

MALINDA K. FOX

5500 Campanile Dr. ■ San Diego, CA 92182 ■ 619-594-2540 ■ mkfox@sdsu.edu

CERTIFIED NURSE PRACTITIONER

Over 16 Years of Clinical Nursing Experience Combined with Advanced Education & Specialized Training

Expert in adult primary care, diabetes education/management, rheumatology and thyroid disease. Renowned for upholding the highest level of professional integrity and ethical standards in delivering quality compassionate care. Bilingual in Spanish and English.

AREAS OF EXPERTISE

Health Risk Assessments | Chronic & Acute Illnesses | Preceptoring | Employee Training & Mentoring
Acute & Primary Care Disease Management | Medication Reconciliation & Management | Outpatient Care
Public Speaking & Presentations | Elder Abuse Laws & Reporting | Recording & Reporting
Electronic Medical Records (EMR) | Immunizations | Budget Preparation & Administration
Hypertension | Heart Disease | Statins | Cognitive Disorders

EDUCATION

SAN DIEGO STATE UNIVERSITY | CA

Master of Science in Nursing; Concentration in Advanced Practice Nursing of Adult/Elderly | 2001

Related Coursework

Pathophysiology in Adults & Elderly | Geriatric Elective

Bachelor of Science in Nursing | 1992

Related Coursework

Adult Health Nursing | Community Health Nursing | Psychosocial Nursing | Gerontology

PROFESSIONAL EXPERIENCE

Advanced Practitioner - Adult/Elderly

- Currently serve as a Nurse Practitioner in the Endocrinology/Rheumatology Department in 300-bed Navel Medical Center, the largest military hospital on the West Coast.
- Provide care on outpatient unit, treating a patient load comprised of 70% aged 60 and older, seeing an average 14 patients per day.
- Earned distinction as **Civilian Provider of the Year** in 2009.
- Gained extensive experience over the past 11 years treating patients with diseases and conditions including: arthritis, hypertension, hyperlipidemia, heart and liver function, and mobility issues.
- Built diversified experience in conditions affecting aging adult populations including: asthma, allergies, orthopedic injuries, upper respiratory infections and sexually transmitted diseases.
- Experienced in interfacing with caregivers for elderly and early Alzheimer's/dementia patients, effectively maintaining integrity and respect for the patient.
- Proven instrumental in helping aging patients understand and explore options regarding medical care, medications, living arrangements, meals, transportation and managing care of an elderly spouse. Provide guidance and support during transitions.
- Worked closely with authorities on Elder Abuse reporting; highly knowledgeable of associated laws and requirements.

Continued on page 2 ...

Specialty Care Areas – Diabetes Management & Rheumatology

- Recognized for valuable contributions/participation in diabetes committee, earning award for **Improving the Delivery of Diabetes Care** in 2011.
- Earned distinction among the military medical community as the only provider in the area trained on insulin pump management.
- Perform diabetes management for poorly controlled and complicated patients.
- Built reputation as an area expert; one of only four Nurse Practitioners in the Greater San Diego Area that treat Rheumatology patients including: osteoarthritis, rheumatoid arthritis, ankylosing, spondylitis and fibromyalgia.

Leadership – Preceptoring, Training & Development

- Currently serving as a preceptor for Adult/Gerontology Nurse Practitioner and undergraduate students, successfully supervising the clinical work and training of 18 preceptees since 2004.
- Play an instrumental role in developing the ability of others by providing ongoing feedback and continuous opportunities to learn through formal and informal methods.
- Mentored University of San Diego student for Diabetes in Elderly Pilipino populations, completed 30 hours Aug to Oct 2012.

Professional Development

- Met all annual requirements for continuing education and nursing practice in specialty area (Adult/Geriatric populations) to maintain current licensure and certification for 12 years.
- Regularly meet with professional mentor, a renowned private practitioner within the retirement community - recognized as one of the Top 10 Endocrine Providers in the Phoenix Area in 2012.
- Committed to continuous research and development within the fields of Endocrinology, Rheumatology and Aging Populations through continuing education and a variety of print and online resources including peer reviewed journals.
- Maintain current understanding and up-to-date knowledge on local, national and international trends that affect patient care and adult/aging populations.

Committee & Professional Association Involvement

- Played integral role on committee of multidisciplinary team of providers tasked with recommending ways to improve diabetes care throughout the military system. Recommendations were approved and implemented within military hospitals and clinics nationwide over three years.
- Selected to contribute expertise to a number of interdisciplinary committees including PACT, Ancillary Testing Committee and Diabetes Education Advisory Committee as well as other councils, task forces and specialized committees.
- Recognized as an active contributor and valued member of the American Diabetes Educators, American Diabetes and Gerontological Advanced Practice Nurses Associations for over 6 years.

