

## CURRICULUM VITAE

SHEMIKA MITCHELL RN, MSN, AGNP-C

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### SUMMARY OF QUALIFICATIONS:

- Over twenty years of nursing experience that encompasses many aspects of the profession from Acute Care Hospital (Med-Surg, DOU, DOU-step down), Home Health Care Nursing, Hospice and Palliative care, and Director of Nursing in California Skilled Nursing facilities for 8 years.
- I am certified by the state of California as a Public Health Nurse, and a Adult and Gerontology Nurse Practitioner- Certified.
- Known for my case analysis and my ability to dissect medical records to get to the bottom line while driving cases to settlement through evidence found in those records.
- I have served as an Expert Witness since 2013 in Medical Malpractice cases and have testified in 9 depositions, and 1 trial.
- Led the Quality Assurance (QA) committee in developing and implementing policies and procedures for appropriate plan of action to correct identified deficiencies in my role as Director of Nursing Services for 9 years.
- Managed the quality of care for the residents and family satisfaction in nursing facilities while interpreting medical records and defining the standards of care.
- Developed, implemented, and conduct in service training programs to the health care team specific to the facilities need, and defined standards of care according to State & Federal Regulations.
- Covid Investigator for Telehealth Nurse

### PROFESSIONAL EXPERIENCE:

TruCare Telehealth & House Calls Practice, PNC., Riverside, Ca. 92505

Adult & Gerontology Nurse Practitioner – Certified [March 2021 – Present]

- Perform initial Preventive Physical Examinations.
- Perform real Annual Wellness Assessments.
- In home testing for Peripheral vascular disease.
- Chronic Care Management for patients with Two (2) or more Chronic conditions Diabetes type 2, Hypertension, Chronic Wounds, and Obesity.
- Recognizing and evaluating situations which may call for immediate attention of a physician or situations that may require emergency medical treatment.
- Perform IV vitamin infusion therapy.

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- Documenting the above assessment/care/education as required.
- Creating Comprehensive Care Plans
- We are 100% Medicare Compliant.

Kern County Public Health Services Department, 1800 Mt. Vernon Ave., Bakersfield, Ca.

93306- Public Health Nurse (COVID 19 Investigator) [8/2020 – 11/6/2020]

- Obtain and review patient demographic, location, laboratory, clinical, and risk information in Calredie and CalConnect the states infectious disease data system in order to determine investigation priorities.
- Initiate prompt communication with patients diagnosed with COVID-19 through text, phone calls, email, and other communication platforms, as necessary.
- Employ dynamic communication and interpersonal skills, cultural competency/ sensitivity, tactful language, and empathetic interviewing skills to build rapport and maintain trust with patients of varied backgrounds.
- Assure confidentiality and carry out efforts to locate and communicate with patients in a manner that preserves the confidentiality and privacy of all involved.
- Notify or verify receipt of a positive laboratory report or probable or suspected diagnosis of COVID-19. Provide patient with COVID-19 health education, per local protocols.
- Obtain and document detailed information regarding patient diagnosis, demographics, COVID-19 symptoms and their onset date(s), clinical course, underlying medical conditions, and other risk factors.
- Work with the patient to identify close contacts during the contact elicitation window, including household members, co-workers, and others who might have been exposed. Document date, duration, and location of exposure along with name, locating information (e.g., home, phone, email, work), preexisting conditions, and risk factors (if known) for each close contact, as defined by CDC or local jurisdiction protocols.
- Provide approved information on self-isolation procedures, including what to do if symptoms worsen or new symptoms develop.
- Assess patient's ability to safely and effectively self-isolate at home, with adequate water, food, prescription medicines, and other necessities. Identify barriers to necessary interventions and facilitate appropriate referrals, per local protocols.

Transtreme, LLC, Chino, Ca. 91710

Adult and Gerontology Nurse Practitioner - Certified [March 2019 – April 2021]

- Perform Annual Health/ Risk Assessments to adult and elderly patients in clinics and in the comfort of their homes in Southern California.
- Assessing Health Status, illness, response to illness, and health risks.
- Taking health histories and perform physical examinations.
- Based on the health history and physical examination I perform screenings for Diabetes, Peripheral vascular disease, Neuropathy, Poly Neuropathy, Diabetic Retinopathy, and a

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host of other screenings. I also make recommendations to the Primary Care Physician to initiate care for diseases identified, and order and interpret diagnostic labs.

