

Gretchen Arndt, MSN, FNP-C, CCRN

EDUCATION

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

LICENSURE

Advance Practice Nurse Practitioner – Family Nurse Practitioner – RXN <i>Colorado Board of Nursing, License # 0997309</i>	January 2022 – Present
Registered Nurse <i>Colorado Board of Nursing, License # 1642598</i>	August 2016 – Present

CERTIFICATIONS

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

PROFESSIONAL POSITIONS

Instructor of Medicine, Division of Endocrinology, Diabetes, and Metabolism <i>University of Colorado, School of Medicine, Aurora, CO</i>	October 2022 – Present
<ul style="list-style-type: none">• Provide direct patient care, clinical follow-up, and lab review 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	

RN EXPERIENCE

Clinical Nurse <i>Medical ICU, University of Colorado Hospital, Aurora, CO</i>	October 2016 – Present
<ul style="list-style-type: none">• Level II Clinical RN, relief charge nurse, and clinical nurse preceptor• MET/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)• MINDs Alcohol Withdrawal Pathway unit champion• Post-Cardiac Arrest Pathway development with Critical Care COGG• Multidisciplinary Quality Improvement: ABCDEF Bundle Nurse Representative	

ADDITIONAL EXPERIENCE

Advanced Care Partner <i>Medical ICU, University of Colorado Hospital, Aurora, CO</i>	December 2015 – October 2016
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- CNA duties while able to perform foundational nursing skills
- EMT-Basic Clinical Internship** August 2011 – May 2012
Front Range Community College
- Clinical internship with rotations at Pridemark Paramedics, Boulder Community Hospital ED, and Longmont United ED

HOSPITAL SERVICE

- Inpatient Diabetes Committee, Medical ICU RN Representative** January 2020 – Present
University of Colorado Hospital, Aurora, CO
- Inpatient Diabetes Committee, Co-Chair** July 2021 – October 2022
University of Colorado Hospital, Aurora, CO
- Medical ICU Quality and Safety Council** July 2018 – June 2022
University of Colorado Hospital, Aurora, CO
- Alaris Pump Committee, Medical ICU RN Representative** July 2017 – June 2022
University of Colorado Hospital, Aurora, CO

FELLOWSHIPS, AWARDS, AND HONORS

- Post-MSN Specialty Certification in Endocrinology August 2022
Duke University, Durham, NC
- Summa Cum Laude August 2022
Duke University, Durham, NC
- Magna Cum Laude December 2021
University of Cincinnati, Cincinnati, Ohio
- Dean's List June 2016
Denver College of Nursing, Denver, CO

PROFESSIONAL MEMBERSHIPS

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

PUBLICATIONS

- 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.

POSTER PRESENTATIONS

- AASLD, The Liver Meeting (2024), San Diego, CA November 2024
- 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.
 Capstone Session, University of Cincinnati, Cincinnati, OH December 2021
- Glucose-Lowering Medications in Type 2 Diabetes: Primary and Secondary Prevention of ASCVD and Heart Failure
Arndt, G. S., & Lewis, N.
 Nurse Residency Program, University of Colorado Hospital, Aurora, CO October 2017
- Multidisciplinary Mechanical Ventilation Liberation Pathway
Arndt, G.S.

DIADACTIC SESSIONS

- Journal Club: Inpatient Diabetes Management & COVID-19 April 2022
University of Colorado Hospital, Aurora, CO
- Emerging Pharmacotherapeutics in Advanced Diabetes Management: Medtronic Minimed 770G System February 2022
Duke University, Durham, NC
- Post-Cardiac Arrest Pathway, Skills Lab September 2019
University of Colorado Hospital, Aurora, CO

COMMUNITY SERVICE

Grant Writer

September 2013 – September 2014

Nicaragua Nonprofit Network, Boulder, CO

- Grant writing and submission
- Collaboration with other non-profit health outreach groups to develop a universal EMR network in Chacraseca, Nicaragua

Director of Development

September 2012 – September 2014

Health Outreach for Latin America, Boulder, CO

- Community health outreach in Chacraseca, Nicaragua consisting of primary care clinic, veterinary clinic, and public health education
- Fundraising, new member training, and two annual community health outreach trips