

CHEROTICH CHUMA



PSYCHIATRIC-MENTAL HEALTH NURSE PRACTITIONER

Empathetic and dedicated professional with 4+ years of experience as a Psychiatric Mental Health Nurse Practitioner and 20+ years in healthcare. Effectively applies the nursing process to conduct physical and psychological assessments, evaluating medical history and symptomology to determine diagnosis, prescribe medications, and work with cross-functional professionals to develop and manage care plans promoting improvement. Showcases extensive leadership expertise as a psychiatric provider and maintains regular communications with various crisis teams to respond to emergencies, answer questions, and deliver high-impact coaching and training. Passionate about supporting diverse patient populations with a number of co-morbid issues and additional secondary problems including homelessness, conducting outreach to vulnerable populations as a Nurse Practitioner Student, and through community activities to promote beneficial health outcomes

CORE SKILLS & COMPETENCIES

- Physical Assessments
- Psychological Evaluations
- Diagnostics & Symptomatology
- Operations Management
- Care Plan Development & Management
- Medication Prescription & Administration
- Conflict De-Escalation & Emergency Response
- Evidence-Based Nursing Practice
- Relationship Building
- Cross-Functional Leadership
- Clinical Interviews
- Resource Management

AREAS OF EXPERTISE

- **Technical Nursing Expertise:** Demonstrates therapeutic use of self in all technical nursing skills including vital signs, psychiatric assessments and interviews, diagnosis and plan of care development, implementation and effectiveness monitoring, medication administration, symptomology and medication education, and relaxation technique and coping mechanism instruction.
- **Diverse Patient Population:** Delivers care to diverse patient populations from children and adolescents to older adults with co-morbid mental and physical health issues, and problems including homelessness and substance use disorders. Communicates with empathy and works with cross-functional teams to promote continued care for individuals through relationship building.
- **Intake Management:** Administers patient intake from a multitude of sources for inpatients and outpatients, gathering information from social workers, first responders, police, or family regarding medical history. Conducts vitals, physical assessments including breath alcohol tests and assessing urine toxicity to evaluate substance use, and determine necessity of stabilizing care.
- **Clinical Interviews & Diagnostics:** Conducts initial psychiatric evaluations to assess comprehensive medical history including physical and psychiatric conditions, substance use history, personal and social history, mental status exams, and overall family history. Orders lab exams and assesses all information to aid in diagnostic efforts for intricate complex psychiatric cases
- **Care Plan Management:** Leverages expertise obtained in clinical practicums to evaluate psychological and psychosocial assessments and lab work to develop treatment plans, prescribe and manage medication in accordance with patient needs. Implements interventions designed to prevent relapse and maintenance strategies to prevent recurrence.
- **Medical Charting:** Adheres to strict regulations for medical charting in accordance with HIPAA regulations. Documents clinical and diagnostic impression, treatment plans, rationale for treatment selections, risk assessment, and any concerning changes in condition during each check-in during rounds.
- **Team Collaboration:** Collaborates with team including nurses, social workers, occupational therapists, and mental and physical healthcare providers. Maintains open and transparent communication, reporting any concerning changes in condition for patients, and collaborates to develop discharge plans for homeless patients, offering resources to promote long-term care.
- **Psychotherapy Basics:** Equipped with theoretical and practical training to administer psychotherapy to patients, utilizing techniques including Cognitive Behavioral Therapy (CBT) and Motivational Interviews to aid patients with emotional difficulties.

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- **Protocol & Regulatory Compliance:** Adheres to regulatory requirements to deliver ethical, quality care. Equipped with knowledge regarding infection control, PPE, building therapeutic relationships, assessing environmental and individual safety risks, providing a therapeutic and recovery-oriented environment alongside patient-centered care with the goal of recovery.
- **Relationship Building & Client Education:** Builds trust and rapport with all patients under care, delivering care with empathy and professionalism. Educates patients, families, and caregivers to promote continued care after discharge, recommending life-style changes and instruction regarding medication as required.
- **Conflict De-Escalation:** Showcases strong conflict de-escalation skills, keenly observing any problematic changes in behavior and intervening early to mitigate potential code gray. Calmly communicates to identify root-cause of issue, managing environment to reduce irritation if possible, calling security only as a last resort to mitigate patient harming themselves or others.
- **Leadership & Training:** Expertly leads Registered Nurses, acting as the night shift charge nurse by developing operational schedules and maintaining availability to respond to problems and emergencies. Delivers training for new nurses regarding institutional policies and healthcare practices to drive growth and development.

