

Katie Szymanski

DNP, FNP-C

PROFILE

Dedicated and compassionate Nurse Practitioner with 7 years of experience in family practice, offering comprehensive care across a variety of age groups and health conditions. Proven expertise in conducting thorough assessments, diagnosing, and creating treatment plans tailored to individual patient needs. Skilled in managing chronic conditions, health promotion, and preventative care, as well as providing acute care interventions. Prior to becoming a Family Nurse Practitioner, I worked for 4 years as an ER nurse, developing a strong foundation in critical care, patient triage, and high-pressure decision-making.

PROFESSIONAL EXPERIENCE	
EDUCATION	Family Nurse Practitioner Allina Health Clinic - Oakdale, MN October 2017 – Present <ul style="list-style-type: none">Provide high-quality, patient-centered care in a fast-paced family practice setting, managing a caseload of diverse patients across the lifespan, from pediatric to geriatric care.Conduct comprehensive physical exams, interpret lab results, and develop treatment plans for both acute and chronic conditions, including diabetes, hypertension, and asthma.Prescribe and monitor medications; perform minor procedures such as suturing, Nexplanon placement, wound care, and joint injections.Collaborate with a multidisciplinary team of physicians, nurses, and specialists to deliver integrated, holistic care to patients.Educate patients on disease prevention, health maintenance, and lifestyle modifications to improve long-term outcomes.Utilize EHR system (Epic) for charting, order entry, and clinical documentation, ensuring accurate and timely patient records.Utilize care goals to improve patient satisfaction, reduce readmission rates, and enhance care delivery within the practice.
	Emergency Room Nurse Allina: Mercy Hospital - Coon Rapids, MN December 2013 – October 2017 <ul style="list-style-type: none">Provided emergency nursing care in a high-acuity, fast-paced environment, managing patients with a wide range of acute conditions, from trauma and cardiac events to respiratory emergencies and infectious diseases.Assisted to deliver advanced life-saving interventions, including intubation, IV therapy, and wound care, while maintaining patient safety and comfort in critical situations.Performed triage assessments to prioritize patient care based on severity, collaborating with physicians and other healthcare providers for optimal care delivery.Administered medications and monitored patients for side effects and therapeutic responses.Educated patients and families regarding their conditions, treatment plans, and follow-up care.
	CORE COMPETENCIES <ul style="list-style-type: none">Patient Assessments & DiagnosisFamily Medicine & Preventative CareChronic Disease ManagementHealth Promotion & Patient EducationEmergency Care & Trauma ResponseClinical Leadership & CollaborationMedical Documentation & Charting (Epic)Telemedicine & Remote Patient CareClinical Research & Evidence-Based PracticePatient Advocacy & Ethical Decision-Making

KEY SKILLS	
<ul style="list-style-type: none">▪ Proficient in EHR: Epic▪ Strong communication and interpersonal skills with patients, families, and team members▪ Ability to work effectively in high-pressure environments▪ Skilled in health risk assessment and prevention strategies▪ Strong organizational and time-management abilities	
LICENSE AND CERTIFICATES	
<ul style="list-style-type: none">▪ Family Nurse Practitioner Certification (FNP-C)- AANP in Minnesota (2017) and Wisconsin (2023)▪ Registered Nurse- Minnesota and Wisconsin- Obtained 2013▪ Basic Life Support (BLS) Certification through Allina Health- maintained quarterly▪ Public Health RN- Obtained 2013	