

Ariya Palmer

Nurse Practitioner

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STRENGTHS

-  **Patient-Centered Approach**
Focused on understanding patient needs to optimize care strategies tailored for military service members offering empathy.
-  **Strong Communication Skills**
Enabled clear presentations of health assessments fostering trust while collaborating effectively with diverse staff.
-  **Adaptability**
Thrived within rapid-paced settings, effortlessly managing varying levels of care amidst fluctuating patient demands.
-  **Team Collaboration**
Partnered regularly with cross-functional teams enriching discussion outcomes that enhanced military focus in health practices.
-  **Attention to Detail**
Meticulously captured patient information during visits utilizing advanced reporting leads leading efficiency in duties.

SKILLS

- Patient Assessment
- Electronic Health Records
- Telehealth Services
- Health Education
- Team Collaboration
- Military Healthcare Knowledge
- Crisis Management
- Medical Documentation
- Behavioral Health Identification
- Regulatory Compliance
- Emergency Care
- Physical Health Assessments

SUMMARY

Dedicated Nurse Practitioner with extensive experience in delivering healthcare services in fast-paced environments. Proven ability to conduct health assessments and manage medical records efficiently for military service members. Strong communication skills enhance collaboration with teams and ensure thorough patient evaluations. Committed to providing quality care and supporting the health readiness of military personnel through effective assessment and documentation. Looking forward to joining HealthPro Solutions to continue this mission with utmost dedication.

EXPERIENCE

Nurse Practitioner

University Health Services  June 2024 - Present  Champaign, IL

Managed a busy clinic while advancing student health programs. Conducting comprehensive health assessments aligns perfectly with military incapacity protocols, ensuring each member's readiness is documented and addressed. Enhanced programming by integrating tailored care approaches for diverse student needs across campus health services.

- Conducted comprehensive health assessments for students and staff, ensuring thorough understanding of medical history.
- Collaborated with a multi-disciplinary team, providing immediate care and referrals for complex cases affecting military individuals.
- Documented patient interactions and treatment plans in electronic health records, maintaining confidentiality and compliance standards.
- Engaged in health education initiatives, promoting wellness among the campus community to support military preparation.
- Participated in training programs enhancing skills in urgent care and primary care practices relevant to military personnel.
- Organized health screenings and workshops that improved overall health awareness pertaining to service member welfare.

Nurse Practitioner Intern

Springfield Medical Center  January 2023 - May 2024  Springfield, IL

Supported multiple practitioners in expedited healthcare delivery within a bustling outpatient clinic. Focused on gaining valuable experience with direct impact on military personnel's health assessments and record documentation. Ensured all procedures adhered to regulations pertinent to military occupational health requirements.

- Supported licensed practitioners in delivering patient care in a high-volume primary care setting.
- Conducted patient interviews to aggregate essential information regarding medical histories and concerns.
- Assisted in developing intricate treatment plans aligned with military behaviors based on collaborative efforts.
- Participated in educational sessions focused on military health protocols to ensure best practices were followed.
- Contributed to outreach serving local active duty personnel, enhancing their access to necessary health resources.
- Utilized electronic medical records systems effectively for documenting care, optimizing follow-ups for military mandates.

Nurse Practitioner Trainee

HealthCare Innovations  June 2022 - December 2022  Remote

Assessed remote health management aims while aiding operations of mobile medical units. Contributed to telehealth consultations by adapting methods suitable for service personnel deployed away from traditional facilities. Strengthened responses to medical inquiries including those revolving around military norms.

Patient Interview Techniques

Treatment Strategy Development

Community Outreach

LANGUAGES

English Native

Spanish Intermediate

MY CAREER



● Nurse Practitioner at University Health Services (2.1 Years)

● Nurse Practitioner Intern at Springfield Medical Center (1.3 Years)

● Nurse Practitioner Trainee at HealthCare Innovations (6 Months)

- Assisted in delivering essential telehealth consultations, addressing primary care needs of patients at remote locations.
- Conducted continuous assessments, meticulously documenting patient progress in the dedicated health management systems.
- Collaborated with senior practitioners, refining treatment strategies closely aligning with armed forces healthcare demands.
- Gained authentic perspective through participation in mobile medical unit procurements and logistics coordination.
- Explored workshops surrounding military healthcare terminology reflecting compliance in terms of established guidelines.
- Received practical training in CPR/BLS standards maximizing readiness during emergency response interactions.

LEADERSHIP & AWARDS

- Dean's List, University of Illinois, 2020-2022
- Healthcare Excellence Scholarship, 2021

EDUCATION

Master's Degree in Nursing

University of Illinois 🎓 GPA: 3.9 📅 2022 📍 Champaign, IL

Coursework: Clinical Nursing, Primary Care, Advanced Health Assessment, Military Healthcare Protocols

CERTIFICATIONS

- Active Nurse Practitioner License 📅 2023
- CPR/BLS Certification 📅 2023

TECHNICAL SKILLS

- **Healthcare Software Systems:** Epic, Cerner, EMR
- **Telemedicine Tools:** Doxy.me, Teladoc, Amwell
- **Medical Equipment:** Stethoscope, Blood Pressure Monitor, Peripheral Pulse Oximeter
- **Nursing Best Practices:** Primary Care, Urgent Care, Military Health Policies
- **Risk Assessment Frameworks:** CPR Guidelines, OSHA Standards, CDC Protocols
- **Client Management Solutions:** FollowMyHealth, MyChart, Zocdoc
- **Professional Development Training:** Infection Control, Advanced Cardiac Life Support, Basic Life Support
- **Quality Improvement Strategies:** Patient Safety Reviews, Clinical Audits, Evidence-Based Practice
- **Insurer Navigation Techniques:** Claims Verification, Insurance Liaison, Benefits Coordination
- **Mobile Health Technologies:** Remote Patient Monitoring, Health App Integration, Mobile Tracking Systems

PROFESSIONAL AFFILIATIONS

- Member, Student Nurse Association, 2020-2022
- Volunteer, Local Health Fair, 2021

ADDITIONAL INFORMATION

Work Status : Authorized to work in United States. No sponsorship required.

REFERENCES

AVAILABLE ON REQUEST