

CLAIRE TIGLAO DNP, APRN, PMHNP-BC

Professional Summary

- Attentive, compassionate, responsible, sensitive, empathic, competent, and non-judgmental problem-solver
- Possesses broad knowledge and exceptional communication, relationship-building, and critical thinking skills in assessment, diagnosis, evaluation, and treatment of psychiatric disorders across the lifespan in ambulatory care settings, acute care, and community health facilities
- Advocate and support those with chronic and acute psychiatric disorders and to reduce stigma and discrimination in culturally diverse population

Career Objectives

- To employ outstanding quality evidence-based client-centered care among individuals, families, and communities through in-person or telemedicine visits
- To synthesize 18+ years of nursing expertise to enhance healthcare outcomes and client satisfaction

Licensure, Certification, and Honors

- Advanced Practice Registered Nurse - Arizona, active
- Advanced Practice Registered Nurse - California, active
- Advanced Practice Registered Nurse - Florida, active
- Advanced Practice Registered Nurse - Louisiana, active
- Advanced Practice Registered Nurse - Nevada, active
- Advanced Practice Registered Nurse - Texas, active
- American Nurses Credentialing Center - current
- Golden Key International Honor Society
- Sigma Theta Tau International Honor Society of Nursing

Skills

- Executive leadership, ability to make independent decisions and foster teamwork for sustainable innovative care programs to help reach personal health goals
- Preceptor skills to instruct, coach, facilitate, and act as a role model for PMHNP students
- Collaboration helps in leading healthcare team professionals and develop extensive care plans
- Adept in scientific and technological advancement beneficial for healthcare organizational workflows to support patient care

Experience

Psychiatric-Mental Health Nurse Practitioner **1/2020 - Present**
Emerald Coast Behavioral Hospital Outpatient **Panama City, FL**

- Conduct comprehensive assessment, diagnosis, evaluation, planning, and management through pharmacotherapy and psychotherapy among adolescents, adults, inactive and active military, dependents, veterans and LGBTQIA+ members requiring psychiatric medication management, intensive outpatient program, partial hospitalization program, and chemical dependency program on-site by telehealth access
- Prescribe medication for acute and chronic mental illnesses
- Order, perform, and interpret laboratory tests and other diagnostic studies
- Using assessment tools while working with multidisciplinary team to measure healthcare quality and safety
- Clinical supervision and preceptorship
- Coordinate with other specialties for continuity of care

Component Director for Nursing **12/2014 - 1/2020**
Life Management Center **Panama City, FL**

- Supervise nursing staff in Early Psychosis Intervention and Care (EPIC), Medication-Assisted Treatment (MAT) program, and Spravato treatment
- Train psychiatrists and psychiatric-mental health nurse practitioners in navigating electronic health records and telepsychiatry
- Perform genetic testing and urine drug screening
- Submit medication prior authorizations and appeals for medication coverage

Staff RN, BSN **8/2015 - 4/2016**
Emerald Coast Behavioral Hospital **Panama City, FL**

- Assessment and medication administration
- Ensures environmental safety for the staff, patients, and their significant others
- Create individualized nursing care plan

Staff RN, BSN **2/2014 - 6/2014**
Community Health and Rehabilitation Center **Panama City, FL**

- Directs, initiates, and implements care plan in a long-term care environment
- Assist physicians and nurse practitioners during patient examinations and procedures
- Administers medications and patient monitoring

Education

DNP: Doctorate in Nursing Practice Scholar **2/2021**
MSN: Psychiatric-Mental Health Nurse Practitioner **12/2019**
University of South Alabama **Mobile, AL**
Bachelor of Science: Nursing **2005**
Central Luzon Doctor's Hospital **Tarlac City, PH**