

RACHEL BROWNSTEIN, MSN, APRN, BC-ADM, LMT

raebrow11@gmail.com 813-417-2278

Tampa, FL

PROFILE Committed and compassionate Nurse Practitioner specializing in endocrine and women's health care.

- **Excellent clinical skills**, determines and delivers health care treatment and education with empathy and compassion.
- **Enables patients** to successfully manage health challenges by providing education, motivation, treatment, guidance and support.
- **Productive, organized, and detail oriented.** Proven ability to manage multiple priorities to ensure deadlines are met.
- **Dedicated educator** empowering patients to make positive lifestyle changes and enhancing student knowledge and skills.
- **Loyal health care professional** passionate about patient care and safety.

EDUCATION

Masters of Science in Nursing; Family Nurse Practitioner Program (2011)
University of South Florida, Tampa, FL

Bachelors of Science in Nursing (2011) – University of South Florida, Tampa, FL

Associate of Science in Nursing (2006) – Excelsior College, Albany, NY

Certificate in Midwifery (1997) Florida School of Traditional Midwifery,
Gainesville, FL

Certificate in Muscular Therapy (1993) Muscular Therapy Institute, Cambridge,
MA

LICENSES

Advanced Practice Registered Nurse – State of Florida APRN9249644

Registered Nurse -State of FL RN9249644

Florida Licensed Midwife (LM)-State of Florida MW78 (license retired)

Licensed Massage Therapist (LMT) – State of Florida MA28822

| CERTIFICATES/TRAINING

Board Certification in Advanced Diabetes Management – (BC-ADM)

Basic Life Support (BLS) – American Heart Association (AHA)

Omnipod Certified Insulin Pump Trainer

Advanced Care Through Technology for Insulin Requiring Patients with Diabetes

Barbara Davis Center for Diabetes

Medtronic Pump Therapy Expert Program

AWARDS

2020-2021

Top Performer Press Ganey Patient Survey (upper 10%)

2019-2020

Top Performer Press Ganey Patient Survey (98.3% patient satisfaction score)

2018-2019

Top Performer Press Ganey Patient Survey (upper 10%)

CAREER HISTORY

- 2016-2024 **Family Nurse Practitioner**
USF Diabetes Center, Tampa, FL
- * Clinical competence: Review and interpret labs and diagnostic results in order to manage patients with endocrine disorders.
 - * Manage patients with Endocrine disorders and Diabetes type 1,2 and Gestational
 - * Advocacy and Empowerment: assisting patients to receive comprehensive culturally sensitive care.
 - * Educate patients and their families on disease management, lifestyle modifications and preventative health measures.
 - * Implement evidence-based practices to improve patient outcomes and enhance the quality of care.
 - * Insulin pump training and management
- 2012-2016 **Family Nurse Practitioner**
ENDOCRINE OSTEOPOROSIS CARE CENTER, Tampa, FL
- * Conduct history and physical for new patients with multiple endocrine diseases.
 - * Diagnose and manage thyroid disease, osteoporosis, and hypogonadism.
 - * Review lab studies and prescribe treatment as indicated by lab results.
- 2011-2012 **Family Nurse Practitioner, Adjunct Faculty**
PASCO HERNANDO COMMUNITY COLLEGE, New Port Richey, FL
- * Clinical faculty preceptor for undergraduate nursing students in Ob/Gyn clinical rotations.
 - * Provided direct supervision and guidance to nursing students during their OB rotations.
- 2008-2012 **Licensed Midwife, Registered Nurse**
TRINITY WOMEN'S CARE, Trinity, FL
Private Obstetrics/Gynecology practice
- * Provided specialized care in women's health, including gynecological exams
 - * Performed intrapartum and postpartum monitoring and management
 - * Assisted in minor gynecological procedures and provided patient education on reproductive health and family planning.
- Licensed Midwife: Retired license**
- * Managed approximately 200 out of hospital births
- 2011-2011 **Licensed Midwife, Faculty Preceptor**
FRONTIER SCHOOL OF NURSING, Trinity, FL
- * Clinical faculty preceptor for Family Nurse Practitioner students.
 - * Evaluation of knowledge regarding topics related to obstetric care, including prenatal assessment, labor and delivery, postpartum and newborn care.
 - * Confirmed normal course of healing following delivery.
 - * Evaluation of breastfeeding needs and technique.
- 2003-2012 **Licensed Midwife, Owner/Operator**
A NATURAL CHOICE BIRTH SERVICES, INC., Tampa, FL
Private home birth practice

- * Provided prenatal, intrapartum and postpartum care.
- * Guided Midwifery students through their learning experiences during prenatal visits, labor, delivery and postpartum care.
- * Provided preconception counseling, prenatal, intrapartum and postpartum care including immediate postpartum care of the newborn.

1993-2012

Licensed Massage Therapist, Owner/Operator

RACHEL BROWNSTEIN, LMT, Tampa/Clearwater, FL

- * Assisted clients with multiple muscular injuries and stress relief.
- * Educated on proper stretching techniques.

COMMUNITY SERVICE

2019-present

Sam Fuld Sports Camp (8-17 year old participants)

Medical staff for children with Diabetes Type 1 during sporting activities

2017

Diabetes Pee Wee Camp (5-9 year old participants)

Medical staff available for managing pumps, injections and first aid for children with Diabetes Type 1 overnight camp and activities

2015-2018

Judeo Christian Women's Health Night

Volunteer Nurse Practitioner for USF Medical Students providing care through Judeo Christian clinic for well woman pelvic exams and breast cancer screening

AFFILIATIONS

American Academy of Nurse Practitioners (AANP)

Local Nurse Practitioner/Physician Assistant Endocrine Group

American Diabetes Association (ADA)

Association of Diabetes Care and Education Specialists (ADCES)