associate Degree, Nursing	Palomar College

Professional Licensure

Feb. 1999 – current	State of Oregon Registered Nurse, #98007266 Nurse Practitioner, #98007266N1
Feb. 2011 - current	Licensed Massage Therapist, #17028
1990/retired	State of California Family Nurse Practitioner, #02902893 Nurse Practitioner, #74311 Registered Nurse, #N246516

National Board Certification

March 2010 Board Certification, American Holistic Nurses Association, (AHN-BC)
Aug. 2001 Board Certification, Women's Health Nurse Practitioner, (WHNP-BC)
1990 Board Certification, Family Nurse Practitioner – not renewed.

Professional Certification

May 2011 Eden Energy Medicine Advanced Practitioner
Oct. 2002 Legal Nurse Consultant, Vickie Milazzo Institute
June 2001 Planned Parenthood of Minnesota Women's Health
Nurse Practitioner Program
Feb. 1995 Colposcopy Education Program
Aug. 1995 Legal Nurse Consultant Program, UCSD, California
May 1991 Personal Trainer, U.C.S.D. American Council on Exercise
1980 Family Nurse Practitioner, Sonoma State University
1980 Public Health Nurse, State of California

Professional Positions:

10/2015 – 10/2016 Women's Health Care Nurse Practitioner
Viva! Gyn; Dr. Peter Palacio
2450 Mary Rose Place, Suite 200
Bend, Oregon 97702

Part-time two days per week position providing women's health care, contraception, treatment of common gynecologic complaints, as well as limited primary health care.

2010 - present Eden Energy Medicine Advanced Practitioner (EEM-AP)
Advanced Healing Energetics, LLC
362 NE Clay
Bend, Oregon 97701
541-815-5603

Self-employed, I offer energy medicine sessions and massage. I also teach classes on the scientific principles and therapeutics of energy medicine to the public through Central Oregon Community College's Community Learning program. I also am a Foundations instructor and Faculty for the Eden Energy Medicine Practitioner Program: www.innersource.net

06/2013 – 04/2015 Women's Health Care Nurse Practitioner
Dr. Jamie McAllister
711 NE Irving
Bend, Oregon 97701
541-330-9110

Part-time two days per week position providing primary health care predominantly to women.

01/2008 – 06/2013 Women's Health Care Nurse Practitioner
Bend Obstetrics and Gynecology
2450 NE Mary Rose Place, Suite 220
Bend, Oregon 97701
541-385-8050

I joined this well respected practice to provide primary health care to women as well as some specialized care. This includes well women exams; colposcopy, endometrial biopsy, hormone replacement therapy, contraceptive management; limited primary care such as hypertension, depression, anxiety and life issues counseling. In 2010 after completing certification in Eden Energy Medicine, I began offering energy medicine sessions in this practice as a complementary/alternative method to help manage common problems such as depression, anxiety, hypertension, hormone complaints, and chronic pain. I also use it for pain management for in-office procedures such as endometrial ablation, etcetera. This gives women a less expensive choice to control pain, with no side effects, instead of conventional outpatient anesthesia. I have offered classes through our office on this, and now teach them through COCC. I believe this combination of centuries old Traditional Chinese Medicine, Applied Kinesiology, Yoga, and Qi Gong has much to offer to people with the coming health care reform. In February of 2011, I obtained my license as a Massage Therapist through COCC as well to expand my knowledge base of the scientific principles and practice governing body work.

11/2006 – 12/2007 Family Nurse Practitioner/Women's Health Care Nurse Practitioner
Turning Path Clinic, L.L.C.
62968 Ob Riley Road, Building A3
Bend, Oregon 97701

541-617-1181

I joined another nurse practitioner, Laura Cheshire, to provide primary health care to women. The full spectrum of primary care is offered, to include well women exams; colposcopy, endometrial biopsy, life issues counseling, management of chronic disease and appropriate referral as necessary.

10/2002 -12/2009

Certified Legal Nurse Consultant

As a sole proprietorship case work included medical negligence/malpractice and personal injury. My training allowed me to address any cases involving medicine, nursing or health, and as a Nurse Practitioner, I am uniquely suited to the screening of medically related cases from a clinician's perspective. I have also served as an expert witness in cases involving nurse practitioners.

05/2004 – 11/2006 Women's Health Care Nurse Practitioner
Planned Parenthood of the Columbia Willamette
2330 NE. Division Street Suite 7
Bend, Oregon 97701
541-389-9973

Duties include all aspects of family planning and contraception. I perform colposcopy, endometrial biopsy, and manage abnormal pap smears and breast exams/masses, etc. Treatment/and education is also provided regarding sexually transmitted infection and related concerns as well. There is a strong emphasis on counseling and preventative health practices.

10/2003 – 5/2004 Women's Health Care Nurse Practitioner
Pilot Butte Gynecology
1506 NE. Williamson Blvd.
Bend, Oregon 97701
541-389-8591

Duties include all aspects of women's health, encompassing gynecological care, family planning, and primary care. I perform colposcopy, endometrial biopsy and manage abnormal pap smears and gynecologic abnormalities, including extensive counseling and preventative health teaching.

