

# *Ki Ristia Allen-Lampe*

*MSN, APNP, FNP-C*

Carlyle, IL - Telephone: 618-322-7217 - Email: kiristia.allen@gmail.com

Resume Updated 01/2022

## History

- October 2021 - Current: Optum APNP TTS Outreach Program  
Provide post hospital discharge assessments for Optum/United Health Group members in SNFs throughout Madison County, Illinois. New program in Southern Illinois, Per Diem position.
- June 2016 - Current: Hillsboro, IL initially and now Shiloh, IL: FNP HSHS Medical Group  
Chronic and acute care of infant, children, adolescent, adult and geriatric patients. Perform assessments, diagnose and treat chronic and acute conditions, order and interpret labs and diagnostic testing, and medication management. Rotate call and manage office and patient responsibilities with other providers. Also assisted in initiating the area's first Integrated Behavioral Health Program in Hillsboro working with a LCSW and off site psychiatrist to assist in the rural area's mental health care. Performed in office procedures when needed including skin lesion removal, I&D, wound closure, implant contraceptive removal.
- October 2013 - June 2016  
Registered Nurse, BJC Behavioral Health St. Louis, MO  
RN role in an outpatient psychiatric clinic for those with severe mental illness. Administered long-acting antipsychotic injections and performed psychiatric nursing assessments.
- June 2013 - October 2013  
Registered Nurse, SSM Hospital Centralia, IL  
RN role on psychiatric inpatient unit performing assessments, administering medications, and wound care.
- June 2011 - July 2013  
Registered Nurse, VNATip Home Health  
RN role providing skilled nurse services in the home and assisted living setting. Duties included IV therapy, chemotherapy administration, PAC accessing/use/routine care, PICC line care and use, chest tube monitoring and use, sterile dressing changes, wound care and wound vac application/care, feeding tube care and use, after care of orthopedic/cardiac/general surgery patients, and coordination of care between multiple disciplines providing care to the patient. Also provided monitoring of chronic conditions including CHF, COPD, DM. Managed a caseload of 20-25 patients independently. Assumed call on a rotating basis for 75+ patients.

## Education

Walden University Minneapolis, MN

Master of Science in Nursing

Family Nurse Practitioner Certification

Attended September 2012 through August 2015.

GPA of 3.8 on 4.0 scale

600+ hours practicum experience

Clinical Areas Studied:

Adult medicine

Obstetrics and Gynecology

Mental health

Pediatrics

Geriatrics

Kaskaskia College Centralia, IL

Associate Degree in Nursing

Associate Degree in Science

Attended August 2008 through May 2010

GPA of 3.4 on 4.0 scale

## Licensure

- Board Certified through AANP July 2015; Active
- Illinois APN with Active DEA  
Active
- Illinois RN  
Active

References Available Upon Request