

RFQ No. 21-25RFQ for Nurse Practitioner Services

BEST EMS and Integrative Emergency Services (“IES”) are pleased to submit the following proposal to the City of McKinney for Nurse Practitioner staffing. Our desire is to form a long-term partnership in which all parties are aligned in a common pursuit of quality and operational performance.

Scope of Work

In the first year, BEST EMS leadership, along with Karin Langford NP and McKinney Fire Department Leadership, would like to develop a quality program that will provide benefit to the community. Karin Langford will be working within her scope of practice alongside the medical direction of Dr. Fagan. We have listed a few ideas discussed during the interview process but realize this is not a comprehensive list and may be dynamic as the position and needs of the community change:

- Participation in dispatch-triage, telemedicine, and low acuity calls
- Support of EMS response to low acuity calls
 - Including suturing and basic evaluation and treatment in the home and/or at the scene
- Homeless clinics to assess, diagnose, and treat chronic conditions
- Assist with Community Health Paramedicine care of patients
- Assist with vaccinations efforts
- Continual development of the Nurse Practitioner program

Please find the curriculum vitae for Karin Langford as attached in Exhibit A.

Financial

We staff a few hundred APPs in various clinical settings and are very sensitive to market rates. In the spirit of partnership with the city, we’ve reduced the expense to the lowest possible number that we believe will allow us to maintain the position and staff with a highly qualified practitioner that will represent both the city and IES well.

The total annual expense to the City of McKinney will be \$159,472 which includes:

- Clinical Compensation
 - Salary
 - 14 days Paid Time Off
 - Paid Holidays
 - During PTO and Paid Holidays, this position will not be back filled
- Employee Benefits
- Employment Taxes

- Continuing Medical Education (CME)
- Medical Malpractice Insurance
- Medical Director Oversight
- Management Activities which include HR, credentialing/licensing, recruitment responsibilities should the NP leave this position

Exhibit A:

Karin Langford, MSN, APRN, FNP-BC

1408 Grassland Drive, Celina, Texas 75009

Phone: 469.371.1647 Email: langford3425@gmail.com

FAMILY NURSE PRACTITIONER & REGISTERED NURSE

Target: Acute & Chronic Care Medicine

Excellence driven board-certified Family Nurse Practitioner with a Master of Science in Nursing and 10+ years' combined experience as an advanced practice provider and emergency medicine registered nurse (RN). Proven leader with the ability to motivate and inspire other staff members to provide exemplary levels of patient care. Outstanding communication skills with colleagues, patients, and families. Excels at collaborating with members of specialized medical teams and thrives on the fast-paced, continuously evolving nature of healthcare.

Acute & Chronic Patient Care | Specialized Treatment Plans | Patient Education | Medical Office Administration | Electronic Medical Records (EMR) | Regulatory Compliance | Confidentiality | HIPAA & OSHA | Leadership | Team Collaboration | Relationship Management | Communication

PROFESSIONAL EXPERIENCE

CareNow Urgent Care, McKinney, TX

01/20- Present

The Leading Dallas Ft-Worth Urgent Care center.

FAMILY NURSE PRACTITIONER

On-site clinical advanced practice provider. Provide urgent care, primary healthcare, and workers comp services in a fast paced clinic, treating 25-50 patients a day.

- Provider of urgent care services, chronic illness management and workers comp injuries in a high intensity environment
- Diagnose and treat acute and chronic conditions as their sole provider
- Order and interpret diagnostic testing including labs, x-ray imaging, EKG
- Perform procedures such as suture repair, splinting, I&D, and wound care while maintaining the strictest safety and sanitation standards with regulations
- Collaborate with integral medical teams for positive patient outcomes

Increased revenue by increasing clinic's daily patient visits and increased efficiencies in charting and billing processes. Improved patient satisfaction by building strong relationships and rapport with patients and medical care team.

Testosterone Centers of Texas, Lewisville, TX

02/18 -01/20

One of the leading testosterone clinics in the DFW area.

FAMILY NURSE PRACTITIONER

Associate Clinical Director and lead advanced practice provider onsite. Provide full, comprehensive hormone health and testosterone replacement therapy in a fast-paced clinic, treating 30-50 patients a day.

