

# KAREN ZAK, MSN, APRN, FNP-BC, CNOR(E)

Phone: (352) 5140233  
karendzak@yahoo.com

10107 SW 13<sup>th</sup> Pl  
Gainesville, FL 32607

## EDUCATION

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<b>DNP</b>	University of North Florida, Jacksonville, FL Psychiatric Mental Health Nurse Practitioner	Expected Aug 2022
<b>MSN</b>	Samford University, Birmingham, AL Family Nurse Practitioner	May 2018
<b>BSN</b>	Santa Fe College, Gainesville, FL Nursing	Dec 2015
<b>ASN</b>	Santa Fe Community College, Gainesville, FL Nursing	May 2007
<b>BS</b>	SUNY College Environmental Science and Forestry, Syracuse, NY Environmental and Forest Biology	May 2000

## RELATED EXPERIENCE

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**UF Health Florida Recovery Center** Gainesville, FL Mar 2022 to Present  
**Advance Practice Registered Nurse**  
Provided health assessments, diagnosis, planning and treatments, health education and counseling for patients with addictive disorders. Provided psychiatric comprehensive evaluations, prescribed psychotropic medications, medically assisted treatment, and psychotherapy as appropriate for addiction and, if necessary, comorbid psychiatric disorder treatment. Managed medical acute and chronic medical conditions such as asthma, hypertension, diabetes of partial hospitalization patients undergoing addiction disorder treatment and facilitated referral to those requiring medical specialist treatment during partial hospitalization treatment.

**PopHealthCare, FL & NJ** Sept 2020 to Jan 2022  
**Family Nurse Practitioner**  
Conducted comprehensive health assessments, documenting all health conditions and provided detailed reports with action plan to members, their primary care provider and health plans via home in-person visits or telehealth. Assessed clinical, behavioral and social determinants contributing to health.

**Helping Hands Clinic, Gainesville, FL** Sept 2020 to Present  
**Family Nurse Practitioner**  
Evaluated and developed treatment plans of chronic illnesses such as asthma, hypertension, diabetes; and acute illnesses and injuries for homeless and poor patients. Prescribed a wide range of pharmaceuticals and educated and guided patients on disease.

**Florida Gateway College, Lake City, FL**  
**Assistant Professor, Nursing**

Jan 2020 to Nov 2020

Conducted the learning experience in the classroom, laboratory, and/or clinical area. Prepared for instruction - syllabi, lesson plans, tests; used assessment strategies to assist the continuous development of the learner; used effective communication techniques with students and others. Demonstrated knowledge and understanding of the subject matter, used appropriate and current technology in the teaching and learning process.

**Palms Medical Group, Chiefland, FL**  
**Family Nurse Practitioner**

July 2018 to Sept 2019

Evaluated and developed treatment plans of chronic illnesses such as asthma, hypertension, diabetes; and acute illnesses and injuries for patients across the lifespan. Ordered and interpreted various laboratory and radiological reports and adapted care accordingly. Prescribed a wide range of pharmaceuticals and educated and guided patients on disease prevention and healthy lifestyle habits. Maintained clinical records regarding findings and treatments using NexGen EHR. Demonstrated understanding of the changes in health promotion throughout the aging process.

**UF Health Florida Surgical Center, Gainesville, FL**  
**Staff Registered Nurse, Operating Room**

Oct 2017 to June 2018

Circulating nurse of all surgical specialties of the facility, ensure patient safety, provide emotional support, advocate for patient's rights, safeguard sterile operating field, confirm all necessary supplies and equipment present and assist anesthesia provider during induction and emergence.

**UF Health Shands, Gainesville, FL**  
**Staff Registered Nurse, Operating Room**

Jan 2012 to Oct 2017

Circulating nurse of all surgical specialties of the facility, ensure patient safety, provide emotional support, advocate for patient's rights, safeguard sterile operating field, confirm all necessary supplies and equipment present and assist anesthesia provider during induction and emergence.

**UF Health Shands, Gainesville, FL**  
**Staff Registered Nurse, Cardiac Surgical Intensive Care Unit**

June 2007 to Jan 2012

Scheduled, coordinated and delivered care to adult patients with life threatening illnesses, provided assistance during sterile bedside procedures, provided patient and family education, served as preceptor, served as unit leader and resource for CUSP initiative.

**Malcolm Randall Veterans Medical Center, Gainesville, FL**  
**Student Nurse Technician, Emergency Department**

Aug 2006 to May 2007

Collected data for patient care and tasks assigned by team leader, assisted with patient transfers

## HONORS AND AWARDS

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<b>UF Health Nursing Research Fellowship</b>	2016-17
<b>Florida Organization of Nurse Executives Research Grant</b>	2016
<b>Rose Rivers Chrysalis Award for Evolving Nursing Research</b>	2017

## PRESENTATIONS

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**Presentation**, “Factors Influencing Registered Nurse Turnover in the Operating Room: A Qualitative Study,” Florida Organization of Nurse Executives Educational Conference and Annual Meeting, FONE Preconference Research Day, November 8, 2017.

**Presentation**, “Factors Influencing Registered Nurse Turnover in the Operating Room: A Qualitative Study,” UF Health Shands Nursing Research Council Nursing Grand Rounds, October 23, 2018.

## CERTIFICATIONS

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### **Advanced Practice Registered Nurse**

Florida Department of Health  
APRN9263860  
Exp 4/30/2023

### **Family Nurse Practitioner-BC**

American Nurses Credentialing Center (ANCC)  
2018003649  
Exp 5/20/2023

**NPI:** 1477047405

### **CNOR(E)**

Competency and Credentialing Institute (CCI)  
Perioperative RN certification

## SKILLS

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Certified COPE Instructor  
Nexplanon Insertion  
BLS (expires 6/2022)  
Electronic Health Records: EPIC, NexGen, Meditech, MyAvatar, Titanium

## PROFESSIONAL AFFILIATIONS

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American Nurses Association  
Sigma Theta Tau International Honor Society  
American Association of Nurse Practitioners  
Florida Association of Nurse Practitioners  
North Central Florida Advance Practice Nurses Association  
American Psychiatric Nurses Association