

aCURRICULUM VITAE

NAME Temeka Rene' Tunstall, DNP,APRN, FNP-BC, PMHNP-BC

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EDUCATION

<u>Date</u>	<u>Degree</u>	<u>Institution</u>
June 2024	Doctor of Nursing Practice	Frontier Nursing University Versailles, KY
September 2022	Post Master's Certification Psychiatric/ Mental Health Nurse Practitioner	Frontier Nursing University Versailles, KY
August 2011	Master of Science in Nursing, Family Nurse Practitioner	Vanderbilt University Nashville, TN
May 2006	Bachelor of Science in Nursing, <i>cum laude</i>	Belmont University Nashville, TN
May 1994	Bachelor of Science in Biology, <i>cum laude</i>	Tennessee State University Nashville, TN

LICENSURE

2012 – Present	Advanced Practice Nurse with Certificate of Fitness, Tennessee, Active
2006 – Present	Registered Nurse, Tennessee/Multistate, Active

CERTIFICATION

2022 - Present	Psychiatric/Mental Health Nurse Practitioner. American Nurses Credentialing Center
2012 – Present	Family Nurse Practitioner: American Nurses Credentialing Center
2004 – Present	Basic Life Support (BLS) Healthcare Provider CPR certification
2012 – Present	Drug Enforcement Registration (DEA) certification
2007 – 2013	Advanced Cardiac Life Support (ACLS) Healthcare Provider certification
2007 – 2011	Pediatric Advanced Life Support (PALS) Healthcare Provider certification

HONORS AND AWARDS

2025 The Institute for Functional Medicine, 2025 Functional Medicine for All Scholarship
2025 American College of Lifestyle Medicine 2025 Online Conference
2024 - 2025 Duke University / Johnson & Johnson Nurse Practitioner Entrepreneur Program
2022 Behavioral Health Workforce Education & Training Stipend recipient
2011 Sigma Theta Tau International Honor Society of Nursing, Iota Chapter
1994 Golden Key Honor Society
1994 National Dean's List
1993 National Dean's List

ACADEMIC CLINICAL EXPERIENCE**Doctor of Nursing Practice Frontier Nursing University****Bella Jace Center for Health, Brentwood, TN 2023-2024**

Scholarly Project: Improving Patient-Centered Mental Health Care Through Shared Decision-Making in an Outpatient Clinic

**Post-Master of Science, Nursing Frontier Nursing University, PMHNP Specialty
Centerstone, Nashville, TN Robert McKeown, APRN Summer 2022, total hours 218**

Community Mental Health Agency which serves insured and uninsured populations with a clinical focus on the management of chronic and acute mental health conditions for patients aged 9-99 years, psychiatric evaluations, and medication management.

**Post-Master of Science, Nursing, Frontier Nursing University, PMHNP Specialty
Nashville Brain Institute, Nashville, TN Tianlai Tang, MD and Cindy Terry, APRN**

Winter and Spring 2022, total hours 323

Private physician office serving the insured population, age 11-99, psychiatric evaluations, medication management including Ketamine Administration and Trans-Cranial Magnetic Stimulation services with a clinical focus on the management of chronic and acute mental health conditions.

**Master of Science, Nursing, Vanderbilt University Family Nurse Practitioner Specialty
Manchester Family Medicine, Manchester, TN William Daniel, MD and Cassandra Barron, APRN
Summer 2011, total hours 280**

Independently owned clinic serving a rural insured population with a clinical focus on the management of chronic and acute health conditions, well visits/well child checks/immunizations/sports and camp physicals, and women's and men's healthcare.

**Master of Science, Nursing, Vanderbilt University Family Nurse Practitioner Specialty
Vine Hill Health Clinic B. Iris Padilla, FNP, PhD Spring and Summer 2011, total hours 350**

Community-based health center serving urban, multicultural, indigent, and uninsured populations with a clinical focus on the management of chronic health conditions, including up to 75% of patients with diabetes. well visits/well child checks/immunizations/sports and camp physicals and women's and men's healthcare.

**Master of Science, Nursing, Vanderbilt University Family Nurse Practitioner Specialty
Brentwood East Family Medicine Manisha Kalra, MD, FAAFP Fall 2010, total hours 70**

Serving suburban insured population with a clinical focus on the management of acute health conditions inclusive of good visits/well-child checks/immunizations/sports and camp physicals, and women's and men's healthcare.

