

Katie Weeres

EDUCATION:

<i>University of Minnesota, Minneapolis, MN</i> Doctor of Nursing Practice- Nurse Midwifery Certified Nurse Midwife- Minnesota, License # 540, Exp 11/30/25	May 2023 GPA 3.92
<i>University of Minnesota, Minneapolis, MN</i> Master of Nursing Registered Nurse- Minnesota, License #2479156, Exp 11/30/25 Public Health Nurse Certification, #29059	Dec 2019 GPA 3.97
<i>University of St. Thomas, Minneapolis, MN</i> Master of Arts in Counseling Psychology	May 2014 GPA 3.87
<i>Minnesota State University, Mankato, MN</i> Bachelor of Science in Elementary Education K-6 and 5-8 Communication Arts and Literature	May 2011 GPA 3.49

MIDWIFERY EXPERIENCE:

Minnesota Birth Center Staff Certified Nurse Midwife	Minneapolis, Minnesota Apr 2024 - Present
<ul style="list-style-type: none">• Provide thoughtful and compassionate full-scope midwifery care, including the management of primary care conditions, initiation and monitoring of appropriate medications, and identifying need for referrals as necessary for specialty care• Utilize evidence-based practice standards and clinical practice guidelines to inform recommendations and individualize care based on unique clinical scenario• Prenatal, intrapartum and postpartum care of pregnant patients; continually assessing for risk factors, monitoring for the development of abnormal findings and adjusting care recommendations as needed• Assist patients and families in navigating their healthcare choices through education, conversation and shared decision-making• Attend births both at the birth center and in the hospital, including water birth• Procedures including LARC placement/removal, perineal repair, cervical foley balloon placement	

NURSE-MIDWIFE CLINICAL ROTATIONS:

University of Minnesota Physicians- Midwives Student Nurse-Midwife, Women's Health Rotation	Minneapolis, Minnesota Sept 2022 - May 2023
<ul style="list-style-type: none">• Provided outpatient care for patients at the Community University Health Care Center, a community based clinic serving a diverse population many of whom speak languages other than English as their first language• Engaged in shared decision-making practices with patients both in clinic and intrapartum to facilitate patient-centered care• Collaborated with OB/GYN and MFM colleagues to ensure high-quality, appropriate antepartum and intrapartum care	

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M Health Fairview- Oakdale Clinic

Oakdale, Minnesota

Student Nurse-Midwife, Primary Care Rotation

Jan 2022 - May 2022

- Provided primary care services to individuals of all ages for well-person visits, acute illness and chronic condition follow-up
- Completed 120+ clinical hours of clinic-based in a primary care setting

M Health Fairview- Southdale Midwives

Edina, Minnesota

Student Nurse-Midwife, Women's Health Rotation

Sept 2021 - Aug 2022

- Completed 500+ clinical hours in both clinic and inpatient setting
- Provided full-scope midwifery care as well as primary care services to women across the lifespan
- Supported patients and families in making informed decisions about their medical care in outpatient and inpatient/intrapartum settings

RELATED PROFESSIONAL EXPERIENCE:

Registered Nurse- Postpartum and Labor/Delivery

Waconia, Minnesota

Ridgeview Medical Center

July 2020-Jan 2022

- Provided 1:1 labor support for birthing people using a combination of physical, emotional, and pharmacologic strategies for pain relief
- Assisted families with lactation and/or bottle feedings, newborn cares and adjustment to new roles using demonstration, education, counseling and encouragement
- Organized and implemented evidence-based changes to the nutrition guidelines for people with epidurals through interdisciplinary collaboration with obstetric providers, unit leadership and the anesthesia team

Birth Doula

Rosemount, Minnesota

Mar 2017- Oct 2019

- Assisted families throughout pregnancy and postpartum period by providing information as needed, and supporting their individual decisions
- Provided emotional and physical labor support including hands on comfort measures and spinning babies™ techniques
- Supported clients with initiation of breast/chest feeding as well as provided resources to help them continue to meet their infant feeding goals

Mental Health Therapist- Student

Minneapolis, Minnesota

Park Avenue Center

Aug 2013-May 2014

- Provided person centered individual therapy, utilizing psychoeducation, goal setting strategies and exploration, and provided skills practice and scenario simulations to encourage positive behavior change
- Facilitated group therapy, both educational and process groups, which included skills practice, scenario simulations and group discussions
- Presented and answered questions about client case examples during weekly multidisciplinary staff meetings