

CURRICULUM VITAE

ADINA L. FREE

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OBJECTIVE

My ultimate objective is to instill in students a desire for life-long learning. I would also like to be instrumental in increasing the interest in and pursuit of nursing education in our Native American population. My goal is to teach all students to learn to provide excellent client care and of course, pass the NCLEX in order to practice.

EDUCATION

2004-present	University of Phoenix	working on MSN/ED
1999-2001	University of Phoenix	RN/BSN
1992 -1993	Pueblo Community College	RN/ADN
1991-1992	Lamar Community College	LPN
1979 - 1982	Adams State College	Pre-Nursing Requirements

CERTIFICATION AND CONTINUING EDUCATION

2005	<i>16th Annual Nurse Educators Conference in the Rockies</i>
2003	<i>Partnership Council</i>
2003	<i>JCAHO Survey Preparedness</i>
2003	<i>Basic Life Support</i>
2003	<i>Nonviolent Crisis Intervention</i>
2003	<i>Wound Care</i>
2001	<i>Developing & Implementing Restorative Programs</i>
1999	<i>Advanced Cardiac Life Support</i>
1998	<i>Geriatric Pharmacology Update</i>
1998	<i>Leadership & Supervisory Skills for Women</i>
1998	<i>Mechanical Loading and Support Surfaces</i>
1998	<i>Prevention and Early Treatment of Pressure Ulcers</i>
1998	<i>Diabetic Foot Ulcer Prevention & Treatment Modalities</i>
1998	<i>Assessment and Documentation of Wounds</i>
1998	<i>Train the Trainer</i>
1998	<i>Sub-acute Care</i>
1998	<i>Factors Affecting Moist Wound Healing; Options for Chronic Wound Management</i>

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1997	<i>Effective Nursing Supervision</i>
1997	<i>Basic EKG Interpretation</i>
1997	<i>Director of Nursing Training</i>
1997	<i>Tuberculosis: An Old Disease with New Challenges</i>
1997	<i>Introduction to Managed Care Case Management</i>
1995	<i>Advanced Cardiac Life Support</i>
1995	<i>ACLS Drug Review</i>
1995	<i>Basic EKG Monitoring</i>
1994	<i>Hospice Training</i>
1993	<i>How to Handle Conflict & Manage Anger</i>
1993	<i>Assertiveness Workshop</i>
1993	<i>Work-Stress and Your Well-being</i>

PROFESSIONAL EXPERIENCE

7/2004-present	College of Eastern Utah-San Juan Campus <i>Nursing Instructor</i>
1/2002 -5/2004	Northern Navajo Medical Center — Shiprock, New Mexico <i>Clinical Nurse</i>
6/2000 - 12/2001	Vista Grande Rehab and Care Center - Cortez, Colorado <i>Assistant Director of Nursing & Staff Development Coordinator</i>
3/1999 - 6/2000	San Juan Health Care Services - Monticello, Utah <i>Compliance Officer, Staff Nurse</i>
10/1998 - 1/1999	Dolores County Health Services - Dove Creek Colorado <i>Public Health Nursing</i>
10/1998 - 4/1999	Southwest Memorial Hospital - Cortez, Colorado <i>Home Health Nurse</i>
8/1994 -10/1998	Vista Grande Rehab and Care Center - Cortez, Colorado <i>Clinical Nurse, Night Supervisor, Case Manager, Director of Nursing</i>
4/1993 - 10/1994	Mercy Medical Center - Durango, Colorado <i>Staff Nurse</i>
7/1992 — 6/1993	Four Corners Health Care Center - Durango, Colorado <i>Staff Nurse</i>

ACCREDITATIONS

Registered Nurse, State of Colorado

Registered Nurse, State of Utah

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AWARDS RECEIVED

2001	Employee of the Year, Vista Grande Rehab and Care Center
2001	Invitation to join Sigma Theta Tau
1997	Nightingale Nominee
1995	Employee of the Month, Vista Grande Rehab and Care Center
1992	Outstanding Student, Nursing Class of 1992, Lamar Community College
1982	Life Time Membership President's Honor Society, Adams State College
1981	Divisional Honors Scholarship, Adams State College

TEACHING

NURS 1008 Medical Terminology

NURS 1020 Fundamental Concepts of Nursing

NURS 1030 Fundamental Concepts of Nursing Clinical

NURS 2020 Nursing Process II

NURS 2030 Nursing Process II Clinical

NURS 2220 Nursing Process III

NURS 2230 Nursing Process III Clinical

PROFESSIONAL MEMBERSHIP

National League for Nursing (NLN)

INTERESTS AND ACTIVITIES

I enjoy going to church and helping with worship music. I have taught piano and directed choirs. I enjoy writing and have written a variety of songs and poems. I am currently writing a children's book. I enjoy walking, hiking, and spending time with my family.