

Donna Hebbeler, FNP, MPH, DrPH

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Professional Objectives

As a Dr. of public health in preventive care, a health educator and a nurse practitioner teaching, consulting, public speaking, conducting research and clinical practice are overarching objectives. Specifically, provide preventive care to women, children, adolescents and families; develop, implement and serve as a consultant for community and individual health programs; design and deliver online classes; implement research projects specific to Alaska health. Provide clinical lifestyle interventions based, upon behavior theory, nutrition analysis, exercise prescription, and body composition assessment and management for all age clients. Write grants and provide health and wellness program planning and evaluation for interested companies or individuals. Assessment and management of osteoporosis, diabetes, obesity, cardiac health, hypertension, dyslipidemia, tobacco cessation and combination of chronic disease for all age groups.

Summary of Experience

- 36 years experience in rural and urban Alaska as a primary care Family Nurse Practitioner, Registered Nurse and Health Educator
- 14 years experience working as a solo practitioner in Alaska village clinics
- 16 years experience working with Native groups planning and implementing community wellness activities
- 25 years experience providing health care to women and children
- 11 years attending Loma Linda University to acquire a master in public health and a doctorate of public health in preventive care.

United States Coast Guard: Sitka Air Station, Sitka, Ak. August 2007 to January 2008

Primary Health Care Provider

9 month trial of job sharing with another nurse practitioner; delivered health care to dependents of enrolled Coast Guard personnel. I did not get to use any of my doctoral education. I did not want to do only primary care since it had been a long time since I practiced this, and lifestyle and prevention are my focus.

Planned Parenthood of Alaska, Sitka, Ak. January 2004 to October 2007

Women's Health Care Provider

- Provide comprehensive contraceptive care for women of all ages
- Perform complete physical exams
- Provide education relating to self-care, STI's, HIV/AIDS
- Provide counseling for contraceptive usage, pregnancy planning, and HIV testing
- Provide education in smoking cessation, contraception, sexually transmitted infections, depression, weight management, nutrition analysis, fitness assessment, exercise prescriptions for client. Assess and manage osteoporosis, obesity, cardiac health, hypertension, dyslipidemia, and tobacco cessation
- Utilize health behavior theory to maximize behavior change and education plans

South East Alaska Regional Health Consortium, Sitka, Ak. January 2003 to present

Family Nurse Practitioner/Health Educator Teen Clinic

- Provide primary care, sports exams for teens residing in Sitka, Alaska
- Provide individual and group education in smoking cessation, contraception, sexually transmitted infections, depression, weight management, nutrition analysis, fitness assessment, exercise prescriptions for clients
- Utilize health behavior theory to maximize behavior change and education plans

Guam Seventh Day Adventist Clinic and Wellness Center, Tumuning, Guam

January 2003 to March 2003

Preventive Care Internship/Family Nurse Practitioner

- Provided comprehensive women's health care
- Preventive care physicals
- Conducted diabetes, lifestyle management, osteoporosis classes
- Assess and manage osteoporosis, obesity, cardiac health, hypertension, dyslipidemia,

National Health Service Corp: Iluliuk Health Center, Unalaska, Ak. 1978-1980

Primary Health Care Provider

- Solo practitioner in isolated Alaskan Native community
- Worked closely with the public health nurse doing immunizations, well baby care, and preschool physicals
- Provided preschool and sports physicals
- Taught CPR courses to the community
- Provided blood pressure and anemia screening to community
- Handled emergency care and evacuation

**National Health Service Corp: Yakutat Health Center, Yakutat, Ak.
1976-1978**

Primary Health Care Provider

- Solo practitioner in isolated Alaskan Native community
- Supervised and participated in patient care with health aides
- Worked closely with the public health nurse doing immunizations, well baby care, and preschool physicals
- Provided preschool and sports physicals
- Taught CPR courses to the community
- Provided blood pressure and anemia screening to community
- Handled emergency care and evacuation

South East Alaska Corporation, Juneau, Ak. 1975-1976

Assistant Health Aide Supervisor

- Provided education and program development for community health aide programs
- Conducted training sessions for community health aides

Education

- Doctor of Public Health, Preventive Care, Loma Linda University, June 2005
- Masters of Public Health, Health Education/Promotion, Loma Linda University 1997
- Family Nurse Practitioner Program, Wichita State University 1975
- Bachelor of Science Nursing, College of Mt. St. Joseph 1969
- Diploma RN program, Seton School of Nursing 1967

**Research/
Dissertation**

- Determination of Intimate Partner Violence: a retrospective study of prenatal records
- Factors That Predict Women’s Use of Contraception, Given Magnitude of Alcohol Consumption

**Professional
Accomplishments**

- March 2005, presented: Creating Harbors of Well being: the Community Wellness Program; Cooperative State Research Education Extension Project Director's Conference, New Orleans, LA
- May 2005, presented: Creating Harbors of Well being: the Community Wellness Program; National Health Education Conference, Minneapolis, MN
- May 2006 presented: Meaningful Activities for Individuals with Alzheimer's; Alzheimer's Disease and Related Disorders Training Course, Ketchikan, AK.
- May 2006 presented: Meaningful Activities for Individuals with Alzheimer's; Alzheimer's Disease and Related Disorders Training Course, Wrangell, AK.
- March 2006, Senior Editorial Board: Natural Standards: The Authority on Integrative Medicine (international research collaboration that aggregates and synthesizes data on complementary and alternative therapies)

Memberships

- September 2006, presented Exercise with Elders: optimizing health
- Alaska Nurse Practitioner Association
- Alaska Public Health Association
- American College of Lifestyle Medicine
- Delta Omega Public Health Honor Society
- National Wellness Institute

Awards/Grants

- Becky Workman Scholarship 1999
- Safe Motherhood Initiative-USA

References

Tammy Green, MPH, CHES Providence Health Systems Anchorage, Alaska 907-743-8426	Jerry Lee, PhD Professor of Health Education and Promotion Loma Linda University Loma Linda, Ca 92354 1-800-422-4558	Leslie Wood, MD Flight Surgeon Coast Guard Air Station Sitka, Alaska 907-966-5537
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