

MIKAYLA GRATZ

Certified Nurse Midwife

Certified Nurse Midwife License awarded July 2022.
Minnesota Registered Nurse (MN RN).
Neonatal Resuscitation Program (NRP) Certified.
Pediatric and Adult Basic Life Support (BLS / CPR) Certified.

Sincere, engaging, and conscientious May 2022 Bethel University graduate with 1.5+ years of experience in women's health and labor and delivery as a CNM Intern. Speak native English and basic Spanish; comfortable using technology.

Skills & Knowledge

Infant Care: Experience in labor and delivery including caring for neonates and infants. Develop, revise, coordinate, and delegate patient plan of care. Perform advanced monitoring and care during procedures. Managed newborn resuscitation. Trained in fetal monitoring. Keen eye for detail, often catching small mistakes that can cause big impact.

Women's Health Care: Ability to execute assessments, planning, diagnosing, implementation and evaluation of common primary care and gynecologic conditions. Strong clinical skills and experience with young, mid-life, and postmenopausal women.

Communication: Expert in providing empathetic, individualized health services with patient listening style and positive humor. Strong interpersonal, ethical, and leadership skills, courageously protecting confidentiality and rights while building relationships with patients and colleagues.

Recommendation

"Mikayla has a positive, warm and compassionate presence that shines most in the clinical setting. She enjoys working with expecting women, infants and their families."

*Denise Post, DNP, APRN, CNP Associate Professor of Nursing
Bethel University, Arden Hills, MN*

EXPERIENCE

Mayo Clinic Health System- New Prague

Certified Nurse Midwife New Prague, MN August 2022- Present

- ◆ **Innovation:** Assisted in establishing and growing midwifery practice in a rural community.
- ◆ **Continuity of Care:** Completed formal cesarean section first-assistant training. Assisting in participation operative deliveries, allowing patients to have continued midwifery care throughout their delivery.
- ◆ **Advocate for Clinical Practice Changes:** Assisted in working with nurse manager to present research regarding outdated practice policies, resulting in changes that will benefit patients quality of care.

Mayo Clinic Health System Mankato

CNM Intern Mankato, MN Jan 2022- April 2022

Provided health services for women across the lifespan, with a specific focus in labor and birth, contraception, and gynecologic care.

- ◆ **Patient-centered Care:** Actively involved patient's support person throughout the labor and birth process, as well as providing emotional support to laboring patients.
- ◆ **Patient Education:** Provided evidenced-based information for a postdate patient who was hesitant about an induction of labor and educated about the safety benefits and risks for both patient and fetus.
- ◆ **Evidence Based Practice:** Provided education and guidance for patients about changing practice guidelines regarding COVID-19 and its impacts during pregnancy.
- ◆ **Gynecologic Care:** Worked closely with patients experiencing different forms of urinary incontinence. Provided education regarding treatment options and helped to develop a comprehensive plan of care that is most appropriate for patient's individual lifestyle and needs.

Lakewood Health Systems

CNM Intern Staples, MN Sept 2021- Dec 2021

Provided health services for women across the lifespan, with a specific focus in labor and birth, contraception, and gynecologic care.

- ◆ **Interprofessional Collaboration:** Worked closely with OB/GYNs to co-manage high risk patients, such as patients with preeclampsia, COVID-19, and placental abnormalities.
- ◆ **Patient Safety:** Performed maternal stabilization following a postpartum hemorrhage with IV fluids, medications, and bimanual uterine massage.

Awards

Clinical Award of Excellence / Promoting Patient Safety, chosen by clinical instructor and presented through university.

Tri-County Health Care

CNM Intern

Wadena, MN

Feb 2021- March 2021

Provided health services for women across the lifespan, with a specific focus in labor and birth, contraception, and gynecologic care.

- ♦ **Patient Advocacy:** Supported patient's wishes in declining pain medication during labor and offered natural coping mechanisms to utilize instead.
- ♦ **Attention to detail:** Picked up on subtle clinical findings that were indicative of a pulmonary embolism and triaged patient to get appropriate care for this condition.

