

SHANNON GARRETT

BS, RN, CNN

EDUCATION

Frontier Nursing University
195 School Street
Hyden, KY 41749

Aquinas College
School of Nursing
4210 Harding Pike
Nashville, TN

Aquinas College
Nashville, TN

Amridge University
1200 Taylor Road
Montgomery, AL

Current Curriculum: MSN Women's
Health Care Nurse Practitioner Specialty
(WHCNP) (2018)

Registered Nurse, ASN *magna cum laude*
Dec 2012

Fundamentals of Nursing, Fundamentals of
Nursing Lab, Pharmacology, Parent-Child
Nursing Class / Clinical Rotations
Medical Surgical Nursing I & II
Class / Clinical Rotations
Trends & Technology in Nursing, Mental
Health Nursing Class / Clinical Rotations,
Clinical Decision Making, Medication
Administration/Nursing Math

Prerequisites, Nursing School
Spring 2010 – Fall 2010
Anatomy & Physiology I & II, Introduction
to Sociology, Microbiology, Microbiology
Lab, Ethics, English Comp II
Anatomy & Physiology Lab

B.S. Human Development
December 2009
Counseling Theories & Practice, Theories
of Personality & Motivation, Lifetime
Health & Fitness, Seasons of Life,
Developmental Psychology, General
Psychology, Abnormal Psychology, Ethics,
People, Science and the Environment,
Advanced Mathematics, Principles of
Biology, Music Literature, Miracles and
Parables of Christ

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PROFESSIONAL EXPERIENCE

January 2014 – present

SGW, Inc. dba Holistic Thyroid Care

- Nurse Educator, Nurse-Nutritionist, and Nurse Consultant for women’s health & wellness including lifestyle interventions, tips and strategies for living with autoimmune thyroid disease; Nurse Advocate for Low-dose naltrexone (LDN) by raising awareness for its use in autoimmune disease, specifically Hashimoto’s thyroiditis.
- Website: Blog platform to provide education, resources, recipes, eBooks and to empower women with knowledge, hope, and confidence that remission is possible.
- Facebook page:
<https://www.facebook.com/holisticthyroidcare> has a following of approximately 221,000
- Author of newsletter sent to >15,000 subscribers on a weekly basis
- Author of website:
<https://holisticthyroidcare.com>
- Author of *Hashimoto’s: Finding Joy in the Journey* available on Amazon Kindle

February 1992 – April 2008

Orthopaedic Services of Paducah, Inc. (“OSP”)
Paducah, KY

- President, CEO, Founder
Established company 1992 after having had 10 years of experience in the field of orthotics and prosthetics and as an ABC-Board Certified Consultant.
- Directed operations of a community-focused and referral-based orthopedic patient care facility with accountability for all fiscal, procurement, and marketing activities.

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- Organized community health and wellness events including coordination of client-specific awareness programs such as diabetes mellitus, osteoporosis, scoliosis, trauma prevention, children with special needs, breast cancer, work-hardening and industry safety: ergonomic and foot screening.
- Designed and composed all client educational materials, pamphlets, brochures, assessment forms, and company trade-show booth.
- Maintained client base and professional referral sources through establishing and maintaining positive business community (hospitals, doctors, physical and occupational therapist, pharmacists) relationships.
- Recruited, trained, and led a team of professionals and support personnel ensuring enhanced quality and superior client satisfaction and client outcomes
- Determined facility practice needs and developed policies and procedures to maximize productivity, efficiency, and profitability
- Maintained compliance and acted in accordance with all federal and state regulatory agencies as mandated by the Centers for Medicare Services (CMS), the Office of Inspector General (OIG), the Health Insurance Portability and Accountability Act (HIPAA), and the Occupational Safety and Health Administration (OSHA).
- Routinely audited client medical and billing records to monitor compliance.
- Educated staff on all aspects of insurance billing, ICD-9-CM and HCPCS procedure coding, compliance with Medicare, Medicaid, and third-party payers.