CLINICAL NURSING EXPERIENCE

Per-Diem Advanced Registered Nurse Practitioner <u>Downtown Emergency Service Center, Crisis Solution Center</u> Seattle, WA	Oct. 2020 – Present
On-Call Registered Nurse <u>Downtown Emergency Service Center, Crisis Solution Center</u> Seattle, WA	Sept. 2017 – Oct. 2020
Registered Nurse <u>Swedish Medical Center, Behavioral Health Unit</u> Seattle, WA	Nov. 2015 – July. 2017
Patient Care Technician <u>PeaceHealth Southwest Medical Center, Stroke Unit</u> Vancouver, WA	June. 2011-Sept. 2011
Patient Care Technician <u>Virginia Mason Medical Center, Pulmonary & Thoracic Surgery Unit</u> Seattle, WA	Jan. 2009 – March. 2011

NURSE PRACTITIONER PRACTICUMS

Nurse Practitioner Student <u>Harrison HealthPartners for Mental Health, Outpatient Clinic</u> Silverdale, WA	2020
Nurse Practitioner Student <u>Downtown Emergency Service Center, Outpatient Clinic & Outreach Programs</u> Seattle, WA	2019
Nurse Practitioner Student <u>Downtown Emergency Service Center, Crisis Solution Center, Inpatient</u> Seattle, WA	2019

EDUCATION & LICENSES

Doctor of Nursing Practice <u>University of Washington</u> Seattle, WA	March. 2020
Bachelor of Science in Nursing <u>Seattle University</u> Seattle, WA	June. 2015
Bachelor of Arts, Theology & Religious Studies <u>Seattle University</u> Seattle, WA	June. 2015
Associate of Arts <u>South Seattle Community College</u> Seattle, WA	June. 2005
<u>Licenses:</u> RN License (#60556245) (WA) ARNP License (#61088895) (WA) DEA (#MC6074087) NPI (#1952966889) Clozapine REMS (#HCP20093569212) BLS Provider (2023)	

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COMMUNITY ACTIVITIES

Black Catholic Advisory Circle (BCAC) Member <u>Archdiocese of Seattle</u> Seattle, WA	Dec. 2023 – Present
Pacific Northwest Member Area Coordinator <u>National Religious Vocation Conference (NRVC)</u> Chicago, IL	July 2023 – Present
African American Committee <u>National Religious Vocation Conference (NRVC)</u> Chicago, IL	Jan. 2023 – Present
Director of Vocations in the USA <u>Sisters of St. Joseph of Peace (CSJP)</u> Bellevue, WA	Jan. 2023 – Present
Vice Coordinator of CDE Diaspora Community <u>Catholic Diocese of Eldoret (CDE)</u> Eldoret, Kenya	Jan. 2022 – Present
Impact Investment Committee <u>Sisters of St. Joseph of Peace (CSJP)</u> Bellevue, WA	Jan. 2022 – Present
Charitable Trustee <u>Sisters of St. Joseph of Peace (CSJP)</u> Bellevue, WA	June 2021 – Present
NBSC Member <u>National Black Sisters' Conference (NBCS)</u> Washington DC	Dec. 2016 – Present
SMOL Liturgy Committee <u>Sisters of St. Joseph of Peace (CSJP)</u> Bellevue, WA	Sept. 2019 – Sept 2023
CSJP Representative & Board Member <u>Jubilee Women's Center</u> Seattle, WA	Aug. 2016 – Dec. 2022
Online Radio Contributor <u>KASS FM International (Ats in Nairobi, Kenya)</u> Washington DC	Oct. 2006 – Oct. 2020
Comprehensive Community Planning Steering Committee Member & Subcommittee Chair <u>Sisters of St. Joseph of Peace (CSJP)</u> Bellevue, WA	Oct. 2015 – Jun. 2020
Core Team Member <u>Giving Voice</u> Chicago, IL	Sept. 2015 – Dec. 2019
Other Previous Volunteer Positions include: The Nurturing Place (2007), St. Joseph School for the Blind (2007), East Side YWCA Women's Center (2007)	