

# Karen L. Urban DNP, FNP-BC

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## Objective

To work in a position where my DNP is a strength and the end result is safe, high quality patient care.

## Education

DEGREE	DATE EARNED	SCHOOL
Doctor of Nursing Practice <i>Family Nurse Practitioner</i>	12/2018	Colorado Mesa University
Post-master's certificate <i>Health Informatics</i>	12/2014	University of Colorado
Master of Science in Nursing <i>Clinical Nurse Specialist</i>	12/1988	University of Pittsburgh
Bachelor of Science in Nursing	5/1979	University of Pittsburgh

## Licensure/Certifications

### FNP LICENSED NURSE PRACTITIONER

Virginia 0024177357 Issued: 2/27/2019 current status

FNP Licensed Nurse Practitioner: Virginia 0024177357 Issued 2/27/2019

DEA: MU 5238488 (Schedules 2,2N, 3, 3N, 4, 5) Issued 4/16/2019 Expires 5/31/2025

### RN LICENSE

Virginia- Multi-State Privilege #0001291957

### CERTIFICATIONS

FNC\_BC # 2018081916 Valid 10/20/2018 to 2/24/2024

ACLS expires 9/2024

BCLS expires 9/2024

## DNP Practicum Experience

Grand Junction VA Medical Center	Completed 323 hours with the Hospice and Palliative care team (Preceptor: Dr. Anna Jenson) Completed 300 hours in the Women's Primary Care Clinic (Preceptor: Debra Bailey DNP, FNP) Completed 36 hours in the Urology Clinic (Preceptor: Dorothy Stoner FNP)
Mesa County Health Department	Completed 20 hours with Home-based primary care Completed 94 hours in the primary care clinic (Preceptor: Laurie Perla FNP)
Western Colorado Pediatrics	Completed 150 hours in the pediatric clinic (Preceptor: Dr. Rebecca Liggett)

## Work Experience

Nurse Practitioner	Gastroenterology of Virginia Beach Ltd.	5/2019 – present
Online Instructor	Colorado Mesa University	1/2019 - present
BSN Program Coordinator	Colorado Mesa University	1/2016-12/2018
Assistant Professor	Colorado Mesa University	8/2012-12/2018
Instructor	Colorado Mesa University	8/2011-7/2012
PACU nurse (prn)	Colorado Canyons Medical Center	8/2011-12/2016
Practice Manager	Aesthetic & Reconstructive Plastic Surgery	7/1998-5/2011
Case Manager	Rocky Mountain Health Plans	7/1996-6/1998
PICU nurse	University of Kentucky Medical Center	7/1994-6/1996
Float Pool nurse	Rush Memorial Hospital	10/1993-6/1994
Chief Transplant Coordinator	University of Colorado Health Science Center	1/1989-10/1993
PICU nurse	Children's Hospital Pittsburgh	1/1981-1/1989
NICU nurse	Magee Women's Hospital	5/1979-12/1980

## Scholarly Activities

### DNP PROJECT:

Strategies to Improve Cultural Awareness and Self-Efficacy in a Primary Care Practice  
Colorado Mesa University-Defense Presentation – 12/4/2018

Reviewed Chapter 57, Maternal & Child Nursing Care (London Ladewig, Davidson, Ball, Bindler & Cowen)  
Fourth Ed. Pearson

Poster Presentation:

Addressing Self-Efficacy in a Stakeholder for the Management of Non-Alcoholic Liver Disease.  
National Nurse Practitioner Symposium, Keystone Colorado 7/2022

Indwelling Urinary Catheter Management: A Shift from Clinical Practice to Evidence-Based  
Practice. National Nurse Practitioner Symposium, Keystone Colorado 7/2021

Information needs of mothers during the intensive care phase of their children's liver transplant  
experience  
International Liver Transplant Society Conference, Pittsburgh, PA. 12/1988

**MASTERS THESIS:**

Information needs of mothers during the intensive care phase of their children's liver transplant  
experience

Karen Lee Evanish. School of Nursing. Thesis (MSN)-University of Pittsburgh, 1988.