Bachelor of Science, Nursing Belmont University**Spring 2006:**

Senior Practicum: Infant -Adolescent Acute Care unit 7C, Vanderbilt Monroe Carell Jr. Children's Hospital

Acute Care Nursing: MSICU, Centennial Medical Center total hours 72

Leadership and Management, 24 clinical hours with a Nurse Manager

Fall 2005:

Pediatric Nursing: Medical Surgical Care 8A Vanderbilt Monroe Carell Jr. Children's Hospital

Maternal-Infant Nursing: Labor and Delivery, Postpartum/Newborn Nursery, Centennial Medical Center.

Community Health Nursing, Assigned to Care of a Somali Refugee Family of 6 and a socio-economically deprived elderly woman, age 90

Spring 2005:

Adult Health Nursing I: GI Medical Surgical floor, 8 Kidd Baptist Hospital

Mental Health Nursing Concepts: Vanderbilt Psychiatric Hospital and Middle Tennessee Mental Institution

Fall 2004:

Introduction to Nursing: Medical Surgical Floor, 7 Stringfield Baptist Hospital

PROFESSIONAL POSITIONS**Date****Institution****Location****Title**

August 2025-present

Middle Tennessee State University

Murfreesboro, TN

Full-time Faculty Advanced Practice Lecturer and Clinical Coordinator

Educated advanced practice nursing students in both the Family Nurse Practitioner and Psychiatric Mental Health Nurse Practitioner tracks. Clinical coordinator completing preceptor vetting using Medatrx. Facilitated online Advanced Practice Nursing courses, which include course development for graduate nursing students. Supported and participated in the application of evidence-based practice, continuing education, research, and changes in nursing practices and procedures.

March 2025- present

Balance Point Wellness

Mt. Juliet, TN

Owner / Clinician

Established a telehealth clinic to provide integrated mental and physical health services.

Scheduled clinic opening January 2026

April 2023-August 2025

Bella Jace Center for Health

Brentwood, TN

Nurse Practitioner

Provided therapy and medication management of mental health illnesses as customary to the practice of the collaborating physician and provided services in congruence with current evidence-based practice within the scope of current licenses and certifications.

Documented all patient transactions in accordance with company policies and procedures. Written orders and record progress notes, which are reviewed and countersigned by the collaborating physician as required by the State of Tennessee Board of Nursing.

Feb 2017- August 2023

American Family Care,

Nashville, TN

Regional Lead Advanced Practice Provider

Executed employee training for approximately 15 newly hired providers over a 2-year period offering continuous guidance and mentorship on best practices inclusive of EMR training, medical procedure, and corporate policies and processes while providing constructive feedback. Provided medical treatment of primary care illnesses and injuries as customary to the practice of the collaborating physician and provided services as delegated by the collaborating physician. Documented all patient transactions in accordance with company policies and procedures. Wrote orders and recorded progress notes, which were reviewed and countersigned by the collaborating physician as required by the State of Tennessee Board of Nursing. Communicated and led medical staff to ensure coordinated efforts for the provision of high-quality medical treatment and client service. Assisted management in identifying, analyzing, and resolving work problems. Evaluated the effectiveness of existing clinical methods and procedures and implemented improvements. Assisted clinical staff in understanding and complying with policies and procedures. Maintained quality assurance for all medical issues and assisted in the solution of any medical problems. Maintained patient confidentiality. Communicated staff suggestions and/or complaints to Medical Director.

Nov 2015/Jan 2017

Sound Physicians

Franklin TN

Nurse Practitioner

Elective Joint Replacement Pre-Operative Clinic- Obtaining the patient's history, performing a physical exam, and evaluating operative risk factors for elective joint replacement pre-surgical patients with emphasis on pre-operative clearance and preparation for surgery, in collaboration with the Department of Anesthesia and Perioperative Services.

Home Care Transitions (BPCI) Promptly visited patients in their home, independent, or assisted living facility after hospital discharge to provide medical oversight, medication reconciliation, and education regarding disease management and plan of care. Managed care coordination activities until the patient is seen by their primary care provider. Collaborated with the staff of Skilled Nursing Facilities to ensure timely and complete rehab with swift transition of patients to the lowest level of care. Develop and maintain relationships with community providers and ancillary service providers to aid patients in successful transitions from acute to post-acute care.

May 2015/Nov 2015

Vanderbilt University Medical Center

Nashville, TN

Occupational Health Nurse

Provided occupational health services such as immunizations and health record reconciliation for employees of Vanderbilt University.

April 2015/April 2016

Grand Canyon University

Phoenix, AZ

Adjunct Graduate Nursing Instructor

Facilitated online Advance Practice Nursing courses by Formulating teaching plans for students. Supported and participated in the application of evidence-based practice, continuing education, and changes in nursing practices and procedures.