03/1999 - 09/2003 Nurse Practitioner
East Cascade Women's Group
2400 NE. Neff, Ste.
Bend, Oregon 97702
541-389-3300, ext. 653

Client care encompasses the spectrum of women's health, to include prenatal and postnatal care, gynecological care, colposcopy, endometrial biopsy, management of abnormal pap smears, family planning, and some primary care. This also included extensive patient education on preventative health practices, proper nutrition, health screenings as appropriate for the age group, and exercise.

10/1997 – 02/1999 Nurse Practitioner - Family Practice
Physicians Center
630 Addison Avenue Suite 100
Twin Falls, Idaho 83301
208-733-1665

Client care included the full extent of family practice. Responsibilities included management of acute and chronic health problems of the whole family, with an emphasis on preventative health screenings and practices. A significant portion of the patient population also included diagnosis, treatment, and management of workman's compensation injuries and illness. I also obtained privileges at Magic Valley Regional Medical Center in Twin Falls.

03/1996 – 10/1997 Nurse Practitioner – Family Practice
Family Health Services
676 Shoup Avenue Suite 12
Twin Falls, Idaho 83301
208-734-0451

Client care included all aspects of family practice within a migrant and indigent population. Responsibilities included all age groups and aspects of primary care as well as related social issues.

03/1994 – 02/1996 Nurse Practitioner – Family Practice
Booth, Shimmin and Associates
488 E. Valley Parkway Suite 110
Escondido, California 92025

Client care included management of common, acute and chronic health problems and counseling of the family. Responsibilities also included diagnosis and treatment of pediatric, adolescent, adult, and geriatric health problems as well as appropriate health screenings; employment/DMV physicals, industrial and sports medicine within a primary care setting. During this time I also worked one half day a week at MiraCosta Community College in Oceanside in the student health center managing common health complaints, family planning, STD exams, and treatment.

02/1993 - 03/1994 Nurse Practitioner – Family Practice
William Henning, D.O.
407 Potter St.
Fallbrook, Ca. 92028
No longer in practice

Client care included all aspects of family practice.

03/1981 - 08/1991 Nurse Practitioner – Obstetrics and Gynecology
Michael D. Egan, MD
521 E. Elder St. 101
Fallbrook, Ca. 92028
No longer in practice

Client care encompassed all aspects of women's health, to include prenatal and postnatal care, pre and postpartum home visits, extensive teaching and counseling, gynecological care, family planning, colposcopy, endometrial biopsy, hormone replacement therapy, screening and treatment for STDs and PMS.

09/1992 - 12/1994 Clinical instructor – Family Nurse Practitioner Program
University of San Diego
Alcala Park
San Diego, Ca.
619-744-1150

Responsibilities included on site evaluation and supervision of student performance in the clinical setting, as well as lecture and seminar in the Family Nurse Practitioner Program. During part of this time I worked one evening a week at Planned Parenthood in Escondido, California in the family planning clinic.

01/1992 – 05/1992 Clinical instructor – Maternity Nursing
Associate Degree Nursing Program
Palomar Community College
1140 West Mission
San Marcos, Ca. 92069

Responsibilities included lecture and laboratory on campus, limited curriculum development, as well as clinical instruction at Tri City Hospital in the maternity department. Instruction covered all aspects of maternity care from antepartum, labor and delivery, postpartum, and newborn care. This was a one semester sabbatical coverage.

02/1991 – 05/1991 Clinical Instructor – Physical Assessment
Baccalaureate Degree Nursing Program
University of San Diego
Alcala Park/San Diego, California

Responsibilities included teaching the physical assessment portion to R.N. students pursuing a B.S.N. degree. Provided supervision of students within the program.

08/1991 – 01/1993 Nurse Practitioner – Family Practice
Rancho Temecula Family Practice
41715 Winchester, Ste. 101
Temecula, Ca. 92590
909-676-4193

Client care included most elements of family practice, with an emphasis on women's health, preventative maintenance screenings, and health education.

1980 – 1981 Supervisor – Labor and Delivery
Fallbrook Hospital District
624 E. Elder
Fallbrook, Ca. 92028
760 -728- 1191

Responsible for supervision and department management to include staffing, staff development, time sheets, budget, and direct patient care. Member of the vision team that researched and implemented the hospital's first birthing center.

1977 – 1980 Staff Registered Nurse – Labor and Delivery
Queen of the Valley Hospital
Normal Newborn Nursery, Labor and Delivery, Postpartum
1000 Trancas St.
Napa, Ca.

Responsible for direct patient care in the newborn nursery, labor/delivery and postpartum care, as well as some limited NICU coverage.

1974 – 1975 Registered Nurse – back office
Daniel Manning, M.D. Internal Medicine
521 E. Elder, Ste. 103
Fallbrook, Ca. 92028

Responsibilities included back office duties including EKG's, venipuncture, hospital rounds, phone triage, and etcetera. During this time I also worked one day a week in the Fallbrook Hospital Intensive Care Unit providing direct patient care.

Professional Organizations:

American Society for Colposcopy and Cervical Pathology, member.

American Association of Holistic Nurses, member.

Central Oregon Community College, instructor in the Community Learning Program.

Innersource Eden Energy Medicine Program, instructor and faculty Nurse Planner.

Bend Spay and Neuter Project, Board President 2012 – 2015.

National Alliance of Certified Legal Nurse Consultants: Guest speaker New Orleans March 2005 Conference, "Everything You Need to Know About Failure to Diagnose Breast Cancer Cases".