

Roxanne J. DoBrava MSN, APRN-C, PMHNP-BC

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Objectives

- To obtain a Psychiatric Mental Health Nurse Practitioner position utilizing my advanced evidence-based clinical skills in assessment, diagnosis, treatment planning, medication management, crisis prevention, psychotherapy, and managerial skills as a Mental Health Provider to achieve the best possible patient outcomes.

Professional Preparation

PMHNP CLINICAL PRACTICE-

- Pinnacle Mental Health Services, Burnsville, MN- Fall 2023
 - TMS, Spravato, Medication Management, FUH Intakes
- Northern Tranquility Mental Health Services, Chisholm, MN- Spring & Summer 2023
 - Psychotherapy, Medication Management, Pediatrics and Adult.
- Sheridan VA Healthcare System, Mental Health Residential Rehab Treatment Program, Sheridan, WY -2022

Licensure/Certifications:

- ANCC PMHNP Certification #:
- PMHNP License in **Minnesota**
- Certification #- Expiration Date: 11/30/25
- PMHNP License in **Wyoming**
- Certification # Expiration Date: 12/31/2026
- Registered Nurse License in Wyoming, Minnesota

Experience

PMHNP- BC (Telehealth) | Vital TMS, Sheridan, WY | June 2024 – Present

- Complete Transcranial Magnetic Stimulation Assessments
- Assess if TMS would be appropriate for the patient.
- Diagnose clients with Mental Health condition according to DSM-V TR
- Treat patients with Depression and OCD with TMS
- Provide psychotherapy to all clients if needed during their assessment.
- Use a patient centered approach in all appointments.

PMHNP- BC (Telehealth) | Northern Tranquility Mental Health Services, Chisholm, MN | April 2024 – Present

- See patients ages 6 to geriatric
- Assess symptoms and barriers that are experienced
- Diagnose clients with Mental Health condition according to DSM-V TR
- Treat patients with medications that are backed by evidence-based research
- Provide psychotherapy to all clients if needed according to their treatment plan.
- Use a patient centered approach in all appointments.

COMMUNITY ADDICTIONS RECOVERY ENTERPRISE RN | MN DEPT OF HUMAN SERVICES | OCTOBER 2023-JUNE 2023

- **Registered Nurse and Medication Nurse**
- Psychiatric Assessments on admit and with condition changes
- Report to providers regarding behaviors
- Report to providers regarding medication compliance
- Chemical Dependency Nursing Groups daily
- Use/teach therapeutic coping techniques to the patient

PEDS/ADOL INPATIENT MENTAL HEALTH UNIT | CHILDREN'S MN HOSPITAL | NOVEMBER 2022-OCTOBER 2023

- **Charge Nurse Duties (Staffing and Admit review)**
- Psychiatric Assessments of Children/Adolescent
- Pediatric Vital signs.
- Report to providers regarding behaviors
- Report to providers regarding medication compliance
- Restraints as needed under certain circumstances.
- Assess the Patient's sensory input and find ways to meet this need
- Use/teach therapeutic coping techniques to the patient

NURSE MANAGER- ELC/MVLC | SHERIDAN VA MEDICAL CENTER (PSYCH)| FEBRUARY 2021-NOV 2022

- Manager of 50+ employees
- Schedules all employees
- Does payroll for all employees.
- Accepts Consults for admission with the CLC team.
- Runs a 40-bed CLC unit.
- Has multiple Process Improvement Projects
- Coordinates QAPI Meetings to increase Quality metrics.
- Responds to Workmen's Comp Claims
- Completes Labor Mapping

TEAM LEAD REGISTERED NURSE- MVLC | SHERIDAN VA MEDICAL CENTER (PSYCH) | AUGUST 2019-FEBRUARY 2021

- Supervise LPNs and NAs
- Perform Assessments on gerontological residents.
- Work with the IDT to determine the best plan for Residents.
- Assist Residents with ADLs.
- Pass medications of all types and routes.
- Provide wound care to the Residents
- Start IVs, Access Ports, EKGs, and several other skill sets
- Educate patients regarding care.
- Communicate the Resident's condition changes with the on-staff provider or contact the MOD.

