

CURRICULUM VITAE

Mechell Duran, DNP, FNP-BC, BC-ADM, CDE, CDTC

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CURRENT POSITIONS

Endocrinology, Diabetes & Metabolism Nurse Practitioner
Holy Cross Medical Group
4701 N. Federal Highway Ste A-27
Fort Lauderdale, Fl 33308
Email: Mechell.Duran@holy-cross.com

EDUCATION

<u>Degree Conferred</u>	<u>Institution/Location</u>	<u>Date</u>
Doctorate of Nursing Practice	University of Alabama Capstone College of Nursing Tuscaloosa, AL	2017
Master of Science Major: Nursing Focus: Family Nurse Practitioner	Florida International University College of Nursing Miami, FL	2010
Post Masters Certificate: Nursing Education	Florida International University College of Nursing Miami, FL	2010
Bachelor of Science: Nursing	Florida International University College of Nursing Miami, FL	2006

CLINICAL EXPERIENCE

Endocrinology, Diabetes & Metabolism Nurse Practitioner

Holy Cross Medical Group

June 2015- Present

- Provide advanced clinical management and education for multiple endocrine, metabolic, and weight management disorders
- Provide weight management interventions for overweight, obesity class I, II, III
- Provide health coaching through motivational interviewing, goal setting and use of the transtheoretical model
- Provide advanced clinical management and education for all types of diabetes including prediabetes, type 2 diabetes, type 1 diabetes, latent autoimmune diabetes in adults (LADA), steroid and other medication induced diabetes, pregnant with diabetes and gestational diabetes
- Initiate and intensify diabetes management with oral diabetic medications, insulin and non-insulin injectables, intensive insulin management with multiple daily injections (MDI), continuous subcutaneous insulin infusion (CSII), and continuous glucose monitoring (CGM)
- Initiate and intensify diabetes treatment for insulin resistant states with concentrated insulin such as U-200, U-300, U-500
- Manage comorbid states and complications such as hypertension, dyslipidemia, depression, sexual dysfunction, nephropathy, peripheral and autonomic neuropathies
- Manage hormonal deficiencies related to low testosterone and adrenal insufficiency
- Manage menstrual irregularities and menopausal disorders with hormone replacement therapy (HRT)
- Manage hypothyroidism, hyperthyroidism, autoimmune thyroid disorders, thyroiditis, thyroid nodules, toxic and non-toxic multinodular goiter, pregnant with thyroid disease
- Manage osteoporosis, hyperparathyroidism, vitamin D deficiency, hypercalcemia, hypocalcemia
- Manage pituitary disorders, adenomas, pituitary deficiencies, and hyperprolactinomas
- Utilize Electronic medical records (Allscripts), initiate referrals and maintain health records
- Maintains familiarity with the Center for Medicare & Medicaid (CMS) appointed national accrediting organizations (NAO's) standards for diabetes education recognition developed by the American Diabetes Association (ADA) and/or the American Association of Diabetes Educators (AADE).
- Maintains familiarity with performance indicators for diabetes management as defined by the national committee for quality assurance (NCQA)
- Maintains personal proficiency of specialty competency in endocrinology, weight management, advanced clinical diabetes management, diabetes education, and diabetes technology in order to serve as an ongoing resource for patients, team members, physicians and other staff members.
- Successful implementation of the national standards of diabetes self-management education and support (NDSME)
- Acquired the prestigious American Diabetes Association Education Recognition Certificate for a Diabetes Self-Management Education Program

House Calls Nurse Practitioner

UnitedHealth Care Medicare & Retirement
September 2013- June 2015

- Conduct in-home assessments on health plan members in Miami Dade & Broward County
- House Calls Assessment includes a comprehensive history and physical examination used to make recommendations on preventative care and chronic disease management
- Identify diagnoses to be used in care management and active medical management in the furtherance of treatment.
- Communicate findings in the assessment that will be used to inform members PCP of potential gaps in care.
- Identify needs and opportunities to generate clinical referrals to Care Improvement Plus and or the primary care physician.
- Utilize electronic healthcare records
- Educate members on topics such as disease process, medication, and compliance.
- Compliance with all HIPAA regulations and maintain security of protected health information (PHI)

Primary Care Nurse Practitioner

Quality Improvement Clinical Advisor

Broward Community and Family Health Center
April 2011- September 2013

- Provide complete primary care to a panel of patients from infancy to geriatrics in a federally qualified health care center (FQHC)
- Provide patient education, preventative care, health promotion related to primary, secondary, and tertiary levels of prevention.
- Assessment, Diagnosis and Management of a wide array of medical patients related to acute and chronic care, preventative care, men's & women's health, internal medicine, family medicine, endocrinology, cardiology, pulmonology, gastroenterology, dermatology, orthopedic, hematology/oncology care.
- Perform history, physicals, referrals, writing prescriptions, ordering and interpreting lab test and other diagnostic procedures
- Diagnosis and management of gynecologic problems ranging from menorrhagia to endometrial cancer.
- Perform well women annual exams including breast exams, pelvic exams, pap smears, and STI screening.
- Diagnosis and management of cystoceles', abnormal pap smear, perimenopausal and postmenopausal bleeding, PCOS, and endometriosis.
- Utilize Electronic medical records (Sage Intergy)
- Collaborates with the Performance Improvement Manager and other leadership to identify objectives and strategies for performance improvement in care coordination,

