

NATALIE NICHOLSON, DNP, RN, APRN, CNP, FNP-BC, ILC

WORK HISTORY

MEWINZHA ONDAADIZIIKE WIIGAMING- BEMIDJI, MN

10/2017 to Current

- Strategic planning and development of Mewinzha's maternal-child community health clinic: Gaa-giigishkaakaawasowaad "A Place Where Pregnant Women Gather".
- Provides culturally safe patient care and community education: well women health, reproductive planning & education, contraception education and STI education.
- Offer free pregnancy testing
- Lactation counseling and support
- Community outreach for monthly childbirth and breastfeeding gatherings and education supporting expectant parents, mothers, babies, and families.
- Assists with grant writing, work-plan development, project implementation, analysis, and reporting.
- Collaborate with other local agencies

RED LAKE COMPREHENSIVE HEALTH SERVICES- RED LAKE, MN

07/2010 to Current

- Provide direct, efficient, comprehensive, holistic health care to individuals across the lifespan. Management of acute and chronic health conditions, preventive care, women's health, reproductive/contraception care, prenatal and postpartum care.
- Lactation counselor and support
- Performs history and physical, conduct, order and interprets appropriate diagnostic screening tests and procedures.
- Formulate and implement patient centered plan of care involving various treatment modalities. Prescribing medications, referrals, and consulting with other health care professionals.
- Procedures: sutures/staples, insertion, and removal of implantable contraceptive devices; Nexplanon & intrauterine devices (IUD).
- Mentorship of nurse practitioner and medical students
- Provide transitional provider coverage in the emergency department and urgent care/same day appointment department.

JOHNS HOPKINS UNIVERSITY SCHOOL OF NURSING-BALTIMORE, MD

01/2022 to 06/2022

- Clinical practicum FNP student mentor
- Monthly student engagement

NORTH COUNTRY HEALTH SERVICES- BEMIDJI, MN

08/2009 to 07/2010

Emergency department: Fast track ER provider

- Provide direct, efficient patient health care, referral to ER as needed
- Performs history and physical, conduct, order an interpret appropriate diagnostic labs, tests, and procedures.
- Formulates diagnosis, treatment plan and follow up care.
- Consults with other health care professionals and specialties, referral provided for follow-up services as needed.
- Mentorship in nursing staff development.

**OTHER WORK
HISTORY****MINNESOTA MATERNAL MORTALITY REVIEW COMMITTEE | MINNESOTA DEPARTMENT OF HEALTH**

07/2022-12/2024

- The MMRC is a 25-member committee; Serving as a representative for your service specialty, organization that interacts with or provides services to birthing people, or families in your community on a multidisciplinary review committee tasked to review all maternal deaths to Minnesota residents.
- Reviews centered around equity and to gain a holistic understanding of causes and contributing factors to maternal deaths to birthing persons.
- Make recommendations for improvements to care at the individual, provider, system, and community levels with potential for reducing or preventing future sentinel events.
- Prioritize findings and recommendations to guide the development of effective preventive measures and recommend actionable strategies for providers, systems, and communities to mitigate maternal morbidity and mortality.
- Disseminate the findings and recommendations to a broad array of individuals and organizations and promote the translation of findings and recommendations into quality improvement actions at all levels.

GREATER LAKES INTER-TRIBAL EPIDEMIOLOGY CENTER, MATERNAL MENTAL HEALTH & THE COVID-19 PANDEMIC

06/2021-10/2021

- Conducted and facilitated interviews among Native American mothers' who gave birth during a specific timeframe in the pandemic.
- Conducted and facilitated interviews with a focus group of professionals who work with pregnant people.
- Assist with data analysis, interpretation, and dissemination

COACH, CONTRACTOR | UNITED STATES CURLING ASSOCIATION

07/2019 to 05/2020

- Coach, train, development and support the competitive success of Team Roth/Peterson (2018 US Winter Olympic Team) in the High-Performance Program (HPP) specifically in training for and during major competitive events.
 - Won 3 World Curling Tour (WCT) events, bronze medalist at Korea International, qualified in 2 Grand Slam WCT events and gold medalist at US National Curling Women's Championships. Participant at World Women's Curling Championship-cancelled due to covid-19 pandemic. Achieved top 10 in WCT rank system, prior 25th WCT.
- Establish team systems and processes, team organization and strategic performance planning and evaluation.
- Interface with other USCA HPP staff members, including the Director of High Performance, Director of Coaching, National Program Coaches, sports psychologists, athletic trainers and any other HPP staff in supporting the competitive success program.
- Provide regular reports on athlete performance to the Director of Coaching/National Coach, including statistical data and information as agreed with the Director of Coaching.
- Responsible for team lineup decisions in consultation with the Director of Coaching/National Coach.

