

Family Nurse Practitioner

Reports To: Yreka Clinic Physician

Location: Yreka Clinic

Supervises: Clinic Nurse(s), Medical Assistant(s), Patient Assistance Clerk
Patient Referral Clerk

Salary: \$50,000 - \$60,000, depending on experience

Summary: Shall work under the supervision of the Clinic Physician, to provide primary care to program patients. Shall assist with medical staff supervision and training. Shall work as a team leader and shall monitor all organizational wide performance improvement activities and shall serve as a member of the Accreditation Continuous Quality Improvement Committee. Shall be required to attend Karuk Health Board meetings as directed.

- 1) What are your typical job responsibilities?** As a Family Nurse Practitioner I am responsible for providing primary medical care to children, adults and elders. This is a broad range of services encompassing physical and emotional needs as well as procedures and examinations. I have recently been given ½ time responsibility as the Clinical Applications Coordinator (CAC) which has to do with our implementation of Electronic Health Records. This part of my job requires a lot of computer work, working with our medical database, writing protocols and creating templates, training employees and so forth.
- 2) How do you *really* spend your day?** On days when I'm seeing patients, I will see anywhere from 12 to 25 people throughout the course of the day. Sometimes it's smooth, sometimes not. I spend over an hour a day just charting, refilling medications and checking lab work and other tests. The two days a week that I work as CAC, I might be fixing someone's email, training the receptionist on the new scheduling package, doing an online training, working with the medical database, or any number of things in that vein.
- 3) How do you organize your day to ensure you get everything done?** I have always felt that patients come first and paperwork is secondary...so, sometimes I have to work through lunch or after clinic hours to finish charting. Over the years I have developed a sort of efficiency, though, so as long as nothing goes really wrong I usually finish up on time. On CAC days it's a different story, and I often find myself with things 'to do' on my list that didn't get done.
- 4) What education/career paths lead you to this position? Were there any life changes that guided your way to this position (ex; closing of the mill, desire not to leave area, family)?** I got an AS in Nursing one year out of high school, took the RN boards and became an RN. It was the smartest thing I ever did, as nursing has offered me tremendous opportunities, and it only took 2 years for that first degree. After that, I did a BA in Sociology, then a BS in Nursing, an MS in Nursing, and finally a certificate as a Family Nurse Practitioner. I have been an employee of the Karuk Tribe of California since January 1995, and it was a desire to flee the city (San Francisco) that led me here.

- 5) Uppers; what is the thing that you love most about your job?** There's no greater satisfaction than being able to help people in need.
- 6) Downers; what is the thing that you love least about your job?** Petty complaints and bickering.
- 7) What inspires, excites, and/or motivates you in your job?** I am very excited about our transition to Electronic Health Records. I have learned much, and have much to learn still about that entire field. I think we'll be able to document our excellent care so much more fully once we have the tools to do so.
- 8) What does your average work week schedule look like (ex; hours worked, meetings, appointments, traveling, etc.)?** Mondays and Wednesdays I typically work 10 hour days (7:30 to 6:30) as CAC. On these days I might travel to Happy Camp or Orleans from time to time, but I'm mostly on site at the Yreka clinic. Tuesdays and Thursdays I work 8 hour days (8 to 5) as an FNP. We have morning meetings the second Wednesday of every month, and I usually have 2 or 3 hour-long meetings sometime during the month in addition. I might go on travel two or three times a year, usually for a couple of days at most.
- 9) How do you relieve stress?** I get great joy from training my working Border Collies on sheep and cattle. It's very relaxing for me.
- 10) Does your job include a lot of traveling? Do you enjoy it?** I won't say it involves a lot of traveling, but there is some. I do enjoy it for the most part.
- 11) What advice would you give to someone interested in this line of work?**
I would say go for it. Nursing offers so many different career paths, the possibilities are just about unlimited. It's not easy getting that initial qualification, but it can be well worth the effort.
- 12) What does a typical day in your world look like?** It's really varied. On clinical days, we start with walk-ins from 8 to 9 so that could be anything. Usually it's 2 or 3 patients with colds, coughs, earaches, that sort of thing. Then, I'll usually have the rest of the morning booked up with physicals, patients coming in for rechecks of their diseases, lab results, medication refills, wanting to make lifestyle changes, etc. Lunch is from 12-1 and I usually eat at my desk and finish (or START!) my charting. Then walk-ins from 1-2, more scheduled patients after that until about 3:15 when the last patient is scheduled. Somewhere in there I have to find time to authorize called-in med refills, look over lab work, and answer or make phone calls. And of course finish up that pesky charting!