

Dr. Cheryl Winter

DCN, FNP-BC, IFMCP, BC-ADM, MS APRN, RDN, CDE

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APRN License #: AP119472 | RN License #: 624976 | RD License #: DT83350 |

Family Nurse Practitioner

Seasoned Family Nurse Practitioner with over 15 years of expert clinical decision-making skills with expertise working with diverse populations. Compassionate, highly skilled, and adept in collaborating professionally with other healthcare professionals to meet the needs of patients. Extensive knowledge of functional and conventional healthcare treatments with the ability to observe and perform detailed history and physical examinations using standard medical practices. Demonstrated aptitude for communicating effectively with other professionals and patients from varied backgrounds.

- Healthcare Assessment
- Patient Education
- Regulatory Compliance
- Cross-Functional Leadership
- Clinical Acumen
- Diabetes Education & Management
- Program Development
- Advanced Communication
- Patient Care Plans
- Clinical Nutrition
- Quality Improvement
- Team Building

PROFESSIONAL EXPERIENCE

Private Practice Healthcare Practitioner | HealthSteps Rx, Inc., Houston, TX September 2003 – Present

Delivering health services (via telemedicine and in-clinic) for primary care medicine/diabetes care/nutrition therapy/hormone and weight management to individuals, groups and businesses

- Consultant and Sole Provider for Integrative Health Matters in Tyler, TX from 01/2018 to 11/2018
- Family Nurse Practitioner for HER Kare in Houston, TX from 05/17 to 05/18
- Professional Speaker with TV and Radio Media Exposure; Shared the Harvard Business School Stage with actress and spokeswoman, Suzanne Somers
- Author of Prescription Detox (#1 Bestseller on Amazon)
- Blogger and website owner of <https://DrCherylWinter.com>

Family Nurse Practitioner | Take Care Health Systems, Conshohocken, PA April 2014 – October 2014

Served as a mid-level healthcare provider for adults, children, and families delivering chronic and episodic care. Held responsibility for treating, screening, diagnosing, and educating patients and their families in a retail clinic setting of North Houston Walgreen stores.

- Sole practitioner on site with clinic management duties

Family Nurse Practitioner | Diabetes America, Shenandoah, TX September 2010 – April 2014

Delivered primary patient care services, including physical examinations, health assessments, prevention, diagnoses, and treatment of acute and chronic illnesses among an adult patient population. Established effective relationships with patients and families, respecting patient rights, and involving patients and families in decision making.

- Expertise in insulin pump and CGMS (continuous glucose monitoring systems)

Certified Insulin Pump Trainer & Consultant | Insulin Pump Companies, Houston, TX June 2008 – August 2010

Training of individuals, groups, adults and children on the use of an insulin pump to manage their type 1 or type 2 diabetes health condition.

- Certified trainer for Medtronic, Omnipod, Cozmo, and Animas insulin pump companies

Certified Diabetes Educator | Diabetes America, Houston, TX August 2006 – June 2008

Collaborated with physicians to improve patient outcomes in a totally-focused diabetes clinic.

- Acted as marketing/public relations and project/program coordinator

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Additional Experience:

Diabetes Educator (August 2005 – February 2006), Presbyterian Hospital of Plano, Plano, TX

Diabetes Educator (July 2004 – May 2006), Medical Center of Lewisville, Lewisville, TX

Intensive Care Nursing, (February 1997 – November 2000), Various Nursing Agencies, Houston, TX

Staff Registered Nurse, (January 1996 – February 1997), Methodist Hospital, Houston, TX

Clinical Nutrition Specialist, (November 1990 – March 1993), Hermann Hospital, Houston, TX

Clinical Dietitian, (September 1988 – November 1990), Charter Regional Medical Center, Cleveland, TX

Clinical Dietitian, (August 1986 – February 1988), Healthsouth Rehabilitation, Humble, TX

EDUCATION & CERTIFICATES

Doctorate of Clinical Nutrition | Maryland University of Integrative Health, Laurel, MD (2019)

Master of Science in Nursing | Texas Woman's University, Houston, TX (2010)

Bachelor of Science in Nursing | Texas Woman's University, Houston, TX (1995)

Master of Science in Nutrition and Food Sciences | Texas Women's University, Houston, TX (1986)

Bachelor of Science in Dietetics | Louisiana State University, Baton Rouge, LA (1979)

Worldlink Medical Bioidentical Hormone Replacement Therapy Certification, January 2019

Institute of Functional Medicine Certified Practitioner, May 2016

Certificate of Training in Adult Weight Management-Academy of Nutrition and Dietetics, November 2012

Board-Certified Advanced Diabetes Management-American Association of Diabetes Educators, August 2011

Board-Certified Family Nurse Practitioner through the American Nurses Credentialing Center, September 2010

Certified Diabetes Educator through National Certification Board for Diabetes Educators, May 2007

Certified Health Fitness Specialist (ACSM HFS): American College of Sports Medicine, October 2001

PUBLICATIONS

The Successful Management of Ulcerative Colitis with A Nutritional Intervention: A Case Study; Integrative Medicine: A Clinician's Journal: October 2019, Volume 18, Number 5

Poster: Experimental Study of the Effects of ImmunoThrive, a Proprietary Herbal Blend on Th1/Th2 Biomarkers: A Case Series; Maryland University of Integrative Health; April 2019

A Dynamic Duo for T2DM: Aggressive Use of Lifestyle Change and Pharmacotherapy; Nurse Practitioner Perspective: Jul/Aug 2015, Volume 1, Issue 4

Innovation Over Insulin Resistance: How Technology Can Increase Adherence; Nurse Practitioner Perspective: Sept/Oct 2014, Volume 1, Issue 4

Diet Therapy in Advanced Practice Nursing: Nutrition Prescriptions for Improved Patient Outcomes (coauthor); Published 2014 by McGraw-Hill Education