- Treat patients for chronic illnesses (hypertension, hyperlipidemia, diabetes, acne, and weight loss) and acute medicine such as seen in urgent care facilities



- Determine abnormal conditions by administering or ordering diagnostic tests, MRIs, ultrasounds, electrocardiograms, and laboratory studies; interpreting test results
- Provide continuity of care by developing and implementing patient management plans
- Comply with federal, state, and local legal and professional requirements by studying existing and new legislation, enforcing adherence to requirements, and advising management on needed actions

Increased revenue by improving process and introducing efficiencies in charting and billing processes.

Increased a variety of patient demographics, including new start patients and female patients.

Allied Physical Medicine, Allen, TX

10/16 – 10/17

Integrated physical medicine clinic with on-site multi professional team: nurse practitioner, chiropractor, physical therapy

FAMILY NURSE PRACTITIONER

Served as Lead Clinical Provider. Organized, created, and carried out treatment plans for acute and chronic pain management and educated patients on prescription management in a physical medicine clinic.

- Treated chronic and acute pain conditions, developed individual care plans with on-site physical therapy, medical massage, and chiropractic services
- Provided trigger point injections, joint injections, orthotics, pharmacological and non-pharmacological interventions, and treatment regimens for assessed medical conditions
- Referred patients to medical specialists and coordinated patient care with social workers, case managers and mental health professionals

Increased revenue growth by implementing new treatment modalities and patient care plans, leading to improved patient outcomes, higher satisfaction, and growth of the practice.

Medical City Plano, Plano, TX

06/10 – 08/16

Level 1 trauma and chest pain facility, treating a variety of patient populations, including cardiovascular, orthopedic, GI, ER, Urgent care, pain management, and/or infusion.

RN / EMERGENCY DEPARTMENT RN / RELIEF CHARGE NURSE

Served as Staff RN and in a high acuity and demanding level 2 trauma, chest pain, and stroke center. Provided bedside patient care and worked alongside a team of professionals to deliver safe, quality care to all patients.

- Entrusted as a Relief Charge Nurse and Staff Trainer; facilitated staff education, training, and development and continuously ensured organizational training standards, processes, and procedures
- Managed and oversaw daily operations including patient assignment, triage, communication with consulting/admitting physicians, transportation arrangement, and equipment checks
- Developed departmental goals and objectives and collaborated with interdisciplinary team members to help deliver high-quality outcomes
- Provided both leadership and mentorship to staff and worked together to improve patient care plans
- Led performance improvement activities, new initiatives, and other important unit functions

ER Nurse of the Year in 2012 as appointed by the ER physicians and mid-level providers.

Baylor University Medical Center Dallas, Dallas, TX

06/09 – 06/10

Not-for-profit hospital that is the flagship of Baylor Scott & White Health, Texas' biggest nonprofit health care system.

RN / ICU STEP DOWN ORTHOPEDIC / TRAUMA UNIT / REGISTERED NURSE

Served as Staff RN in a step-down acute care medical surgical setting, caring for adult patients with multiple co-morbidities.

- Provided orthopedic injuries and rehabilitation, post-stroke care and management, pancreatitis care, wound care, ventilator-assisted care, and post-surgical care

LICENSURE, CERTIFICATIONS, & PROFESSIONAL DEVELOPMENT

- **Family Nurse Practitioner (FNP) – Board Certified, State of Texas**
- **American Academy of Nurse Practitioners (AANP) Certification**
- **Registered Nurse (RN) – State of Texas**
- **National Provider Identifier (NPI)**
- **DEA Registration Number (DEA)**
- **Acute Care Life Support (ACLS) and Basic Life Support (BLS)- American Heart Association**
- **Pediatric Advanced Life Support (PALS)- American Heart Association**

PROFESSIONAL AFFILIATIONS

- **American Association of Nurse Practitioners (AANP), 2016**
- **North Texas Nurse Practitioners Group, 2014**
- **Texas Nurse Practitioners, 2014**

EDUCATION

- Midwestern State University, MASTER OF SCIENCE, Nursing – Family Nurse Practitioner,** 08/16
- Graduated with Honors – Top 10% of the Class, Alpha Chi Honors Society
 - Clinical hours and rotations performed predominantly in urgent care and ER settings
- University of Texas at Arlington, BACHELOR OF SCIENCE, Nursing,** 05/09
- Graduated with Honors – Top 15% of the Class