

SIERRA MUILENBURG-ALVAREZ APRN, FNP-C

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EDUCATION

University of South Alabama August 2020 – December 2022
Mobile, Alabama
Masters of Nursing Practice – Dual Role Family NP/ Emergency NP

University of South Florida May 2016 - August 2017
Tampa, Florida
Baccalaureate of Science in Nursing

University of Central Florida August 2010 - May 2014
Orlando, Florida
Baccalaureate of Science in Event Management

LICENSES & CREDENTIALS

Florida ARNP #APRN11023993 Expires July 2026
Florida Registered Nurse #RN9468638 Expires April 2027

CERTIFICATIONS

AANP Certified Family Nurse Practitioner #F01230484 Expires January 2028
DEA Certification #MM8800371 Expires January 2027
Basic Life Support Expires November 2025
Advanced Cardiac Life Support Expires November 2025
Pediatric Advanced Life Support Expires November 2025
Trauma Nursing Core Course Expires April 2026
Lean Six Sigma Yellow Belt Received FY 2018

EHR SYSTEMS EXPERIENCE

CPRS – VA Medical System
MEDITECH – HCA Hospital System
Cerner – BayCare Hospital System

PROFESSIONAL EXPERIENCE

ADVANCED PRACTICE REGISTERED NURSE February 2023 – Present
Valesco Physician Services
Brooksville, FL
HCA Oak Hill Hospital, *Emergency Department*

Provides comprehensive emergency care to patient's across the lifespan inclusive of acute and non-acute medical problems in a 38 bed STEMI and primary stroke center with a separate dedicated pediatric emergency room, and a separate dedicated fast track area.

- Provides comprehensive care of up to 25 patients per day with acute and non-acute medical problems
- Manages ESI level 1-5 patients
- Develops differential diagnosis through analyzing and interpreting patient histories, symptoms, physical exam findings, and diagnostic information

- Establishes treatment plans based on scientific rationale, standards of practice, and professional practice guidelines
- Collaborates with medical specialists or other practitioners if a more specialized course of treatment was needed
- Strictly maintains confidentiality of patients, families, and colleagues and any sensitive situations
- Educates patients on self-management of acute or chronic diseases as well as offered health promotion information to reduce risk factors and prevent further disease or disability progression

ADVANCED PRACTICE REGISTERED NURSE - PRN

December 2023 – Present

TeamHealth

Plant City, FL

South Florida Baptist Hospital, *Emergency Department*

Provides comprehensive emergency care to patient's across the lifespan inclusive of acute and non-acute medical problems in a 36 bed STEMI and primary stroke center.

- Provides comprehensive care of up to 30 patients per day with acute and non-acute medical problems
- Manages ESI level 2-5 patients
- Develops differential diagnosis through analyzing and interpreting patient histories, symptoms, physical exam findings, and diagnostic information
- Establishes treatment plans based on scientific rationale, standards of practice, and professional practice guidelines
- Collaborates with medical specialists or other practitioners if a more specialized course of treatment was needed
- Strictly maintains confidentiality of patients, families, and colleagues and any sensitive situations
- Educates patients on self-management of acute or chronic diseases as well as offered health promotion information to reduce risk factors and prevent further disease or disability progression

ADJUNCT PROFESSOR – BSN PROGRAM

December 2023 – Present

Tampa, FL

South University, *College of Nursing*

Provides future nurses with strong educational foundations to use across their professional practice in caring for individuals, families, and communities. This is accomplished through teaching the students the main pillars of the nursing field; caring, communication, critical thinking, professionalism, and holism as well as how to apply these concepts within their practice.

- NSG 3001 Introduction to Professional Nursing: introduces professional nursing as a discipline-based profession, centered in the art of caring and integrating principles of holism in its foundation of service.
 - Discuss topics that include the evolution and philosophy of nursing, theoretical foundations of practice, legal and ethical issues, healthcare delivery systems, finance and health care policy
 - Introduce students to critical thinking, the nursing process and documentation
 - Educate students on the unique contribution of nursing to society
 - Explain the health-illness continuum, health promotion, basic human needs, therapeutic communication and nurse-client interactions are explored, including the interdisciplinary team approach

REGISTERED NURSE - CHARGE

October 2017 – March 2023

Tampa, FL

James A. Haley Veterans' Hospital, *Emergency Department*

Assessed, planned, implemented and evaluated emergency nursing care to veterans and active duty soldiers experiencing life-threatening problems and complex healthcare needs in a 28 bed STEMI and Stroke center with an average annual census of 45,000 patients. Team player that provides leadership in process improvements to increase patient satisfaction, reduce length of stay, advance quality of care and improve collaboration with all stake holders.

- Board Certified Emergency Nurse - Charge Nurse Role
 - Responsible for patient flow and maintaining department throughput for 100-180 pts per day
 - Evaluating daily rounds for environment of care regulations
 - Maintaining code cart checklist for Joint commission and facility compliance
 - Ensuring HIPPA compliance
 - Collaborating with opposing charge nurse to maintain patient safety in internal and external ED's
 - Patient GEMBA rounding to improve patient satisfaction
- Primary preceptor in the training and development of new ED staff nurses, new graduate nurses and tenured ED nurses new to the VA.
- ED representative on ICU committee who collaborated with multiple disciplines to organize a COVID ER ICU transfer simulation
- Co-Chair of facility wide Sepsis Initiative committee working to implement sepsis protocol and policy that align with sepsis core measures and Joint commission standards to improve patient outcomes.
- Co-Chair for facility wide Code Assist Task Force that helps differentiate between a code blue and patients who need triage or assistance
- Member of ED education task force to facilitate simulated and hands on educational skills and competencies in the ED.
- Liaison for IV Ultrasound training for the Emergency Department and acute care units
- Implemented the Bar Code Medication Administration (BCMA) program; instructing 62 registered nurses on the technology to fully meet The Leapfrog group patient safety standard of 95% compliance.

