Lauren Whitfield-Cruz

Family Nurse Practitioner | Registered Nurse, Emergency Department

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PROFESSIONAL SUMMARY

Board-certified family nurse practitioner and new MSN graduate with six years of emergency department nursing behind her. Completed primary care, pediatric and women's health rotations in community clinics and now sees adult and pediatric patients in a federally qualified health center. Bilingual in English and Spanish, comfortable with acute complaints and steady with chronic disease follow-up.

EXPERIENCE & PROJECTS

Riverbend Community Health Center · Austin, TX **Aug 2026 — Present**

Family Nurse Practitioner

- See adult and pediatric patients in a federally qualified health center under a prescriptive authority agreement, building toward a full daily schedule with a supervising physician.
- Manage follow-up for patients with diabetes, hypertension and asthma, using clinic protocols for labs, medication titration and referral to dietitian and behavioral health.

Balcones Regional Medical Center · Austin, TX **Jun 2020 — Jul 2026**

Registered Nurse, Emergency Department

- Provided triage and emergency nursing care in a 42-bed department, serving as charge nurse on night shift during the final two years.
- Precepted eight new graduate nurses through orientation, teaching triage, sepsis screening and safe handoffs.
- Interpreted for Spanish-speaking patients and families during assessments and discharge teaching, alongside the hospital's certified interpreter service.

Clinical rotations

- Completed precepted rotations in family medicine, pediatrics and women's health clinics, managing visits from history through plan with preceptor review.

EDUCATION

MSN, Family Nurse Practitioner **2026**

Lone Star Valley University School of Nursing

BSN, Nursing **2020**

Hill Country State University

SKILLS

Technical: Comprehensive and focused exams, Chronic disease management, Acute minor illness and injury, Pediatric well visits, Women's health screening, Prescribing and medication reconciliation, Laceration repair, Epic EHR, ICD-10 and E/M documentation, Patient education, Telehealth visits, Spanish (fluent)

Certifications: FNP-C (AANPCB) · Texas APRN license with prescriptive authority · DEA registration · BLS and ACLS (AHA)