Sept 2014/Dec 2015

Advanced Health

Mt. Juliet, TN

Independent Contractor Nurse Practitioner and Peer Auditor

Conducted health risk assessments in Medicare recipients' homes, to assess members' post-hospitalization and well care, maintained current with Advance Health training, maintained working equipment and supplies and completed documentation within 24 hours of visit completion. Travel territory was inclusive of Davidson, Wilson, Sumner, and Cheatham County.

Audited Health Risk assessments performed and submitted by peer nurse practitioners for completeness and congruence.

Jan 2014/Aug 2014 State of Tennessee, Board of Nursing Nashville, Tennessee
Public Health Nurse Consultant 2

Provided consultation and served as the primary resource for nursing on behalf of the Department of Health Board of Nursing to individuals and groups seeking information related to the regulation of nursing education, licensure, practice, discipline, and continued competency.

Conducted initial, routine, and as-needed site visits for new and existing nursing programs.

Monitored NCLEX examination statistics and provided reports to the nursing program and Board.

Prepared the summary of annual nursing education reports. Review nursing refresher courses for approval and provide consultation on the design of individualized refresher courses.

Developed, reviewed, revised, and implemented rules, regulations, policies, and procedures as they relate to nursing and nursing education. Provided advice and consultation within and outside of the Department of Health, Board of Nursing. Aided the Board of Nursing, and the Board of Nursing Education Committee by performing related activities, prepared, developed, and presented educational materials for public group media and other interested people. Responded to telephone, written, and electronic correspondence regarding nursing education and nursing practice. Directed public inquiries to related Nursing practice statutes, rules, and policies. Kept abreast of state and national trends with potential impact on nursing education and practice which enhanced the understanding of nursing regulatory issues and assisted in public protection.

August 2012/Jan 2014 CVS/Caremark/Minute Clinic Nashville, TN
Clinic-Lead/Nurse Practitioner

Worked autonomously, conducted physical assessments, performed and interpreted diagnostic tests, diagnosed and treated common conditions, provided screenings, interventions, counseling, and prescribed medications as needed to patients in specified age categories.

Provided accurate assessment, diagnosis, and treatment of common family illnesses for patients over 18 months of age. Ensured patients managed their well-being with vaccinations and patient education. Ensured patient information, visit history, referrals, lab report communication, phone calls, and consultations were carefully and completely documented in the EMR

Performed daily use of a computer, software programs (EMR), printer, scanner, and credit/debit card equipment. Developed a close working relationship with the store manager and pharmacist at the clinic location. Performed non-clinical tasks as required (*e.g. reporting, vaccination temperature management, maintaining clinic appearance*). Earned Qualified Delegate Status to precept both Nurse Practitioner students, orient new providers, and lead training and continuing education of current providers.

June 2012/Feb 2013 US Healthworks Nashville, TN, Smyrna, TN & Goodlettsville, TN
Nurse Practitioner

Provided medical treatment of primary care illnesses and injuries as customary to the practice of the supervising physician, services delegated by the supervising physician.

Documented all patient transactions in accordance with company policies and procedures. Write orders and record progress notes which are reviewed and countersigned by the supervising physician. Communicated and worked with medical staff to ensure coordinated efforts for the provision of high-quality medical treatment and client service. Assisted management in identifying, analyzing, and resolving work problems. Evaluated the effectiveness of existing clinical methods and procedures and suggested improvements. Assisted clinical staff in understanding and complying with policies and procedures. Maintained quality assurance for all medical issues and assisted in the solution of any medical problems. Maintained patient confidentiality. Communicated staff suggestions and/or complaints to the Medical Director.

Jan 2012- May 2013 & Jan 2015 – May 2015 Nashville State Community College Nashville, TN
Adjunct Clinical Faculty

Clinical Instructor: clinical resource, practitioner, consultant, and change agent for nursing students. Collaborated with hospital and facility staff for freshman fundamentals class and critical care unit for senior critical care class to provide students with rich experiences in assessment, planning, development, implementation, evaluation, and maintenance of all patients including critically ill patients. Role model for all levels of staff by providing student and patient education and, formulating teaching plans for students and patients, intervening when clinically appropriate. Supported and participated in the application of evidence-based practice, continuing education, clinical competency, and changes in nursing practices and procedures.

May 2006 – Sept 2012 Vanderbilt University Medical Center Nashville, TN
Registered Nurse, II, Critical and Progressive Care

Proactively applies the nursing process to plan and manage the care of post-surgical telemetry patients inclusive of but not limited to cardiothoracic patients and mechanically ventilated patients, including patient and family education and continuum of care planning. Effectively communicates pertinent patient/family information to the health care team. Served as charge nurse during periods of illness or vacation for staff charge nurses. Led shifts in finding solutions for variances in patient goals and ensured the implementation of solutions, and regularly precepted students and new employees, actively participating in their growth as new nurses.

