

# Valerie P. Jensen, MSN, APRN, FNP-C

## Career Summary

Compassionate and highly skilled Family Nurse Practitioner with advanced experience in interventional pain medicine, spine care, joint and trigger point injections, neuromodulation therapies, and comprehensive medication management. Well-versed in preparing and managing patients through advanced pain procedures, including epidural steroid injections, medial branch blocks, spinal cord stimulators, and peripheral nerve stimulators. Demonstrates a strong background working with oncology patients, ensuring safe and effective pain and medication management. As an entrepreneurial clinician and owner of a primary care and weight-management practice, I provide accessible, patient-centered urgent care and obesity medicine services. I am eager to join your practice and contribute extensive medical knowledge, time management skills, and professionalism.

## Education

- MSN FNP | Chamberlain University (Chicago, IL) – June 25, 2022 – AANP
- BSN | Grand Canyon University (Phoenix, AZ) – April 2015
- RN | Southwestern Community College (Creston, IA) – June 2013
- LPN | Southwestern Community College (Creston, IA) – June 2012
- AAS | Kansas City Kansas Community College (Kansas City, KS) – December 2005 – Associate of Applied Science-Mortuary Science
- BBA | Bellevue University (Bellevue, NE) – March 2004 – Bachelor of Business Administration of Technical Studies
- AAS | Southwestern Community College (Creston, IA) – May 1999 – Associate of Arts and Sciences

## Licensure & Certification

- Arizona license currently in progress, RN compact state
- Certified Nurse Practitioner – Iowa (expires 01/15/2028)
- Iowa Board of Nursing RN (expires 01/15/2028)
- Certified Nurse Practitioner – Minnesota (expires 01/31/2027)
- Minnesota Board of Nursing RN (expires 01/31/2027)
- Iowa Funeral Director (expires 01/15/2027)
- Nebraska Funeral Director (expires 02/01/2025)
- AANP-FNP (expires 08/08/2027)
- DEA MW7589724 (expires 12/31/2028)

- NPI
- BLS

## Professional Skills

- Interventional pain assessment and management, including spine care for lumbar, cervical, and thoracic conditions, as well as management of shoulder, hip, knee, and gluteal tendinopathy/tendinosis Expertise in neuromodulation patient care and education
- Monitoring, filling, and evaluating pain pumps Joint injections and large-joint procedures
- using ultrasound guidance; trigger point
- injections
- Chronic disease management and obesity management with weight loss for both personal health and surgical preparation
- Medication management and development of tapering plans
- Image-guided and procedural support
- Functional and disability assessments
- Multidisciplinary care coordination
- Patient counseling and education
- EMR documentation and compliance with regulatory standards
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## Healthcare Experience

### FamilyNursePractitioner–Pain Medicine

Mayo Clinic Health System – Mankato, MN

November 28, 2022 – July 8, 2025

Provided comprehensive care for patients with acute and chronic spine and musculoskeletal pain conditions. Responsibilities included preparing and managing patients for advanced interventional procedures, such as epidural steroid injections, medial branch blocks, spinal cord stimulator trials and implants, ReActiv8 restorative neurostimulation, and SPRINT Peripheral Nerve Stimulator systems. Assisted in surgical procedures for neuromodulation implants and offered peri-operative education and follow-up. Collaborated with oncology patients for safe and compassionate medication management and symptom control. Developed individualized, multimodal pain treatment plans by integrating procedural, pharmacologic, and functional rehabilitation strategies. Interpreted imaging and diagnostic findings to guide evidence-based care. Worked closely with interdisciplinary teams, including physicians, anesthesia, physical therapy, and behavioral health, to optimize patient outcomes. Maintained accurate and timely documentation in the EMR, supporting quality, safety, and regulatory standards.

### Owner / Family Nurse Practitioner – Primary Care & Weight Management

Boji Wellness, LLC

2023–Current

Founded and operate an independent primary care practice focused on delivering convenient, patient-centered care. Specializing in weight-loss management, lifestyle counseling, and medication-assisted obesity treatment. Provides urgent care services, including evaluation and treatment of common acute illnesses and injuries. Performs comprehensive patient assessments, prescribes medications, and coordinates specialty referrals as required. Also manages business operations, including compliance, scheduling, billing, and patient communication.

Registered Nurse, Emergency Department – Lakes Regional Healthcare

Spirit Lake, IA

May 2021 – October 2022

Registered Nurse, Emergency Department – OneStaff

Hawarden, IA

January 2021 – April 2021

Registered Nurse, Float RN – Bluffton Regional Hospital

Bluffton, IN

May 2019 – October 2020

Registered Nurse, ICU – Advantage RN

Indiana

April 2017 – March 2020

Registered Nurse, Emergency Department – Indiana University Hospital-  
Arnett

Lafayette, IN

January 2017 – January 2018

Registered Nurse, Resource Pool – CHI Health

Council Bluffs, IA

October 2013 – December 2016

## Previous Experience

- Owner, Funeral Director/Embalmer – Jensen Contracting (February 2008 – Present)
- Assistant Hotel General Manager – Red Coach Inn (Red Oak, IA) (February 2008 – January 2012)
- Funeral Director/Embalmer – Westlawn Hillcrest Funeral Home & Crematory (Omaha, NE) (July 2006 – February 2008)

## Professional Affiliations & Memberships

- Board of Directors, My LittlePatient (2015 – 2016) – Traveled to India, Haiti, Ethiopia to provide medical relief to villages
- Iowa Funeral Directors Association (2021 – Current)
- AANP (2021 – Current)

## Additional Skills & Training

- Predictive Index Training