

# Kristen A. Nordahl, MSN, CNM, RNC-OB, C-EFM

## OBJECTIVE

To apply my extensive knowledge, strong analytical skills, and passion for women's health obtained through twelve years of work experience as a labor and delivery nurse and completion of a Master of Science in Nursing and Midwifery toward a career as a Certified Nurse Midwife. To provide holistic, compassionate, high-quality, evidence-based care to women throughout pregnancy and childbirth, as well as all stages of life in both the clinic and hospital setting.

## EDUCATION

**University of Cincinnati**, January 2022 – December 2023

Master of Science in Nursing, Nurse Midwifery Program

Cumulative GPA: 4.0

**Viterbo University**, La Crosse, WI, August 2007 – May 2011

Bachelor of Science in Nursing with a minor in Psychology

Cumulative GPA 3.5/4.0

## MATERNITY/WOMEN'S HEALTH ADVANCED PRACTICE CLINICAL EXPERIENCE

**Minnesota Women's Care, Woodbury, MN**

*Midwifery student at a full-scope maternity and women's health services clinic*

*178 hours for Primary Care rotation, Fall 2022*

*233 hours for Intrapartum I clinical rotation, Summer 2023*

*254 hours for Intrapartum II clinical rotations, Fall 2023*

*Total of 52 births*

- **Client base:** racially, culturally, and socioeconomically diverse patient population, both with private insurance and Medicaid.
- **Outpatient:** performed annual physicals, counselled on and managed contraceptive options (including IUD insertion) provided holistic and educational prenatal care, assessed patients for GYN problem visits, counselled on and assisted with hormone replacement therapy treatments, ordered and interpreted screening and diagnostic testing, prescribed medications, and counselled on non-pharmaceutical treatment options.
- **Inpatient:** labor, delivery, and postpartum management perineal repair, OB triage, pain management, and physician consultation.

**M Health Fairview Women's Health Clinic, Maplewood, MN**

*Midwifery student in a midwife-run women's health clinic*

*174 hours for Antepartum clinical rotation, Spring 2023*

- **Client base:** racially, culturally, and socioeconomically diverse patient population, many first-generation immigrants from Thailand, Burma, Myanmar, and Somalia, both with private insurance and Medicaid.
- **Experience:** Performed annual physicals, counselled on and managed contraceptive options (including IUD insertion), provided thorough, holistic and educational prenatal care, assessed patients for GYN problem visits, ordered and interpreted screening and diagnostic testing, prescribed medications, and counselled on non-pharmaceutical treatment options.

## CLINICAL SKILLS

- Nexplanon insertion and removal training (May 11, 2023)
- University of Cincinnati Clinical Skills Training Session 1: IUD insertion/removal, microscopy, pelvic exams, endometrial biopsy (August 24, 2022)
- University of Cincinnati Clinical Skills Training Session 2: intrapartum procedures, management of labor and birth, shoulder dystocia, management of postpartum hemorrhage, breech vaginal delivery.
- Management of high-risk patients 34 weeks gestation or above, including preeclampsia, diabetes, trial of labor after cesarean, preterm rupture of membranes.
- Obstetrical triage
- Amniotomy, fetal scalp electrode placement, insertion of intrauterine pressure catheter, Cooks catheter, Foley balloon, and Cervidil placement.

## EMPLOYMENT

### Charge Nurse, Labor and Delivery

St. John's Hospital, Maplewood, MN | March 2016 – Present

- Supervise shift care of all patients during antepartum, labor, delivery, and immediate post-partum periods, or pre-operative, intra-operative, and immediate post-operative periods on a 31-bed maternity care unit.
- Distribute unit work in a manner that makes the best use of available resources while taking into account the knowledge, skills, and abilities of team members.
- Function as part of the departmental leadership team providing clinical supervision on a shift basis, including coordination of unit staffing for the next shift, assignment of patient care, and facilitation of admissions, transfers, and discharges.
- Serve as a clinical and leadership resource and create an environment of collaborative teamwork that maximizes productivity.
- Audit patient medical records to determine that all orders have been carried out, laboratory results are available, delivered nursing care is documented, and patient progress or lack of progress is documented.
- Confer with delivery providers, anesthesiologists, neonatal nurse practitioners, registered nurses, and other care team members regarding patient status, delivery expectations, and other concerns.
- Aid providers with managing obstetrical emergencies, delegate tasks to other nurses, and contact additional health team members as needed to ensure optimal level of patient safety and good patient outcomes.
- Perform, teach, and supervise advanced skills as needed, including fetal scalp electrode application, intrauterine pressure catheter insertion, administration of magnesium sulfate, water birth, twin deliveries, and perinatal loss.

