

## Kate Heatherington Endres, DNP, FNP-BC, RNC-OB, C-EFM

### Education

DNP, Family Nurse Practitioner, George Mason University, 05/ 2020

*DNP Project: Creating a Comprehensive Women's Reproductive Health Program in the Primary Care Setting*

BSN, George Mason University School of Nursing, 08/2006

BA, Political Science, University of Pittsburgh, 05/1992

ANEW Population Health Grant Recipient 2018, 2019, 2020

Inova Fairfax Hospital Collaborative Nursing Pilot Program 2005, 2006

Sigma Theta Tau International Honor Society

Phi Kappa Phi Honor Society

*Certifications:* FNP-BC, RNC-OB, C-EFM, BLS

*Affiliations:* American Association of Nurse Practitioners, Pennsylvania Coalition of Nurse Practitioners, Association of Women's Health, Obstetrics, and Neonatal Nurses, American Association of Colleges of Nursing

### Publication

Maternal and Newborn Nursing Across the Lifespan, Chapter 22, Pharmacologic Pain Management, 2020, Pearson (ISBN-13: 978-0135206881)

### Nursing Experience

Nurse Practitioner, Allegheny County Jail, Pittsburgh 12/2022-present

- Provide urgent care and primary care support to individuals who are incarcerated

Assistant Professor, Maternal Nursing, University of Pittsburgh 8/2021-Present

- Didactic teaching of maternal health and obstetrics nursing curriculum
- Clinical instruction in Maternal/Newborn nursing at Magee Women's Hospital

Nurse Practitioner, Mount Vernon Internal Medicine 10/2020-8/2021

- Provide preventative, proactive health care for adults across the lifespan
- Provide support and treatment plan for chronic conditions including mental health, diabetes, obesity, and hypertension

Adjunct Faculty, George Mason University 12/2019-7/2021

- Didactic teaching of maternal health and obstetrics nursing curriculum
- Clinical instruction in at Inova Fairfax Hospital

FNP Clinical Rotations 05/2018-05/2020

- *Burke Family Practice*, Grace Thapa, DNP, Preceptor  
Implementation of DNP Project listed above
- *MidAtlantic Urogynecology*, Fairfax, VA, Nicolette Horbach, MD, Preceptor  
Assessment, diagnosis, and treatment for women with urogyn issues including urinary incontinence, dyspareunia, and pelvic organ prolapse

- *GMU Population Health Center*, Rosemarie Kormanec, DNP, Preceptor  
Creating policies and procedures for a new clinic serving uninsured population; creating partnerships with community resources for women's health services including funding
- *Inova Primary Care*, Sterling, VA, Alicia Alden, DNP, Preceptor  
Providing direct patient care for walk-in clinic and ongoing care for medically complex patients. Providing preventative health counseling
- *Mason and Partners Clinics*, George Mason University, Various Sites

OB/GYN RN, Kaiser Permanente, Alexandria, VA

04/2018-10/2020

- Direct patient care related to women's health including: phone triage; office visits; patient education; preventative care; and implementing wellness measures to meet HEDIS recommended goals. Opened new OB/GYN clinic in Alexandria.

RN, Labor and Delivery, Inova Hospital System

08/2006–08/2010, 05/2013-10/2018

- Provide labor management support for vaginal and C-Section births
- Provide nursing care for high-risk obstetrical patients
- Review delivery records and charts for Inova Alexandria Hospital and prepare report of deliveries for review by Perinatal Safety Committee

### **Experience Prior to Nursing**

Vice President, The Washington Network Computer Consulting

05/1996 – 05/2001

- Manage 25 employees
- Manage finances for firm with over 2 million dollars in revenue
- Designed and developed a contact management database solution for lobbying firms

Chief Administrative Officer, Davis O'Connell, LLC

08/1994 -05/1996

- Lobbied US Congress for various health, education, and national defense issues

Projects Director, United States Senator Jim Sasser

05/1992 – 08/1994

- Advocate for state organizations and groups before departments and agencies of the federal government

### **Community Service**

Virginia Department of Health Contraceptive Workgroup

2019-2021

Fairfax County Medical Reserve Corps

2019-2021

Remote Access Medical Volunteer Corps

2019-Present

Board Member, Inova Alexandria Hospital Foundation

2000 – 2003

### **Computer Skills**

Epic, Athena, Microsoft Office Suite