CONTRACTOR | MINNESOTA DEPARTMENT OF HEALTH

01/2019-07/2019

Leadership Advisory Group for the Family Home-visiting Breastfeeding Collaborative

- Leadership advisor for the state's family home-visiting breastfeeding quality improvement group.
- Presented on cultural sensitivity in Native American communities.
- Advised on breastfeeding support and education within Native American communities.
- Participated in virtual, in-person/small group meetings.
- Utilized basecamp for resource sharing and communication.

EDUCATION

DOCTORATE IN NURSING PRACTICE | JOHNS HOPKINS UNIVERSITY SCHOOL OF NURSING DNP EXECUTIVE TRACK PROGRAM, BALTIMORE, MD-2022

Relevant Coursework: DNP scholarly project: Indigenous Lactation Counselor (ILC): A Culturally Relevant Breastfeeding Intervention for Native American Mothers.

Established JHUSON Native Nurse Mentor Group in partnership with Dr. Teresa Brockie, 2021

Publication: Teresa N. Brockie, Kyle Hill, Patricia M. Davidson, Ellie Decker, Lydia Koh Krienke, Katie E. Nelson, Natalie Nicholson, Alicia M. Werk, Deborah Wilson & Deana Around Him (2022) Strategies for culturally safe research with Native American communities: an integrative review, Contemporary Nurse, DOI: [10.1080/10376178.2021.2015414](https://doi.org/10.1080/10376178.2021.2015414)

**MASTER OF SCIENCE: NURSING | UNIVERSITY OF NORTH DAKOTA, GRAND FORKS, ND
FAMILY NURSE PRACTITIONER PROGRAM-2008**

Relevant Coursework: Completed 2008 Master's thesis in the research and topic area: "Postpartum Depression in Anishinaabe American Indians". Red Lake Band of Chippewa Indians. Red Lake, MN.

**BACHELOR OF SCIENCE: NURSING | UNIVERSITY OF NORTH DAKOTA, GRAND FORKS, ND
RN, BSN-2001**

Public Health Nursing Certification

CERTIFICATIONS

- Board Certified Advanced Practice Registered Nurse, Family Nurse Practitioner, 2008
 - Public Health Nurse Certificate, 2001
 - Child and Teen Checkup Certification, 2002
 - American Heart Association: Basic Life Support, ongoing
 - Indigenous Doula Trainer, 2018
 - Indigenous Lactation Counselor, 2018
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AFFILIATIONS

- American Academy of Nurse Practitioners member since 2008
 - Nurse Practitioners in Women's Health & The American College of Obstetricians and Gynecologists member since 2017
 - Association of Women's Health, Obstetric and Neonatal Nurses since 2017
 - Indigenous Breastfeeding Coalition of Minnesota 2017 & Minnesota Breastfeeding Coalition 2018
 - Nu Beta at-Large Chapter of Sigma Theta Tau International Honor Society of Nursing (Sigma) member since 2021
 - Bush Foundation Fellowship, 2021-2023
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ACHIEVEMENTS

- United States Olympic Team Member: 2010 Vancouver Olympic Winter Games, Curling
 - United States Curling Association- Team USA Athlete: 9 x USA National Women's Curling Champion, 10 x World Women's Curling Championship appearances, World Championship Silver Medalist (2006) World Championship Semi-finalist (2007 & 2004).
 - International Shotokan Karate Federation- Shodan Blackbelt (2022)
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AWARDS

- United States Olympic Committee, Team of the Year, 1997
- Honored as an Olympic Torch Bearer, 2002 Winter Olympics
- Recipient of the Recruitment Retention of American Indians into Nursing Program, Academic Scholarship, 1998-2001

- Recipient of Chevrolet's "The Team Behind the Team Program", Awarded Chevy Malibu vehicle, 2002
- United States Curling Association, Team of the Year, 2004 & 2006
- Indian Health Service Area Director's Award for Outstanding Group Performance, 2005
- Recipient of ACE | United States Olympic and Paralympic Committee, Tuition Assistance Scholarship, 2006-2008 & 2020-2022
- Recipient of National Health Service Corp, Loan Repayment Program, 2011-2015
- United States Curling Association, Female Athlete of the Year, 2009
- Sahnish Inspiring Young Women Award, Fort Berthold, ND, 2010
- United States Breastfeeding Committee, Recipient of Tribal Trailblazer Award, 2018
- United States Curling Association, Coach of the Year & Team of the Year, 2020
- American Indian Graduate Center, Science Post Graduate Scholarship, 2020
- Center for American Indian Health, San Manuel Scholarship, 2021
- Johns Hopkins University School of Nursing Merit Scholarship, 2020-2022
- Three Affiliated Tribes Fort Berthold North Dakota, Education Scholarships, 2020-2022

COMMUNITY ENRICHMENT

- Volunteer: Olympic Day Event, Boys and Girls Club, 2012 & 2014, Ponemah and Red Lake, MN
- Volunteer: House of Hearts Charity | 2007, 2019 & 2020, Duluth, MN
- Volunteer: U-18 USCA National Championship Committee, Bemidji, MN