REGISTERED NURSE II/HOUSE SUPERVISOR- ALZHEIMER'S/DEMENTIA | THE LEGACY LIVING AND REHABILITATION CENTER | FEBRUARY 2019-AUGUST 2019

- Overlooked 6+ floors with 150+ residents and 25-30 nursing staff on the NOC shift.
- Supervise LPNs, Med-Aides, CNAs and Care Assistants
- Perform Assessments on gerontological residents.
- Construct and implement residents' plan of care.
- Assist Residents with ADLs.

Education

WALDEN UNIVERSITY- MSN PSYCHIATRIC MENTAL HEALTH NURSE PRACTITIONER PROGRAM- WINTER 2023

- **Coursework Completed:**
- Advanced Health Assessment, Advanced Pharmacology/Psychopharmacology, Advanced Pathophysiology, Evidence-Based Practice, Interprofessional Organizational and Systems Leadership, Policy, and Advocacy for improving Population Health and Transforming healthcare through Technology.
- Psychopathology and Diagnostic Reasoning Didactic
- Psychotherapy with multiple Modalities Didactic
- Psychiatric Mental Health Nurse Practitioner across the life span I Didactic

Skills & Abilities

VOLUNTEER & PROFESSIONAL ACTIVITIES

- VHA- Servant Leadership 360 Degree Assessment
- VHA- Dementia Steering Committee Chair
- VHA- Hand in Hand Dementia Educator
- VHA- Shared Governance MVLC Leader
- VHA- Omni-Cell Superuser
- VHA- Designed and implemented Omni-Cell training for new nurses in NEO.
- VHA- Preceptor for new nurses
- VHA- Work many hours of overtime.
- Sigma Theta Tau Honor Society- January 2020
- Member of National Society of Leadership and Success Feb 2021
- Member of American Nurses Association and Wyoming Nurses Association- 2019

CONTINUING EDUCATION/CONFERENCES

- Enrolled in MSN Psychiatric Nurse Practitioner Program- Walden University Graduate in 2023
- EASE Training 2023
- WELLE Training 2023
- Crucial Conversations- 2021
- Own the Moment- 2021
- Just Culture for Managers- 2021
- SVAHCS Skills Rodeo- 2022

- Passed medications of all types and routes.
- Provide wound care to the Residents.
- Performed blood draws for lab tests.
- Start IVs on residents who require IV fluids or medication.
- Communicate the Resident's changes in condition with on-on-staff provider

- Psychiatric Mental Health Nurse Practitioner across the life span II Didactic
- Completed 640+ hours of clinical/practicum and 320+ patient encounters.
- Graduation Winter 2023

BACHELOR OF SCIENCE IN NURSING | DECEMBER 21, 2015, | MINOT STATE UNIVERSITY, MINOT, ND

- Major: Bachelor of Science in Nursing
- Related coursework: Completed over 1,000 hours of combined clinical experience in various settings.

ASSOCIATES OF APPLIED SCIENCE | MAY 2011 | SHERIDAN COUNTY COMMUNITY COLLEGE, SHERIDAN, WY

- Major: Associate of Applied Science
- Related coursework: General Studies, including Public Speaking, Mathematics, English, and History

- Member of the American Association of Nurse Practitioners- 2023
- Worked Multiple Vaccination Clinics during Flu Season 2017-2018
- Represented the Fall 2015 Nursing Class on the Nursing Department Curriculum Committee for five continuous semesters.
- Member of the National Student Nurse Association for two years
- Volunteered at the Adult Health Maintenance Clinic Summer 2015
- Deans honor roll for four semesters

- PMDB Level 3- 2022
- Dementia Conference- 2022

*References Available Upon Request