

# THERESA M. PECSEK, MSN, PMHNP-BC

413 N Allumbaugh Street, Ste 101

Boise ID 83713

208-323-1125

## EDUCATION

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<b>MSN</b>	Walden University, Nursing Science Graduated Magna Cum Laude	02/2018 - 08/2020
<b>BSN</b>	Boise State University, Nursing Science Graduated Magna Cum Laude	08/2014 - 05/2016
<b>ASN</b>	College of Western Idaho, Nursing Science Graduated Magna Cum Laude	01/2013 - 05/2014

## LICENSES AND CERTIFICATIONS

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Psychiatric Mental Health Nurse Practitioner - Idaho	01/2021 - Present
Registered Nursing	06/2014 - Present
Drug Enforcement Administration (DEA)- Idaho	07/2021 - 03/2024
Idaho Practitioner Controlled Substance License	07/2021 - 04/2022
Basic Life Support	2010 - Present

## TEACHING EXPERIENCE

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**Carrington College, Boise** 06/2016 to Current  
**Associate Professor, Nursing Department**

- **NUR 158.1 Community and Mental Health Nursing**  
This course comprises theory and clinical components, incorporating the use of therapeutic communication, cultural aspects, socioeconomic concerns, and critical thinking in the nursing care of patients experiencing mental, psychological, and psychiatric disorders. Emphasis is placed on utilizing the nursing process to identify and prioritize the health care needs of patients, prevention and working as a member of an interdisciplinary health care team.
- **NUR 159.1 Nursing Care of Specialized Populations-Lab**  
This course further develops students' ability to use the nursing process, critical thinking, therapeutic communication, and basic nursing skills in caring for clients with increasingly less predictable outcomes or demonstrating a change in health status. Clinical experience is gained in the acute- and non-acute-care and/or community health settings to enhance development of clinical competency in caring for clients. Working collaboratively with other members of interdisciplinary health care teams is emphasized.

- NUR 234 Manager of Care for PN**  
 This course synthesizes previously learned concepts and theories and provides instruction in leadership, critical thinking, legal-ethical issues, managing a group of clients and role transition. Emphasis is placed on the application of knowledge, skills and attitudes needed as a provider of care member within the discipline and manager of care within the scope of nursing practice.
- NUR 222 Transition LPN/RN - Professional Nursing Health Assessment**  
 In this course, licensed practical nurses (LPNs) acquire knowledge, skills, and attitudes to begin the transition to the role of registered nurse (RN). Key concepts include Gordon's Functional Health Patterns to organize health assessment skills, therapeutic communication, values clarification, principles of adult learning, the nursing process, nursing theory, informatics and trends, evidence-based practice, and legal/ethical issues. This course provides further development of the student nurse as a professional provider of care, professional member within the discipline and professional manager of care within the scope of the nursing practice. In the lab, students develop advanced bedside assessment skills and devise nursing care plans for clients with predictable and unpredictable health care needs.
- NUR 208 Nutrition**  
 This course presents nutrients and their relationship to human growth, development, and maintenance. The structures, types, and metabolism of the six basic nutrients are examined. Practical analyses of nutrient information and application of nutritional knowledge are included, as is the role of ethnicity, culture, and age on nutrition. Emphasis is placed on the role of nutritional support for medical abnormalities.

#### RELATED EXPERIENCE

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**Sage Health Care, PLLC – Boise, ID** **01/03/2022-present**  
**Psychiatric Mental Health Nurse Practitioner**  
 Treating patients of all ages who have mental health needs in an outpatient setting.

**Intermountain Hospital-Boise, ID** **07/2014-02/2018**  
**Registered Nurse**  
 As the Charge Nurse, I work with the assigned caseload of patients providing direct care to those patients. I facilitate in meeting their social and emotional needs. Supervise medication administration and evaluating patient progress. I collaborate with interdisciplinary professionals to provide the best possible care for the patients. I am responsible for educating the patients' and their families about the diagnosis and medications.

**Intermountain Hospital-Boise, ID** **03/2011-07/2014**  
**Licensed Practical Nurse**  
 I quickly respond to crises when severe mental health and behavioral issues arose. I Monitor patients prescribed psychotropic medications to assess the medications' effectiveness and side effects. I administered medication to patients presenting serious risk of danger to themselves and others. I helped patients in individual and group therapy sessions.

**PROFESSIONAL AFFILIATIONS/MEMBERSHIP**

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American Nurses Association, 2014-Present

American Nurses Association of Idaho, 2014-Present

American Psychiatric Nurses Association, 2018-Present

American Association of Nurse Practitioners, 2021 -Present