- communications and management of chronic diseases.
- Assist with the development of written policies and procedures relevant to performance improvement operations and strategies
- Regularly review and analyze clinical performance improvement data results specific to organizational goals as defined by health resources and services administration (HRSA) and other funding agencies and recommend strategies for improvement.
- Assists with identifying appropriate strategies to ensure successful implementation of patient centered medical home (PCMH) standards as defined by national committee for quality assurance (NCQA) and the (JCAHO) Joint Commission on Accreditation of healthcare organizations.
- Conducts chart audits and peer reviews to collect performance improvement data as needed.
- Review and recommend changes as needed to clinical care guidelines specific to patients with chronic diseases.
- Oversee and/or conduct health education and disease management sessions as needed.
- Provide training relevant to performance improvement strategies to members of the center's care teams
- Serves as a member of the organization's Performance Improvement, PCMH, and
- Clinical committees.
- Submits written monthly progress reports to the Medical Director

House Calls Nurse Practitioner

Examination Management Services, Inc, Miami and Broward County
November 2010-December 2010 seasonal

- Provide primary care and preventative services to medicare patients in their homes, senior apartment, assisted living or congregated living area.
- Conduct the in-home examination.
- Educate members on health related issues.
- Accurate and timely completion of documentation.

Pediatric Registered Nurse/ Case Manager

Children's Rehabilitation Network
June 2008- July 2009

- Manage chronically ill pediatric patients according to facility policy and protocol.
- Develop plan of care for premature neonates , toddlers, pre-schoolers, school age, and adolescent patients
- Management of patients with cardiac, respiratory, neurological, gastrointestinal and renal disorders
- Recognize and respond to patient emergencies
- Direct LPN's and auxiliary staff, delegate responsibilities as needed to ensure continuity of care
- Updating nursing protocols of care and reporting patient progress to PCP and Medicaid
- Coordinating patient care with therapist, specialist and educators
- Counsel parents and caregivers and resolving patient or parent's concerns

Pediatric Registered Nurse

Miami Children's Hospital
February 2007- June 2008

- Develop plan of care for general surgical patients, plastic, urological, ENT and orthopedic surgical patients

- Management of pre and postoperative patients
- Develop and create care plans through client and physician collaboration
- Administer medication orally, rectally, intravenously, intradermal, subq shots, central lines, PICC lines, G- tube, ND and NG tubes.
- Insert foley catheters and ND and NG tubes according to hospital policy and procedure
- Administration of TPN
- Administration of controlled substances
- Blood glucose monitoring, insulin shots
- Blood administration
- Colostomy and wound care
- Educate patients and parents on plan of care, test/procedures, activity, equipment
- Mentored high school students enrolled in day in the life of a nurse program
- Collaborated with clinical professors to provide meaningful experience for nursing students.

TEACHING EXPERIENCE

Assistant Nursing Professor

Roseman University of Health Sciences
College of Nursing
June 2012- December 2014

- NLNAC accredited accelerated baccalaureate nursing degree program
 - Develop instructional materials related to curricular content, syllabus, study guide, online instructional learning activities, assessment and remediation items, discussion forum questions
 - Deliver curricular content, provide on-class learning activities, and refine assessment and remediation items for the assigned Block content;
 - Maintain active discussion and participation in discussion forum and respond to 100% of students weekly;
 - Respond to students' postings or questions within 24 hours;
 - Update educational materials to be used during the instructional sessions, including syllabus, discussion forums, handouts, slides, PowerPoint-based presentations, Assessment items
 - Conduct item analysis for assessment and remediation, review challenges and conduct reviews with students;
 - Participate in the "Challenge Process" and review with students during each scheduled assessment, including remediation;
 - Provide students with contact information and post 3 hours of office hours weekly
 - Schedule review sessions with students in online forum, via Skype, or teleconference.
- Courses assigned: Health Assessment, Pediatrics

Nursing Instructor

Keiser University
September 2010- February 2011

- NLNAC accredited associate degree nursing program
- Facilitates teaching/learning in the classroom, laboratory and clinical settings
- Evaluates students and performs career and academic advising
- Participates in School of Nursing and College affairs

- Participates in curriculum development and revision that stress innovation and multicultural emphasis
- Prepares and submits student information to Director of Nursing
- Courses taught: Medical-surgical 1, pharmacology, skills lab, and pediatric nursing

Online Instructor

Missouri College
May 2010- June 2011

- Online anatomy and physiology adjunct faculty
- Facilitates teaching/learning in the online environment in 4 or 5 week sessions
- Facilitates two live synchronous 1 hour seminars each week on the subject matter
- Participates and evaluates student performance of discussion boards, student learning modules, and individual writing projects.
- Provide formative and summative feedback on course work during the 4 or 5 week session
- Provide immediate feedback to emails within 24 hours of student inquiry.