- Assessing strengths, weaknesses, resources, coping behaviors, and the environment of members.
- Performing and/or assisting in the performance of routine laboratory and screening procedures including but not limited to blood draw.
- Educating members via health/injury counseling at a level appropriate to each such member's understanding. Counseling may include matters pertaining to physical and mental health, such as diet, social habits, family planning, disease prevention, normal growth and development and the aging process.
- Recognizing and evaluating situations which may call for immediate attention of a physician or situations that may require emergency medical treatment.
- Documenting the above assessment/care/education on the annual wellness visit forms provided by the medical group.

SCM Legal Nurse Consulting & Associates, Diamond Bar, Ca. 91765

Certified Legal Nurse Consultant [October 2013 – Present]

- Screen medical cases to eliminate the expense of non-meritorious lawsuits.
- Review and analyze medical records, facility policies and procedures, and other documents to interpret their relevance to the case.
- Identify adherences to and deviations from the applicable standards of care.
- Help assess injuries and identify causation issues and contributing factors.
- Develop reports and chronologies to highlight the significant medical events and clarify how they fit into the overall case analysis.

I have reviewed medical records daily in my job as the Director of Nursing Services (DON) of a Skilled Nursing Facility and I educate nurses and doctors on compliance issues that involve the patients' safety and health. I specialize in identifying preventable pressure sores, preventable sepsis (Blood Infections), preventable falls with injuries, rehospitalizations, and other never events as identified in the Department of Health Services "Never Event Policy Framework".

Country Villa Hacienda Healthcare Center, San Bernardino Ca. 92404

Director of Nursing Services [March 2014 – August 2018]

- Direct the day to day operations of a 4 Star CMS rated Skilled Nursing facility.
- Ensure that the resident's needs met in compliance with federal, state, and local regulations.

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- Make weekly Wound Care rounds with the Certified Wound Care Nurse and the wound care physician and meet to discuss the progress of many types of wounds from residents with diabetic ulcers to pressure sores that have been admitted to the facility.
- Create programs to enhance the lives of the residents in a Skilled Nursing Facility.
- Plan, develop, organize, implement, evaluate, and direct the nursing service department, as well as its programs and activities, in accordance with current rules, regulations, and guidelines that govern the long- term care facility.
- Serve on, participate in, and attend various committees of the facility (i.e., Infection Control, Pharmaceutical, Budget, Behavioral Management, Quality Assessment and Assurance, Wound Care, etc.) as required by the Administrator.
- Determine staffing needs for a ninety-nine-bed facility of the nursing service department.
- Provide leadership training that includes the administrative and supervisory principles essential for Nurse Supervisor and Charge Nurse.
- Other duties as assigned by the Administrator

Vernon Health Care Center, Los Angeles, Ca. 90006

Director of Nursing Services [June 2009 - March 2012]

- Coordinated facilities successful preparation for annual CMS State & Federal survey.
- Planned, developed, organized, implemented, evaluated, and directed the nursing department as well as its programs and activities in accordance with current regulations, and guidelines that set standards of care for the Skilled Nursing Facility.
- Managed the quality of care, in addition to resident, physician, and staff satisfaction in a 99 bed Skilled Nursing Facility.
- Responsible for coordinating and participating in various committees of the facility (i.e., Infection control, Policy advisory, Pharmaceutical, Budget, Quality assessment and assurance, etc.) as appointed by the Administrator.
- Determined the staffing needs of the nursing service department necessary to meet the total need of the residents, and in accordance with CMS 3.2 guidelines.