Presentations

- Developed and deliver bi-annual presentations on diabetes management and diet playing a pivotal role in educating the community's elder population (age 70 years and over).
- Appointed to deliver annual presentations on diabetes management in the adult population at the Naval Medical Center's three branch clinics.

Medication Management

- Improved medication management by reviewing medication lists from the Pearl system in addition to encouraging patients to always carry list on them in the event of an emergency.

Continued on page 3 ...

Medication Management (continued)

- Accurately prescribe medications included on the formulary of supervising physician (excluding controlled substances).
- Educate patients and family in the appropriate use of prescribed treatment and drugs.

Clinical & Staff Nurse

- Provided nursing support for trauma team including: code call response, emergency patient transport and transport of critically ill patients in high volume emergency room environment.
- Performed diagnostics and trauma nurse with independent responsibility for direct critical care.

PROFESSIONAL HISTORY

NAVAL MEDICAL CENTER San Diego, CA Nurse Practitioner - Endocrinology/Rheumatology Dept	2002 – Present
MESA COLLEGE San Diego, CA Nurse Practitioner – Student Health Services Clinic	2000 – 2002
CHILDREN’S HOSPITAL San Diego, CA Clinical Nurse III	2001 – 2002
GROSSMONT HOSPITAL San Diego, CA Staff Nurse – Emergency Department	1996 – 2000
ROOSEVELT ROADS MIDDLE/HIGH SCHOOL Roosevelt Roads, Puerto Rico School Nurse	1993 – 1996

Student Work History

LA JOLLA VILLAGE FAMILY PRACTICE La Jolla, CA Nurse Practitioner	2000 – 2001
SAN DIEGO STATE UNIVERSITY San Diego, CA Nurse Practitioner – Health Services	2000 – 2000
NAVAL TRAINING CENTER Point Loma, CA Nurse Practitioner	1999 – 1999
SCRIPPS HEALTH San Diego, CA Nurse Practitioner – Cardiology	1998 – 1998

LICENSES

Certified Nurse Practitioner	Exp. Date: 09/30/2015 - State of California	License #: 13113
Clinical Nurse Specialist	Exp. Date: 09/30/2015 - State of California	License #: 1578
Public Health Nurse	Exp. Date: 09/30/2015 - State of California	
Registered Nurse	Exp. Date: 09/30/2015 - State of California	License #: 525680
Registered Nurse	State of Florida	License #: 2673612

Continued on the page 4 ...

CERTIFICATIONS

Advanced Cardiovascular Life Support (ACLS)	Pending for 11/2013
NAVAL MEDICAL CENTER San Diego, CA	
Certified Advanced Practice Diabetes Provider	
Certified Insulin Pump Trainer	Exp. Date: 12/31/2016
Certified Diabetes Educator	Exp. Date: 12/31/2016

PROFESSIONAL DEVELOPMENT

NAVAL MEDICAL CENTER San Diego, CA	
Primary Care Symposium (21 hours)	2011 – Present
Individualizing Statin Therapy (2 hours)	10/2012
Clinical Issues in Primary Care for the Adults and Elderly (22 hours)	04/2012
Hyperlipidemia Management (2 hours)	02/2011
Current Issues in Rheumatology (22 hours)	08/2011, 08/2012
KIRTLAND AIR FORCE BASE Albuquerque, NM	
Diabetes Education Workshop	2000
Joslin Diabetes Seminar	2000, 2002, 2005, 2006

COMMUNITY SERVICE & ENGAGEMENT

Naval Medical Center San Diego, CA	2008 – Present
Nurse Practitioner – Rheumatology Clinic	
YMCA San Diego, CA	2002 – Present
Instructor Diabetes Management Education	
American Red Cross Falls Church, VA	1992 – 2002
National Disaster Team Nurse	
Kirtland Air Force Base Albuquerque, NM	2000 – 2000
Diabetes Educator Assistant	
Diabetes Mellitus Type 2 (DMII)	
Roosevelt Roads Naval Hospital Roosevelt Roads, Puerto Rico	1993 – 1996
Staff Nurse	

PROFESSIONAL AFFILIATIONS

AMERICAN DIABETES EDUCATORS Greater San Diego Area	2005 – Present
AMERICAN DIABETES ASSOCIATION Greater San Diego Area	2005 – Present
GERONTOLOGICAL ADVANCED PRACTICE NURSES ASSOCIATION San Diego Chapter	2007 – 2011

COMPUTER PROFICIENCY

Microsoft Word, Excel, Access, PowerPoint, Publisher
 Netscape Navigator | Lotus 123 | Netscape Navigator