

## *Curriculum Vitae*

### LAKSHMI NAIR, MSN, PMHNP-BC

#### Psychiatric Nurse Practitioner- Mind 24-7

#### EDUCATION & TRAINING

August 2022- current	PhD in Nursing, Edson College of Nursing Innovations Arizona State University, Phoenix, AZ
May 2016- May 2018	Master of nursing, Psychiatric nurse practitioner, Stonybrook University, NY
February 2011-April 2013	Master of Science in Psychiatric Nursing, National Institute of Mental Health and Neuroscience, Bangalore, India Masters thesis: Lived experiences of institutionalized children
September 2005- July 2009	Bachelor of Science in Nursing Amrita College of Nursing, Kerala, India

#### ACADEMIC AND RESEARCH POSITIONS

August 2023- 2024	Research assistant- Arizona State University
January 2022- Current	Adjunct Clinical Faculty Stonybrook University, School of Nursing, NY Master in psychiatric nurse practitioner program
Fall 2022	HNG 537 – Advanced Theory and Clinical Practice in Psychiatric/Mental Health Nursing III - Fall 2022
Spring 2022	HNG 547 – Advanced Theory and Clinical Practice in Psychiatric/Mental Health Nursing IV - Spring 2022

#### LICENSURES & CERTIFICATIONS

2013- Current	Registered Nurse, State of Texas
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2013- Current	Basic Life Support American Heart Association
2014- Current	Registered Nurse, New York Office of the Professions
2018- Current	DEA Certificate and Suboxone Waiver
2018- Current	Family Psychiatric Mental Health Nurse Practitioner Certification, American Nurses Credentialing Center
2018- Current	Nurse Practitioner in Psychiatry, New York Office of the Professions
2020- Current	Certified Nurse Practitioner, State of Arizona
2020- Current	Registered Nurse, State of Arizona
2020- Current	Master Psychopharmacology Certificate, Neuroscience education institute

## **WORK EXPERIENCE**

### **10/24/2022 to current: Mind 24-7 Urgent Psychiatric Services**

- Assessment of children, adolescents, and adults in psychiatric crisis, complete psychiatric evaluations, crisis interventions, family interventions, focused crisis diagnostic assessments, psychiatric medication management, patient education, progress toward treatment goals, and discharge planning including medical psychological, social, behavioral, and developmental aspects of the patient's care, treatment, and services.
- Coordinate, direct and provide psychiatric care to children and families in crisis, collaborate care with different outpatient clinical teams.
- Provide referrals to neuropsychological evaluations for Autism and other developmental delays, interpret results and provide recommendations for treatment planning including referrals as indicated for specialists.
- Work with the interdisciplinary team to reduce the use of physical restraints and seclusions among children in acute psychiatric crisis
- Work with other community agencies to assess and manage child victims of sexual assault and sex trafficking and other forms of abuse and neglect integrating trauma-informed care into practice

### **7/18/2022 to 10/21/2022: Connections Health Solutions, Urgent Psychiatric Center, 1201 S 7<sup>th</sup> Ave #150, Phoenix, AZ 85007**

- Complete initial psychiatric evaluations, crisis interventions, family interventions, focused crisis diagnostic assessments, assessments of capacity for consent to treatment, risk assessments, patient education, progress toward treatment goals, and discharge

planning including medical psychological, social, behavioral, and developmental aspects of the patient's care, treatment, and services.

- Direct, coordinate, and provide medical and clinical services to patients in crisis, and document patients' progress toward treatment goals in clinical records, including admission orders, progress notes, and discharge orders.
- Assess patients' needs and guide the clinical team regarding inpatient utilization, working with other personnel to ensure each treatment modality is appropriate for patients in addition to working with outside providers in crisis and inpatient services.
- Work with the community to review involuntary petitions, assess involuntary patients, and coordinate with the legal system to follow established guidelines for Court Ordered Evaluation and Treatment.

**7/19/2021 to 7/15/2022: COPA Health, 14100 N 83<sup>rd</sup> Ave, Peoria, AZ 85381**

- Assessment diagnosis and treatment of clients with severe and persistent mental illness (SMI), of adults above 18 years of age.
- Monitoring and providing court-ordered treatments, SMI care and management, psychotropic medication management, and collaboration with the care team and specialists.
- Managing complex chronic mental health conditions and monitoring complex medication regimens including clozapine.
- Collaborating with multidisciplinary team members to ensure best practices in managing complex mental health issues and helping patients navigate recovery.