### RNC-OB, C-EFM, Labor and Delivery/Postpartum

St. John's Hospital, Maplewood, MN | September 2013 – Present

- Admit, assess, and provide care for patients presenting to unit in labor, for induction of labor, cesarean section, or other antepartum assessments, including high-risk obstetrical populations.
- Communicate effectively with patient, family, physician or midwife, Charge RN, and other members of the patient's care team as needed regarding progression or changes in patient's plan of care.
- Coordinate and provide care of pregnant or postpartum patients in other units of the hospital, including medical-surgical, emergency, operating room, and intensive care unit.
- Provide education to patients and family members through therapeutic communication and reliable support; document education provided and additional learning needs.
- Display superior skills in bedside care and assessments, identifying abnormalities and implementing proper interventions and preventative measures.
- Prioritize, multitask, and delegate to meet the needs of multiple patients using effective time management.
- Function as the circulating RN in cesarean sections performed within the Maternity Care Center.
- Prepare patients for, care for during administration procedures, and while under effects of neuraxial analgesia; assess for, manage, and report side effects and complications as needed; remove epidural catheter.
- Participate in the use of a team approach while caring for patients in high-volume, low-staff, and emergent situations.

### **Staff RN, Medical Intensive Care Unit**

St. John's Hospital, Maplewood, MN | August 2015 – February 2016

- Set up, operate, or monitor invasive equipment and devices such as endotracheal tube and tracheotomy equipment, mechanical ventilators, catheters, central lines, arterial lines, drains, and nasogastric and orogastric tubes.
- Performed and assisted with emergency medical procedures, such as BLS, ACLS, and other condition-stabilizing interventions.
- Document data including patient assessment results, interventions, medications, patient responses, or treatment changes.

### **Staff RN, Labor and Delivery/Postpartum/Nursery, Medical-Surgical Float RN**

Hudson Hospital, Hudson, WI | September 2011 – August 2013, (Casual Status September 2013 – March 2014)

- Admitted, assessed and provided care for patients in labor, for induction, cesarean section, and antepartum monitoring.
- Provided education to patients and family members through therapeutic communication and reliable support.
- Communicated effectively and work cohesively with doctors, midwives, nurses, and other healthcare professionals to support continuity of safe, quality patient care.
- Demonstrated excellent thinking and analysis skills, reacting quickly and appropriately in critical situations.
- Prioritized and multitasked to meet multiple patient needs using effective time management.
- Performed complete and frequent nursing assessments, recognizing change in patient status, adjusting care, and initiating appropriate care plans and interventions, including transferring patient to a higher level of care.
- Provided excellent care to patients during normal spontaneous vaginal, vacuum-assisted, and forceps-assisted deliveries, twin vaginal deliveries, breech vaginal deliveries, VBACs, and water births.

### **HONORS**

- Recipient of Viterbo University's Merit Scholarship (4 years)
- Viterbo University Dean's List
- HealthEast (now known as M Health Fairview) Shining Star Award
- First Viterbo Nursing Student to be nominated to participate in the Viterbo Undergraduate Scholar's Program

### **PROFESSIONAL CERTIFICATIONS AND TRAINING**

- Certified Nurse Midwife by the American Midwifery Certification Board (January 12, 2024)
- Certified in Electronic Fetal Monitoring by the National Certification Corporation (January 2018 – Present, Exp March 2024)
- Certified in Inpatient Obstetrical Nursing by the National Certification Corporation (May 2014 – Present, Exp June 2025)
- Minnesota Registered Nurse License (April 2013 – Present, Exp Jan 2025)
- Basic Life Saving for Health Care Providers (CPR and AED), (September 2012– Present, Exp April 2024)
- Neonatal Resuscitation Program (December 2011 – Present, Exp December 2025)
- Nexplanon Certified (May 2023)

### **PROFESSIONAL ACTIVITIES**

**Member,** American College of Nurse Midwives, January 2022 – Present

**Member,** M Health Fairview Perinatal Safety Collaborative, July 2016 – June 2020

**Member,** M Health Fairview Labor and Delivery Nurse Practice Council, July 2016 – May 2020

**Member,** St. John's Maternity Care Center Patient Experience Committee, September 2014

**Member,** AWHONN, November 2013 – Present

**RN Presenter,** HealthEast/M Health Fairview Perinatal Safety Collaborative: Hypertensive Disorders of Pregnancy, January 2017

- Part of a team that revised the Hypertensive Disorders of Pregnancy orders based on current standards of care and evidence-based practice
- Presented the modified orders and new treatment guidelines to OB nurses, managers, OB director, and OB providers.