

Curriculum Vitae (CV)

Gretchen Arndt, MSN, FNP-C

Education

Post-MSN Specialty Certification in Endocrinology- *Summa Cum Laude* **August 2022**
Duke University, Durham, NC
Master of Science in Nursing, Family Nurse Practitioner- *Magna Cum Laude* **December 2021**
University of Cincinnati, Cincinnati, OH
Bachelor of Science in Nursing **June 2016**
Denver College of Nursing, Denver, CO- *Cum Laude*
Bachelor of Arts in Integrative Physiology **May 2012**
University of Colorado, Boulder, CO

Academic Appointments/Experience

Senior Instructor of Medicine, Division of Endocrinology **2022- present**
University of Colorado, School of Medicine, Aurora, Colorado

- Provide direct outpatient care of patients with primary diagnoses of diabetes, hyperglycemia, hypoglycemia, metabolic dysfunction-associated steatotic liver disease (MASLD) and hypothyroid disease. This includes diagnostics, analysis of labs, principal disease management, consult and follow-up in collaboration with the diabetes, metabolism and endocrinology team
- Manage intensive diabetes regimens through non-insulin therapies, multiple injections and insulin pump therapy
- Metabolic management of metabolic dysfunction-associated steatotic liver disease
- Identify, evaluate, and modify appropriate plan of care tailored according to individual patient needs and preferences
- Implement appropriate patient education to promote self-management of care
- Inpatient management of diabetes, steroid induced hyperglycemia, stress hyperglycemia, hyperglycemia secondary to enteral and parenteral nutrition, glucose management post total pancreatectomy and bariatric surgery, etc
- Preceptor for advanced practice provider (APP) fellows and NP students

Clinical RN, Inpatient / Medical Intensive Care Unit **2016- 2025**
University of Colorado Hospital, Aurora, Colorado

- Level II Clinical RN, relief charge nurse, and clinical nurse preceptor
- RRT/CODE response team, IO certified, US IV certified
- Manage respiratory failure, ventilators, shock, oncologic emergencies, gastrointestinal bleeds, post-cardiac arrest care, pulmonary hypertension, liver failure, endocrine emergencies and renal failure requiring continuous dialysis (CRRT)
- Post-Cardiac Arrest Pathway development with Critical Care COGG
- Multidisciplinary Quality Improvement: ABCDEF Bundle Nurse Representative

Major Hospital Committees

Member, Inpatient diabetes Committee- University of Colorado Hospital	2020- present
Co-Chair, Inpatient diabetes Committee- University of Colorado Hospital	2021- 2022
Member, Medical ICU Quality & Safety Council- University of Colorado Hospital	2018- 2022
Member, Alaris Pump Committee- University of Colorado Hospital	2018- 2022

Membership in Professional Organizations

American Association of Nurse Practitioners	2022- present
Association of Diabetes Care and Education Specialist	2024- present
American Association for the Study of Liver Diseases	2024- present
American Diabetes Association	2021- present
American Academy of Clinical Endocrinologist	2021- present
Endocrine Society	2021- present

Licensure/Certifications

Advance Practice Nurse Practitioner – Family <i>Colorado Board of Nursing</i>	January 2022 – present
Nurse Practitioner – RXN <i>Colorado Board of Nursing</i>	January 2022– present
Registered Nurse <i>Colorado Board of Nursing</i>	August 2016 – present
Family Nurse Practitioner – Certified <i>American Association of Nurse Practitioners</i>	January 2022 – present
Critical Care Registered Nurse <i>American Association of Critical Care Nurses</i>	November 2018 – present
Advanced Care Life Support <i>American Heart Association</i>	October 2016 – present
Basic Life Support <i>American Heart Association</i>	October 2016 – present

Invited Lectures and Presentations

Local

Nurse Residency Program, University of Colorado Hospital, Aurora, CO Multidisciplinary Mechanical Ventilation Liberation Pathway Arndt, G.S.	October 2017
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Regional

Capstone Session, University of Cincinnati, Cincinnati, OH <i>Glucose-Lowering Medications in Type 2 Diabetes: Primary and Secondary Prevention of ASCVD and Heart Failure</i> Arndt, G. S., & Lewis, N.	December 2021
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National

AASLD, The Liver Meeting (2024), San Diego, CA	November 2024
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Serum non-invasive testing scores and modeling to predict intermediate or high risk for advanced fibrosis due to metabolic dysfunction-associated steatotic liver disease (MASLD) in a type 2 diabetes population cohort.

Arndt, G., Lindsey, M., Swartwood, S., Arrigain, S., Lopez Moscoso, R., Wieland, A., & Jensen, T.

Teaching Record

- 4/2022** Journal Club: “Inpatient Diabetes Management & COVID-19”, presented to clinical nurses University of Colorado Hospital
- 2/2022** “Emerging Pharmacotherapeutics in Advanced Diabetes Management: Medtronic Minimed 770G”, presented to Post- MSN Specialty Certification in Endocrinology students, Duke University, Durham, NC
- 9/2019** “Post-Cardiac Arrest Pathway, Skills Lab”, presented to clinical nurses University of Colorado Hospital

Publications

Arndt, G., Lindsey, M., Swartwood, S., Arrigain, S., Lopez Moscoso, R., Wieland, A., Jensen, T. (2024, November 15-19). *Serum non-invasive testing scores and modeling to predict intermediate or high risk for advanced fibrosis due to Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD) in a Type 2 Diabetes (T2D) population cohort* [poster session]. American Association for the Study of Liver Diseases (AASLD) The Liver Meeting 2024. San Diego, CA, United States.

Akhverdyan, N., Wieland, A., Sullivan, S., Lindsay, M., Swartwood, S., **Arndt, G.**, Kaizer, L. K., & Jensen, T. (2024). Changes in transient Elastography with glucagon-like peptide-1 receptor agonist use in metabolic dysfunction-associated steatotic liver disease: A real-world retrospective analysis. *Metabolic Syndrome and Related Disorders*, 22(8), 608-618.

Lindsay, M., **Arndt, G.**, Wieland, A., & Jensen, T. (2025). Evolving role of GLP-1 therapies in liver disease. *Current Gastroenterology Reports*, 27(1).