**Jan 2022 to current: Adjunct Clinical lecturer- Masters in Psychiatric Nurse Practitioner program- Stonybrook School of Nursing, Stonybrook, NY**

- Provide clinic supervision to students of the graduate program
- Facilitates the learning of nursing students
- Compiles administers, and grades assessments
- Remains current with new trends and development in the field of expertise

**04/15/2019 to 08/10/2021: Psychiatric nurse practitioner- St. Lawrence County Community Services, 80 State Highway 310, Canton, NY 13617.**

- Assess, diagnose, and treat clients with various psychiatric disorders in an outpatient community mental health setting, through the life span of children, adolescents, adults, and geriatric clients.
- Weekly collaboration with therapists on patient's progress.
- Providing crisis interventions, suicide risk assessments, and recommending inpatient admissions as deemed necessary, including involuntary commitments of clients at imminent risk.
- Individual psychotherapy, CBT, Motivational interviewing, psychoeducation of clients and families, Accelerated Resolution therapy (ART) for trauma.

- Collaborating with case managers, primary care providers, and specialists as needed for clients, to provide optimal health management for comorbid conditions.
- Assess, diagnose, and manage clients with substance use disorders, provide Medication-assisted treatments including Suboxone, Vivitrol, and Sublocade and provide dual diagnosis management

**9/5/2018 to 3/1/2019: Psychiatric nurse practitioner- Community health center of the North Country, Canton, NY**

- Provided integration of behavioral healthcare consultative services in primary health care clinic.
- Provided consultative services to Road to Recovery program providing services for clients with a dual diagnosis of psychiatric and substance use disorders.

**RN experience:**

**8/10/2015 to 7/26/2018: Registered Nurse- Intensive care unit- Claxton Hepburn Medical Center, Ogdensburg, NY 13669**

- Provided critical care nursing services to patients with varying diagnoses such as end-stage renal disease, respiratory failure, overdose, ventilator care, pre-and post-operative nursing for a wide variety of surgical interventions, infectious disease management, etc.
- St. Lawrence Psychiatric Center, 1 Chimney Point Dr. Ogdensburg, NY 13669

**7/8/2014 to 9/15/2015: Nurse 2 Psychiatric- St. Lawrence Psychiatric Center- Ogdensburg, NY**

- Assessed mental status, planned and delivered recovery-oriented mental health nursing services to clients diagnosed with varied mental illnesses including schizophrenia, mood disorders, substance use disorders, anxiety disorders, and personality disorders.

**May 2009- June 2011: Registered Nurse - Cardiovascular thoracic surgery ICU- Amrita Institute of medical sciences, Kerala, India 682041**

- Provided nursing care to the client after invasive procedures like Permanent Pacemaker Implantation, Implantable Cardioverter Defibrillator, PTCA, aneurysm repair, Electrophysiological Studies and RFA, cardiac surgeries like CABG, and valve replacement.

**FELLOWSHIP, AWARDS & HONORS**

2023- 2024	Calvin C. Lorenz Nursing Scholarship (\$1,100.00)
2023- 2024	University Graduate Fellowship, Arizona State University
2022- 2023	University Graduate Fellowship, Arizona State University

2022	Graduate College Enrichment Fellowship, Arizona State University
2016-2018	Scholarship for Disadvantaged Students- Stonybrook School of Nursing

### **PROFESSIONAL AFFILIATIONS**

2016- current	American Psychiatric Nurses Association
2017- current	Neuroscience Education institute
2021 to current	Arizona Indian Nurses Association

### **PROFESSIONAL SERVICE**

2020-2021	Research and Scholarship Steering Council Member American Psychiatric Nurses Association
2021- Current	Chairperson- Education and APRN Committee Arizona Indian Nurses Association
2022- Current	Vice President- Arizona Indian Nurses Association (AZINA)
2021-2022	Educational and Professional Development Chair- AZINA

### **PRESENTATIONS**

January 2022	Trauma-informed care in substance use disorders and Behavioral addictions - International Virtual Conference on Behavioral Addiction and Substance Use Disorders organized by Ministry of Health and Family Welfare, India, and Deputy General of Health Services, Nursing Division India.
January 2022	Motivational interviewing for nurses training workshop at the International Virtual Conference on Behavioral Addiction and Substance Use Disorders organized by the Ministry of Health and Family Welfare, India, and Deputy General of Health Services, Nursing Division India.
April 2022	Motivational Interview Training for Nurses presented at Saksham Enhancing Psychological Skills workshop by Nightingale Association of Stress Management, India
8/23/2023	Panel Discussion- Get the Most Out of Mentoring- PhD Student Fall Immersion Session, Fall 2023