

Katherine E. Elzea

Employment History

Fairview Health Services, Diabetes Educator, RN, CDCES 2017-present

Healtheast Care System, Diabetes Educator, RN, CDE 07/14-2017

- Understanding of pathophysiology and differences in Diabetes Type 1, Diabetes Type 2 and Gestational Diabetes
- Assessing, planning care and educating of all patients with Diabetes as related to the AADE 7 Self Care Behaviors of Diabetes (Healthy Eating, Being Active, Monitoring, Taking Medication, Problem Solving, Reducing Risk and Healthy Coping)
- Collaborating with patients in goal making and individualized plans to assist patients with optimal outcomes
- Experience teaching patients how to use various types of glucose meters and insulin delivery systems including pens, vial and syringe and smart pens
- Experience triaging telephone calls and EMR messages
- Working closely with Endocrinology in the management of Type 2, Pre-Diabetes and GDM patients using insulin during pregnancy
- Worked with team members to update ADA Clinical Practice Guidelines and Protocols in 2017 and 2019
- Worked with committee to integrate Fairview and Healtheast Clinical guidelines and protocol as part of integration
- Experience working with Medtronic, Omnipod, Tandem and Animas insulin pumps
- Experience working with Dexcom, Freestyle Libre and Medtronic CGM systems as well as interpreting reports to assist patients with better outcomes and control

Healtheast Care System, Oakdale Clinic- Certified Medical Assistant 04/08-4/14

- Measuring and recording vital signs while interviewing patient, updating medication list and receiving medical history and chief complaint
- Maintain and use principles of aseptic techniques and infection control when performing clinical duties and tasks
- Assisting provider with procedures and minor surgeries
- Provide appropriate patient education, health information materials and community resource lists as directed, and maintain educational supplies
- Setting up, stocking and maintaining patient rooms
- Arranging for hospital admissions
- Calling in prescriptions for providers
- Scheduling tests and specialist appointments for patients
- Phlebotomy skills and experience running variety of laboratory tests
- Appropriately obtain and manage and specimens including labeling, form completion, transporting to laboratory and log maintenance

- Assisting with x-rays
- Performing EKGs
- Work in close partnership with healthcare team to assure smooth and efficient patient flow and clinical operation
- Experience with Allscripts system

Volunteer History

Open Arms of Minnesota	04/05-present
• Deliver meals and groceries to persons living with HIV, AIDS and cancer	
Classical Ballet Academy/Ballet Minnesota	11/15-present
• Assist MD in medical care as needed during performances • Assist in stage production for performances • Assist with other needs such as make-up, hair and costume as needed	

Education

Integrative and Functional Nutrition Academy-IFNCP certification	11/2023-current
Wisconsin Indianhead Technical College- ADN	01/09-12/13
• During clinical and internship experience had opportunity to assist in Emergency Department, Operating Department, Obstetrics, Respiratory Therapy and Med/Surg Unit • Experience with Epic system	
Globe University- AAS, Medical Assisting	10/06-12/07
Century College- pre-nursing	08/01-05/06

Certificate/ License

Certified Diabetes Educator	Current through 12/28
Registered Nurse	current through 04/26
BLS through American Heart Association	current through 02/26

Publications

Diabetes Spectrum: Type 2 Diabetes Management in Primary Care: The Role of Retrospective, Professional Continuous Glucose Monitoring	01/18
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