Pediatric Nursing Instructor

Miami Dade College
April 2009-August
2010

- NLNAC accredited multi-option associate and baccalaureate degree nursing program
- Facilitates teaching/learning in the classroom, laboratory and clinical settings
- Evaluates students and performs career and academic advising
- Participates in School of Nursing and College affairs
- Participates in curriculum development and revision that stress innovation and multicultural emphasis
- Prepares and submits student information to Department Chairperson

LICENSE AND PROFESSIONAL CERTIFICATIONS

<u>Organization</u>	<u>Licensure/Certification</u>	<u>Date</u>
State of Florida	Advanced Registered Nurse Practitioner	2010- Present
State of Florida	Registered Nurse	2007- 2010
American Heart Association	Basic life support	2010- Present
American Heart Association	Advanced Cardiac Life Support	2011- Present
American Academy of Nurse Practitioners	Family Nurse Practitioner	2010- Present
American Nurse Credentialing Center	Family Nurse Practitioner	2010- Present
National Certification Board for Diabetes Educators	Certified Diabetes Educator	2013- Present
American Association of Diabetes Educators	Board Certified Advanced Diabetes Manager	2015- Present
Diabetes Technology Society	Certified Diabetes Technology Clinician	2016- Present

AWARDS AND RECOGNITIONS

<u>Organization</u>	<u>Award</u>	<u>Date</u>
Florida International University	Magna Cum Laude	2006
Sigma Theta Tau- Alpha Pi Chapter	Inducted as a Member	2006
Phi Kappa Phi- Honor Society	Inducted as a Member	2006
Golden Key- Honor Society	Inducted as a Member	2006
Broward Community and Family Health Center (BCFHC)	Quality Improvement Committee, Clinical Advisor	2013

PUBLICATIONS

Davis, M., Brown, D., Lazard-Germain, R., George, M., & Shirley, S. (2010). Sexual health education and family planning: A vital component of the Healthy Start program. In M. S. Plakhotnik, S. M. Nielsen, & D. M. Pane (Eds.), *Proceedings of the Ninth Annual College of Education & GSN Research Conference* (pp. 7-11). Miami: Florida International University. http://coeweb.fiu.edu/research_conference/.

Duran. (2016). The piece de resistance: Insulin resistance syndrome/metabolic syndrome. <http://ce.nurse.com/course/CE288-60/the-piece-de-resistance-insulinresistance-syndromemetabolic-syndrome/>

PRESENTATIONS

Davis, M.(2010). Sexual health education and family planning: A vital component of the Healthy Start program. In M. S. Plakhotnik, S. M. Nielsen, & D. M. Pane (Eds.), *Proceedings of the Ninth Annual College of Education & GSN Research Conference* (pp. 7-11). Miami: Florida International University. http://coeweb.fiu.edu/research_conference/. Paper presented at Florida International University, College of Education Research Conference.

Davis, M.(2013, March). *Age Specific Competencies*. Educational session presented at the all staff meeting at Broward Community and Family Health Center, Broward, Fl.

Davis, M.(2013, May). *Chronic Disease Management Training: Diabetes*. Curriculum prepared for patient navigator training at Broward Community and Family Health Center, Broward, Fl.

Davis, M.(2013, May). *Patient Navigator Training*. Curriculum prepared for patient navigator training at Broward Community and Family Health Center, Broward, Fl.

Davis, M.(2013, October). *Breast Cancer Awareness*. Educational session presented at Myrtle Grove Presbyterian Church, Miami Gardens, Fl.

GRANTS WRITTEN

Diabetes Self-Management Education (DSME) Mini-Grant Funding
Funding Source Florida Department of Health
Amount: 25,000
Response: DSME program not located in priority area.

Novo Nordisk investigator sponsored studies
Funding Source: Novo Nordisk
Amount:3,5000
Response: Established research from the Stanford University demonstrating efficacy in area of interest.

PROFESSIONAL PRACTICE ACTIVITIES (2006-Present)

<u>Agency/Activity</u>	<u>Role/Responsibilities</u>	<u>Date</u>
Nurse Practitioner Council of Miami-Dade	Member	2009
Sigma Theta Tau- Pi Alpha Chapter	Member	2006
Phi Kappa Phi Honor Society	Member	2006
Golden Key- Honor Society	Member	2006
American Academy of Nurse Practitioners	Member	2011
National Health Service Corps Member (NHSC)	Member	2011