July 2009 – January 2010 Correct Care Solutions Nashville, Tennessee
Registered Nurse

Proactively applied the nursing process to plan and manage the care of inmates requiring health care services, including education and continuum of care planning. Completed medication distribution, intake physicals, sick call visits, routine wound care, and chronic care management. Followed protocols for diagnosis and treatment of common illnesses and complaints. Communicated pertinent patient information to the healthcare team. Participated in finding solutions for variances in patient goals and ensured the implementation of solutions.

Dec. 2004 - May 2006 Heritage Medical Associates, Pediatrics Dept. Nashville, Tennessee
Student Nurse

Responsible for patient registration, scheduling, and discharge. Assisted physicians with professional nursing care, including but not limited to triage assessments, history, telephone triage, routine and seasonal immunizations, and assisting with in-office procedures

Sept. 2004 - Jan.2005 Mark Whitefield, DDS Nashville, Tennessee
Dental Assistant

Patient registration, education, chair-side dental assisting, and discharge.

Sept 1998 - Dec. 2002 Vanderbilt Management Services, Inc. Nashville, Tennessee
Network Education Administrator & Outsource Services Contract Manager

Recruited, negotiated, and contracted with physicians and hospitals in an assigned territory. Led physician education seminars and training utilizing self-created PowerPoint presentations. Facility and physician office site reviews, quality reviews regarding plan administration and relationship building, and tracked provider network compliance with various methods. Wrote, edited, and published quarterly physicians' newsletters and annual manuals. Accomplished ancillary and business-to-business recruiting, negotiations, contracting, and territory maintenance. Monitored

contract compliance and claim overpayment/Coordination of benefits monitoring. Completed analysis of contracts, claims, and member/provider ratios to determine network needs.

August 1996 - Sept. 1998 Vanderbilt Management Services, Inc. Nashville, Tennessee
Member /Provider Representative.

Led physician education and pre-negotiated contracting in an assigned territory. Created presentations for educating physicians and claims troubleshooting. Educated providers and members, as well as verified claims, benefits, and eligibility. Trained new representatives.

July 1994 - Oct. 1995 Delta Dental of Tennessee Nashville, Tennessee
Customer Service Representative

Led physician education and pre-negotiated contracting in an assigned territory. Created presentations for educating physicians and claims troubleshooting. Educated providers and members, as well as verified claims, benefits, and eligibility. Trained new representatives.

Oct. 1995 -Jan. 1996 Metro Nashville Board of Education, Glenclyff High School Tennessee
Science Teacher

Instructed five daily high school biology and physical science classes.

College Service Nashville State Community College Teaching Activities

Course #	Title	Role	Academic Year	Level	# Credits	# Students
Nurs 2350	Critical Care Nursing Clinical	Clinical Instructor/ Adjunct Faculty	2011-2012	4 th semester/ 4 semester program	3	8
Nurs 1250	Fundamental Nursing Clinical	Clinical Instructor/ Adjunct Faculty	2012-2013	1st semester/ 4 semester program	3	6
Nurs 2350	Critical Care Nursing Clinical	Clinical Instructor/ Adjunct Faculty	2012-2013	4 th semester/ 4 semester program	3	8
Nurs 2350	Critical Care Nursing Clinical	Clinical Instructor/ Adjunct Faculty	2014-2015	4 th semester/ 4 semester program	3	8

University Service Grand Canyon University Teaching Activities

Course #	Title	Role	Academic Year	Level	# Credits	# Students
Nur-654	Diverse Applications of Advance Practice Concepts	Adjunct Faculty	2015	Graduate/ Masters	3	18
Nur-654	Diverse Applications of Advance Practice Concepts	Adjunct Faculty	2015	Graduate/ Masters	3	15
Nur-669C	Advance Practice Management of	Adjunct Faculty	2016	Graduate/ Masters	3	9

	Geriatric Issues in Primary Care Clinical					
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University Service	Middle Tennessee State University	Teaching Activities
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Course #	Title	Role	Academic Year	Level	# Credits	# Students
Nurs 6312	Psychiatric Mental Health Diagnosis and Management II and Clinical	Lecturer	2025	Graduate/ Masters	2	6
Nurs 6012	Diversity and Caring for Special Populations	Lecturer	20255	Graduate/ Masters	3	15
Nurs 6213	Family Healthcare Diagnosis and Management Intensive Clinical	Lecturer	2025	Graduate/ Masters	5	4