## Teaching Activities

### Graduate Program

Primary Care of Adult	Fall 2020, 2022
Primary Care of Adult Practicum	Fall 2020, 2021, 2022
Primary Care of the Older Adult	Spring 2021, 2022
Primary Care of the Older Adult Practicum	Spring 2021, 2022
Quality, Policy, and Ethics	Summer 2021
Theoretical Foundations	Fall 2022
Clinical Procedures	Summer 2022
Nurse Educator Practicum	Spring 2023
Advanced Health Assessment	Spring 2023
Advanced Health Assessment Practicum	Spring 2023
Clinical Preceptorship	Spring 2022

### BSN Program

Mental Health Clinical	Spring 2018
Professional Development III (developed)	Spring 2018
Health Assessment Across the Lifespan	Fall 2017- Fall 2018
Health Assessment Lab	Fall 2017- Fall 2018
Senior Capstone	Summer 2015, 2016, 2017
Pharmacology	Spring/Fall 2012 & Spring/Fall 2016
Foundations of Nursing	Fall 2012 – Spring 2016
Foundations of Nursing Clinical	Fall 2011 – Spring 2016 & Fall 2018
Professional Development I	Fall 2012 – Spring 2015

### RN-BSN Program

Leadership	Spring, Fall 2019, 2020
Capstone	Spring, Fall 2019, 2020
Geriatric Nursing	Summer 2017-2022, Spring, Fall 2019-2023
Health Informatics (developed and taught this course)	Spring 2014 – Fall 2016
Evidence-Based Practice and Research	Fall 2019, Spring 2020

### PN Program

Pediatric nursing	Spring 2012
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## Professional Activities

2020-present	American College Gastroenterology member
2018-present	American Gastroenterology Association member
2018-present	American Association of Nurse Practitioners member
Sept. 2022	ACG IBD School and ACG/VGS Regional Postgrad Course (Williamsburg, VA)
Sept. 2019	ACG Functional GI Disorders and ACG/VGS Regional Postgrad Course (Williamsburg, VA)
August 2019	Principles of GI for the NP and PA course (Chicago, IL)
June 2019	UVA 14th Annual Conference of Liver Disease and Gastroenterology: 6.50 hours
2016-2018	CMU Undergraduate Advisory Board
2016-2018	CMU, Faculty Senator for Department of Health Sciences
2016-2018	St. Mary's Hospital Nurse Residency Program Advisory Committee
2016-2018	CMU Department of Health Science Advisory Board
Nov. 2017	West Palliative Care Conference attendee (Grand Junction, CO)
Sept. 2017	Annual Montrose Fall Clinics conference for primary care attendee (Montrose, CO)
2016-2017	CMU Graduate Advisory Board, DNP student representative
2014-2017	Western Slope Nightingale Steering Committee
2014-2017	Colorado Board of Nursing Regional Director

2014-2016 Sigma Theta Tau, Nu Kappa Chapter (Governance Chair)  
 2012-2016 Sigma Theta Tau, Nu Kappa Chapter (Webmaster)  
 July 2013 Boot Camp for Nurse Educator Program attendee (Albuquerque, NM)  
 1996-2011 Mesa County Medical Society Alliance

## Academic Activities

- Undergraduate Curriculum Committee at Colorado Mesa University (2020)
- Affirmative Action representative for CMU (2013 to 2018)
- CMU BSN Interview Committee member (2012 to 2014, 2016, 2017, 2018)
- Office of the President CMU Annual Merit Award (May 2013 thru May 2022)
- CMU, BSN Program Curriculum Committee (2014 to 2017)CMU Student Nurse Association Faculty Advisor (2012 to 2017)
- CMU, Academic Policies Committee (2014 to 2016)
- CMU, Search Committee for VPAA (Affirmative Action Representative) (2015-2016)
- CMU, Academic Technology Advisory Council (ATAC) Committee (2014 to 2016)
- CMU, DHS, Social Committee Chair (2013 to 2015)
- CMU Student Showcase Judge May 2015
- CMU subcommittee for E Portfolios (2013 to 2014)
- CMU Health Science Department Journal Club participant & presenter (2012 to 2014)
- CMU Student Showcase Facilitator May 2013

## Community Service Activities

Fall, 2022 Member and volunteer Ocean Park Civic League  
 June 2016 Volunteer Special Olympics at CMU  
 May 2016 Captain Sigma Theta Tau Relay for Life Team  
 2007-2009 Redlands Middle School Advisory Council (Chair 2007-2008)  
 2004-2006 Wingate Elementary School Advisory Council, (Chair, Co-Chair)  
 2004-2006 Coach, Girls on the Run