Vernon Health Care Center, Los Angeles, Ca. 90006

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Material Data Set Coordinator (MDS Coordinator) [July 2009 & August 2010 – Dec. 2010]

- Conducted initial and periodical comprehensive, accurate standardized reproducible assessments of each resident's functional capacity.
- Timely submission of PPS assessments utilizing regulatory timeframes.
- Timely completion of Certifications and Re-certifications with Physician signatures.
- Facilitated communication among all Interdisciplinary team members.
- Educated staff on how to meet the individual resident's needs, via frequent in-services
- Developed individualized, interdisciplinary care plans designed to address the resident's specific needs.
- Educated the interdisciplinary team on appropriate CAA development.
- Conducted Medicare Part A consolidated billing.
- Learned to navigate through the Quick Care software system for MDS 3.0 quickly, effectively.

Imperial Crest Health Care Center, Hawthorne, Ca. 90215

Assistant Director of Nursing Services [February 2006 - September 2008]

- Responsible for assisting with developing methods for coordinating nursing services with ancillary departments to ensure that the continuity of the residents' total care is achieved.
- Participated in regular scheduled reviews for discharge plans and made such plans available to the care plan committee.
- Responsible for ensuring that all nursing care staff followed their job description.
- Made frequent rounds with physicians and ancillary staff and assisted as needed.
- Responsible for periodic medication passes and treatment care schedules to ensure that medication was being passed as ordered and treatments were being administered as scheduled.

Sun Bridge Health Care and Rehabilitation Center, Playa Del Rey, Ca. 90266

Director of Staff Development [January 2003 - December 2004]

- Managed directing the facilities educational program.
- Assisted all department directors in obtaining and scheduling speakers to present in service training.
- Planned, developed, implemented, and evaluated the Infection Control program in accordance with current regulations required by CDC, OSHA and DHS guidelines.
- Responsible for maintaining the employees' personnel files in a confidential manner.

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Brier Crest Rehabilitation Center, Inglewood, Ca. 90299

Treatment/ Wound Care Nurse [February 2001- January 2003]

- Responsible for identifying, treating, and managing various types of skin disorders such as Pressure Ulcers, Bacterial, and Viral skin infections, lesions and abrasions.
- Responsible for assessing and diagnostic services to resident and resident evaluations using techniques including observation, inspection, and palpitations.
- Responsible for providing verbal and weekly written reports of each resident status while on a treatment plan.
- Responsible for making weekly rounds to provide house skin assessments to observe any new skin issues, in addition to coordinating with CNA's daily for any recognition of skin problems to immediately treat the issue.
- Responsible for follow up on all consultant reports with the Medical Doctor for change in treatments, labs, and nutritional recommendations.

### EDUCATION:

- Walden University, Mi., MN. Master's Degree in the Science of Nursing, Adult Gerontology Nurse Practitioner – Certified, (11/2015 thru Completion Date 08/12/2018).
- University of Phoenix, Diamond Bar, Ca. Bachelor's Degree in the Science of Nursing (09/2013 thru 05/2015).
- Excelsior College, Albany, New York. Associates Degree in the Science of Nursing (02/2004 thru 12/2005).
- Los Angeles Southwest College, Los Angeles, Ca. Associates Degree in Liberal Arts (08/17/1999 – 12/22/2002).

### PROFESSIONAL CERTIFICATES:

- Certified Adult and Gerontology Nurse Practitioner (AGNP-C), American Association of Nurse Practitioners (9/27/2018 – 10/01/2023)
- Certified Legal Nurse Consultant (CLNC), Vicki Milazzo (2012 – Present)
- Resident Assessment Coordinator (RAC), AANAC (2009 – Present)
- Basic Cardiac Life Support, American Red Cross
- Advanced Cardiac Life Support
- Certified Hospital Fire and Life Safety
- Skilled Wound and Ostomy Care Nurse (SWOCN) Skilled Facility Health Care Solutions, Dr. Bardia Anvar, M.D. (2014 – 2019)

### STRENGTHS:

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- Adhering to professional standards of care
- Regulatory Mandate and Compliance
- Medicare Oversight of Skilled Nursing facilities
- Working with and compliance with Office of Inspector General (OIG)
- Team Building
- Policy and Procedure Development
- Staff Educator
- Master Care Plan Developer

REFERENCES UPON REQUEST