

PILAR M SEQUEIRA, R.N.,MSN, FNP

pilarsequeira59@gmail.com

(703) 626-7458

MULTICULTURAL, MULTILINGUAL NURSE PRACTITIONER

Skilled Nurse Practitioner with more than 20 years of experience using evidence based practice when managing, administering and delivering health care in challenging environments, including Emergency Rooms, Cardiac Catherization Labs, Post-anesthesia Care Units, and general medicine. Experienced family medicine and pediatric care practitioner; skilled in health care coordination of complex chronic and acute illnesses. Expertise in applying culturally-sensitive nursing care frameworks for healthcare management and prevention to clients from wide variety of cultures including Middle East, South Asia, Latin America, Sub-Saharan Africa, North America, and Europe.

EXPERIENCE AND ACCOMPLISHMENTS

Sacoto Pediatrics - Arlington, VA

2007 - Present

- Lead delivery of care at this high-volume, multicultural pediatric practice
- Autonomy to assess, diagnose and treat acute and chronic illnesses according to standards, protocols and research based interventions for better outcomes for patients and families, ranging from diabetes to asthma to travel medicine
- Collaboration with physicians and other healthcare providers in referring and care coordination as well as continuity of patient care
- Focus on education and counseling for better health outcomes for the well-being of the whole family, with sensitivity to cultural beliefs and customs in implementing care plans

Nurse Practitioner Internships

2004 - 2006

Northern Virginia Medical Education Campus – Springfield, VA

- Diagnosed, implemented, and evaluated plans of care for chronic illnesses (diabetes, hypertension, obesity)
- Applied principles of multicultural care in serving clients from across Latin America, Asia, and Africa

Jose F. Bonelli, M.D. Internal Medicine – Silver Spring, MD

- Provided holistic, culturally sensitive, and individualized primary care management of clients
- Diagnosed and treated acute and chronic illnesses, emphasizing health promotion and disease prevention
- Ordered, conducted, supervised, and interpreted diagnostic and laboratory tests, and prescription of pharmacologic agents and non-pharmacological therapies
- Taught and counseled individuals and families on health promotion and prevention

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Ashburn Pediatrics – Ashburn, VA

- Diagnosed and treated acute and chronic illnesses (infectious diseases, dermatological, Musculoskeletal, EENT, upper and lower respiratory illnesses, GI, renal/urological, and neurological problems)
- Prepared *Well Child Care* assessments with emphasis on age appropriate growth and development (referral when appropriate)
- Managed delivery of immunizations

DeWitt Army Community Hospital Obstetrics & Gynecology Clinic – Fort Belvoir, VA

- Conducted *Well Woman* visits (performing Papanicolaou, breast exams), with emphasis on health promotion and disease prevention (nutrition, prevention of STDs, taught self breast exams, osteoporosis recognition, management and prevention)
- Managed obstetrics clients (pregnancy diagnoses, nutritional requirements, weight gain, routine prenatal visits, and associated laboratory and diagnostic testing)
- Treated minor complaints of pregnancy and their management (N&V, hemorrhoids, constipation, heart burn, back pain, varicosities, edema)
- Counseled clients concerned with complications, high-risk pregnancies (vaginal spotting or bleeding, *placenta previa*, *abruptio placenta*, gestational diabetes, toxemia stages, preterm labor, pregnancy induced hypertension)
- Reviewed medication use during pregnancy and lactation
- Discussed diagnosis and treatment of mastitis, reviewed lactation and breast feeding
- Screened for post partum depression and treatment options

Washington Hospital Center – Washington, DC
Interventional Cardiology

1997 - 2004

- Conducted pre-procedure assessments
- Dynamically monitored procedure (administering and monitoring conscious sedation, administration of vasopressors, vasoactive drugs and fluids administration according to hemodynamic changes)
- Post procedure monitoring and intervention as needed by hemodynamic changes noted in EKG monitor or balloon pump

Washington Hospital Center – Washington, DC
PACU, Level I Trauma Center

1993 - 1997

- Managed post anesthesia care recovery of general surgery, neurosurgery, kidney transplant and trauma clients; as well as special procedures (kidney and heart biopsies, and cardioversions)
- Assisted with placement of invasive lines and nerve blocks

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- Cared for and oversaw extubating of patients from mechanical ventilation
- Managed surgical ICU patients with multi-system failure requiring vasoactive medications and invasive monitoring
- Responsible for the clinical and administrative functioning of the PACU

GWU Medical Center - Washington, DC

1991-1993

- Managed RN staff and support personnel
- Clinical Nurse – Surgery and General Medicine units
 - Implementation, delivery and evaluation of treatment, procedures and protocols for acute and chronic illness
- Discharge planning coordination in collaboration with Social workers, Physical, occupational, speech therapist and any other disciplines needed for the improvement of the client in an out patient setting
- Participation in house committees – risk management, Quality assurance, OSHA-

EDUCATION

MS Nursing – (FNP) Marymount University, Arlington, Virginia. 2007
Inducted to the National Scholastic Honor Society

BS Nursing - Catholic University of America, Washington D.C. 1991

LICENSES / CERTIFICATIONS

- NP-C by the AANP
- FNP License – Commonwealth of Virginia
- RN Multi-state Licensure
- Basic Life Support / PALS certification

LANGUAGES AND INFORMATION TECHNOLOGY

- Native Spanish, fluent English
- Microsoft Office Suite
- Experienced EMR user
- Working knowledge of CPT and ICD 9 and 10

PROFESSIONAL AFFILIATIONS

- Member of American Nursing Academy
- Member of American Academy of Nurse Practitioners
- Member of the Virginia Association of Nurse Practitioners