Personal Care Attendant for Private Individual

Roseville, MN

Dec 2020 – Aug 2021

Provided personal cares, medication administration, blood sugar monitoring, and diabetic education to client.

- ♦ **Client Safety:** Noticed subtle changes in blood sugar based on client behaviors and successfully corrected imbalances preventing adverse reactions.
- ♦ **Client Education:** Helped facilitate independence in dietary choices by educating about carbohydrate counting and routine blood glucose monitoring.

Vintage Moments, LLC, Memory Care

CNA

Vadnais Heights, MN

May 2018 – Sept 2019

vintagemoments.org

Provided health services for residents including assistance with feeding, bathing, ambulation, toileting, cooking meals, cleaning, and other needs.

- ♦ **Prevented Severe Reaction or Death:** Detected allergic reaction in patient on new medication; called nurses to help administer epinephrine as airways were closing.
- ♦ **Improved Security:** Prevented memory care resident from walking out and into very busy street. Reported incident to Owner / Director of Nursing, resulting in stronger security measures.
- ♦ **Increased Safety:** Requested more monitoring for patient with high risk of falling, so facility installed monitor in room for 15-minute checks. When it succeeded, monitors were installed in all patient rooms.
- ♦ **Created and observed positive shift in morale** and interaction with each other and staff on part of residents who participated in crafts and activities planned and implemented as activity coordinator.

White Pines Assisted Living and Memory Care

CNA

White Bear Lake, MN

June 2017- Nov 2017

wpseniorliving.com/white-bear-lake-assisted-living-memory-care

Provided health services and care for residents in assisted living and memory care units. Toileted, dressed, ambulated, bathed residents; fed meals.

- ♦ **Patient-centered Care:** Allowed couple who lived in separate rooms to spend time together and involved them in own cares.
- ♦ **Pain Management:** Obtained foam padding by reporting patient's pain during transfer with mechanical lift.
- ♦ **Patient Advocacy:** Ensured diabetic patient's blood sugar regulation by persuading cook of significant need for special diet.

White Bear Lake Junior Volleyball Club

Dec 2017 – April 2018, Dec 2019 – March 2020

Coach

White Bear Lake, MN

whitebearvolleyball.org

Planned and organized practices for 14- and 15-year-old teams. Communicated with parents and players, and helped girls develop volleyball and life skills.

EDUCATION

Master's of Nurse-Midwifery (MSN), Bethel University, Arden Hills, MN, May 2022. Overall GPA 3.77.

- ♦ 1.5+ years of clinical experience at Tri-County Health Care, Lakewood Health System, and Mayo Clinic Health System.

Bachelor of Science, Nursing (BSN), Bethel University, Arden Hills, MN, May 2020. Overall GPA 3.34.

- ♦ 2+ years of clinical experience at Mercy Hospital Unity Campus, Hennepin County Medical Center, St. John's Hospital, Children's Hospital Minneapolis, and Grace Hospice. Clinical experience on obstetrics, pediatric, oncology, surgical, psychiatric, hospice units.

VOLUNTEERING

Eagle Brook Church Nursery

2020 – Present

Provided childcare services to children ages 4 months to 12 years. Provided a safe, entertaining and engaging environment for children to explore and learn. Offered respite time for parents to be able to attend worship services.

Ramsey County Children's Mental Health Collaborative

2017 – 2020

Worked closely with high risk community members who are dealing with mental health disorders. Provided childcare, meals, and education regarding different mental health topics to this population group.

Minnesota Special Olympics

2015 – 2017

Offered support, guidance, and coaching to Special Olympic athletes in different sporting events. Worked with athletes in golf, bocce ball, flag football events.

MEMBERSHIPS

American College of Nurse Midwives (ACNM)

2021 – Present

Sigma Theta Tau Nursing National Honor Society

2021 – Present