VA LEARNING OPPORTUNITIES RESIDENCY (VALOR) STUDENT NURSE

June 2017 – August 2017

Tampa, FL

James A. Haley Veterans' Hospital, *6S Cardiac/Telemetry Medical Surgical*

Providing acute care while under the supervision of Registered Nurse. 1 of 4 high performing nursing students selected out of 30 applicants for the prestigious 12 weeks paid, part time nursing residency program. Increased clinical skills, clinical judgement, and critical thinking while caring for our nation's Veterans.

- 200 hours of paid clinical experience on a cardiac telemetry medical surgical floor
- Acquired comprehensive experience with focus on cardiac patients such as open heart, cardiac-catheterization, chest pain, and hypertensive patients while assuring the best possible outcome
- Educated patients and families on disease process and management, medications, pre / post cardiac interventions, and discharges
- Work collectively with interdisciplinary team to coordinate safe and effective patient care

CLINICAL EXPERIENCE

STUDENT FNP/ENP NURSE PRACTITIONER

August 2022 – December 2022

Brooksville, FL

HCA Oak Hill Hospital Emergency Department

- 240 hours, minimum of 220 Adult patients, 30 patients with pregnancy related problem, 50 Pediatric Patients
- Provided comprehensive care of up to 25 patients per day with acute and non-acute medical problems
- Developed differential diagnosis through analyzing and interpreting patient histories, symptoms, physical exam findings, and diagnostic information
- Established treatment plans based on scientific rationale, standards of practice, and professional practice guidelines
- Collaborated with medical specialists or other practitioners if a more specialized course of treatment was needed
- Strictly maintained confidentiality of patients, families, and colleagues and any sensitive situations
- Educated patients on self-management of acute or chronic diseases as well as offered health promotion information to reduce risk factors and prevent further disease or disability progression

STUDENT FNP/ENP NURSE PRACTITIONER

June 2022 – July 2022

Brooksville, FL

HCA Oak Hill Hospital – Emergency Department

- 240 hours, minimum of 220 Adult patients, 20 patients with pregnancy related problem, 60 Pediatric Patients
- Provided comprehensive care of up to 25 patients per day with acute and non-acute medical problems
- Developed differential diagnosis through analyzing and interpreting patient histories, symptoms, physical exam findings, and diagnostic information
- Established treatment plans based on scientific rationale, standards of practice, and professional practice guidelines
- Collaborated with medical specialists or other practitioners if a more specialized course of treatment was needed
- Strictly maintained confidentiality of patients, families, and colleagues and any sensitive situations
- Educated patients on self-management of acute or chronic diseases as well as offered health promotion information to reduce risk factors and prevent further disease or disability progression

STUDENT FNP/ENP NURSE PRACTITIONER

January 2022 – May 2022

Lutz, FL

Your Family Walk-In Clinic LLC – Adult and Pediatric Primary Care

- 176 hours, minimum of 120 Adult patients, 80 Pediatric Patients
- Performed wellness visits and health screenings for pediatric patients (newborn to 18 years of age) including developmental screenings, immunizations, and extensive parent/patient education
- Performed evidence based comprehensive primary care management for a wide range of chronic health conditions in the adult population including asthma, diabetes mellitus, COPD, hypertension, and hyperlipidemia, with referrals to appropriate specialists when warranted.
- Provide women's health including breast and pelvic exams, hormonal therapy, and oral contraceptive counseling.
- Evaluate 20-25 patients per 12 hour shift
- Performed focus patient histories, assessments, and interventions for acute/episodic scheduled and walk in appointments across the lifespan.
- Develop evidence based plan of care including appropriate diagnostic testing, medication management, referrals, and follow up care across the lifespan

STUDENT FNP/ENP NURSE PRACTITIONER

January 2022 – March 2022

Ocoee, FL

West Orange Women's Care: Shereen Oloufa, MD – OB/GYN care

- 64 hours, minimum of 60 patients with pregnancy related problem
- Provided prenatal counseling and family planning to women and couples
- Provided obstetrical care to both high and low risk women
- Performed routine physical gynecological examinations and PAP tests
- Provided contraception counseling
- Developed evidence based plan of care including appropriate diagnostic testing medication management, referrals, and appropriate treatment for obstetrical and gynecological patients
- Assisted MD in surgical procedures such as IUD insertion/removal, colposcopy's, and endometrial biopsy's

STUDENT FNP/ENP NURSE PRACTITIONER

August 2021 – December 2021

Lutz, FL

Your Family Walk-In Clinic LLC – Adult Primary Care

Providing primary care and urgent care services across the lifespan inclusive of health maintenance, health counseling, disease prevention, patient education, and diagnosis of acute and chronic illnesses under the supervision of a nurse practitioner.

- 120 hours, minimum of 140 Adult patients
- Performed evidence based comprehensive primary care management for a wide range of chronic health conditions in the adult population including asthma, diabetes mellitus, COPD, hypertension, and hyperlipidemia, with referrals to appropriate specialists when warranted.
- Provide women's health including breast and pelvic exams, hormonal therapy, and oral contraceptive counseling.
- Evaluate 15-20 patients per 12 hour shift
- Performed focus patient histories, assessments, and interventions for acute/episodic scheduled and walk in appointments for the adult population
- Develop evidence based plan of care including appropriate diagnostic testing, medication management, referrals, and follow up care for the adult population

VOLUNTEER EXPERIENCE

Great American Teach In
Federal Coordinating Center (FCC) disaster training – City of Tampa
USF Project World Health

November 2017, 2018, 2019
February 2020
March 2020