Grace Worland, AGP-C, APRN, MS, RN, BSN

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Extremely dedicated, well-rounded Nurse Practitioner with significant experience in positive mentoring, patient education, effective communication, team building, and problem solving.

# Education

**MS** University of Colorado | Colorado Springs, CO May 2020

 Master of Science, Nursing 2017-2020

**BS** Denver School of Nursing | Denver, CO September 2014

 Bachelor of Science, Nursing

**BS** Metropolitan State University of Denver | Denver, CO December 2000

Bachelor of Science, Biology, Zoology Emphasis

 Minor in Chemistry

# Professional Experience

**Rocky Mountain MS Center 2022 to Current**

**University of Colorado Hospital**

**Department of Neurology, MS Section**

**Aurora, CO**

**Nurse Practitioner**

* Evaluate patients with complex neurological conditions to assess response to medical treatment plan.
* Address concerns regarding lifestyle, safety, and provide resources/recommendations to ameliorate these issues.
* Collaborate with MS team to provide improved patient outcomes.
* Utilize motivational interview and active listening techniques to establish rapport and patient self-advocacy.
* Management of indwelling baclofen pumps.
* Perform lumbar puncture procedures safely and efficiently.
* Support ongoing research projects within the department.

**Skyline Primary Care and Internal Medicine, PC 2020 to 2022**

**Denver, CO**

**Nurse Practitioner**

* Independently provide Primary Care Provider services to a full panel of adult and geriatric patients.
* Provide evaluation and management of complex medical conditions, including management of diabetes mellitus, cardiac disease, kidney disease, liver disease, renal and urinary disease, infectious disease, and psychological disease management.
* Provide education. regarding preventative care measures and recommended screening procedures.
* Evaluate bloodwork, diagnostic imaging, cardiac diagnostics and other test results to create an appropriate plan of care to minimize long term secondary effects of chronic disease.
* Collaborate with specialty providers to support the most positive patient outcomes by improving communication from all care sources.
* On-Call provider managing urgent or emergent patient concerns.

**University of Colorado Hospital 2018-2021**

**UCHealth DocLine**

**Aurora, CO**

**Access Center RN/Clinical Nurse**

* Efficiently coordinated specialty consult and safe transfer of critically ill patients within the UCHealth System and between health systems to provide best possible patient outcomes.
* Facilitate emergent Stroke Evaluation for UCHealth Mobile Stroke Unit and Stroke Telehealth Services allowing timely treatment for acute stroke patients in Critical Access Hospitals in Colorado & Wyoming.
* Evaluate transfer cases for appropriate and safe level of care for patients transferring to a UCHealth facility based upon needed specialty and service line availability.
* Identify and present cases for utilization review and fiscal management of resources.
* Coordinate with LifeLine for efficient transportation of critically ill patients en route to UCHealth facilities.

**University of Colorado Hospital 2017-2018**

**UCHealth Medicine Health Services Unit**

**Aurora, CO**

**Charge Nurse**

* Directly supervised 20 Registered Nurses and Certified Nursing Assistants providing leadership, goal-oriented feedback, counseling, and performance evaluations.
* Delegated nursing care of at a minimum of 36 high acuity patients to 8 Registered Nurses and 3 Certified Nursing Assistants, while providing needed support in emergent situations and issues of patient safety.
* Developed policies and procedures to increase efficiency of work flows, provide safe patient care, manage growth and success of the unit and provide educational development of staff.
* Developed a comprehensive education program for nursing staff to address the specialized nursing care of patients hospitalized for neurologic conditions.

**University of Colorado Hospital 2014-2017**

**UCHealth Neurosciences Unit**

**Aurora, CO**

* Provided safe nursing care to up to 5 high acuity patients, including management of lumbar drains, extra-ventricular drains, heparin drips, insulin drips, infusions, seizure disorders, and altered mental status patients.
* Utilized critical thinking and assessment skills to evaluate for changes in patient condition. Provided timely intervention to minimize progression of critical situations.
* Mentored and trained new staff members and nursing students as a preceptor.
* Served as Co-Chair of Unit Based Council, worked to evaluate departmental and interdepartmental concerns affecting staff and patient care.
* Participated in problem solving discussion and resolution of issues related to staff schedules, patient safety, nurse-provider relations and department quality.
* Flexed to relief Charge Nurse role.

# Certification and licensure

**Adult-Gerontology Nurse Practitioner 7/2020-7/2025**

**APRN, Colorado State License 9/2022-9/2024**

**DEA Registration 1/2021-5/2023**

**Registered Nurse 9/2022-9/2024**

**BLS Certification 09/2022-09/2024**

# Professional Memberships

American Association of Nurse Practitioners

American Med Spa Association

# Continuing Education

**Options in Surgical Management if Cervical Disc Disease November 2022**

**National Nurse Practitioner Symposium July 19-24, 2022**

* COPD and Other Chronic Lung Diseases
* Evidence-based Care of Menopausal Symptoms
* Osteoporosis: Evaluation and Management
* Prescriptions, Prescribers, and Costs
* Sleep Apnea and Insomnia Management
* Cosmetic Dermatology Case Studies
* Fungal Infections and Antifungals: What’s New
* Outpatient Renal Palliative Care
* Skin of Color in Dermatology
* What’s New in the Dermatology Medicine Cabinet

**AMET Basic Botox and Fillers January 2022**

**National Nurse Practitioner Symposium July 8-11, 2021**

* Polypharmacy Among Geriatric Patients
* Gut Microbiota, Neurotransmitters & Stress: A Systems Biology Approach
* Diabetes Mellitus Updates
* Rational Polypharmacy for the Treatment of Pain
* Problem Solving Like a Neurologist
* Managing Pulmonary Issues in the Primary Care Setting: COPD and Community Acquired Pneumonia

**Advanced Practice Prep: 2 Day Skills and Procedures Workshop May 2020**

# Volunteer Activities

* Daphne Legacy Tour: Support organization in facilitating transport of Spanish Greyhounds (Galgo Espanol) to the United States for adoption through Greyhound Rescue Organizations.
* Friends of Retired Greyhounds: Support for Greyhounds transitioning from racing life as they assimilate to private homes.

# Interests and Hobbies

* Being Mom to my two boys
* Walking the hounds
* Training for triathlon
* Camping
* Hiking
* Gardening