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- Initiated and participated in Medicare Hearing and Appeal proceedings on behalf of clients.
- Negotiated and maintained contracts with suppliers, hospitals, managed care insurance and other third-party payers.
- 2008: Ultimately, after 17 successful years, positioned the company and negotiated a sales transaction with a large corporate buyer (Physio Corp-Physical Therapy and Rehab Services Inc., Exton, PA) to pursue other interests.

CLINICAL EXPERIENCE / CLINICAL ROTATIONS

January 2013 – March 2015

Saint Thomas West Hospital
Nashville, TN

- Registered Nurse – Cardiac, Medical-Surgical
 - Nursing Resource Team
 - Skin Prevalence Study Team
 - Physician Educator, Computerized Provider Order Entry (CPOE)
 - Left-Ventricular Assistance Device (L-VAD) Certified RN
 - Physical assessments & screenings, IV care & maintenance, heparin administration, lab values & interpretation, assess & monitor fluid balance, tracheotomy care, ventilator care, wound care, Foley catheter, hemodynamic status
 - General patient education: nutrition, lifestyle, exercise, healthy choices, medication management
 - Cardiac patient education: congestive heart failure, myocardial infarction
 - Critical-thinking, therapeutic communication
- 2015: After having enjoyed my time in the clinical setting establishing solid clinical skills as a foundation, I elected to pursue ways to apply my skills in the field of functional and

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integrative medicine to support women who struggle with autoimmune disease.

January 2013 – May 2013

Saint Thomas West Hospital
Nashville, TN

- Nurse Residency
Preceptor: Kimberly Story, MSN, RN, FCN
Medical-Surgical Rotation Program:
Orthopedic, Neurology, Pulmonary, Cardiac,
Special Care ICU, Psychiatric Mental Health

January 2012 – December 2012

Aquinas College School of Nursing
Clinical Rotations

- Vanderbilt Children's Hospital
Pediatric & adolescent inpatient clinical rotation
- Sumner Regional Medical Center
Adult psychiatric inpatient clinical rotation
- St. Thomas Midtown Hospital
Obstetrics/Gynecology, Labor & Delivery
NICU, and mother/baby care inpatient clinical rotation
- St. Thomas West Hospital
Adult inpatient oncology, pulmonary,
cardiology, neurology, special care ICU,
nephrology, endocrinology clinical rotation
- Harris Hillman School for Children with Special
Needs; outpatient clinical rotation

PROFESSIONAL DEVELOPMENT / CONTINUED EDUCATION

May-June 2018

Solving the Puzzle of Autoimmunity:
The Interplay of Gut, Genes, & Environment
The Institute for Functional Medicine, 17.75 CEUs
Concurrent Sessions:
-Autoimmune Thyroiditis
-Preventing, Recognizing, Managing Autoimmune
Flares

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- Natural Immunomodulators in the Treatment of Autoimmune Disease
- An Ounce of Prevention is Worth a Pound of Protocols: Identifying the Prodromal Period of the Autoimmune Cascade
- Low Dose Naltrexone and Autoimmune Disease
- Applying Functional Medicine to the Puzzle of Autoimmunity
- The Mosaic of Autoimmunity
- The Promise of Behavioral Interventions in Autoimmune Disease
- Fasting: Fasting Mimicking Diets & Autoimmune Disease
- Helminth Therapy: The Hope of Science & Data from Reality
- The Role of Environmental Triggers in Autoimmunity
- Food Proteins, Oral Tolerance, & Autoimmune Disease
- Celiac and non-Celiac Gluten Sensitivity
- Viral Etiology & Autoimmunity: An Exploration into Herpes Virus Association with Autoimmune Disease
- Hashimoto's Thyroiditis: Clinical Approach
- Autoimmunity & Environmental Toxicants
- Autoimmunity & The Role of Food
- Triggers for Hashimoto's Thyroiditis

May 2018

The Hormonal Axis
Dr. Cheryl Burdette

May 2018

Holistic & Integrative Health, Foundations 2
Allegra Learning Solutions

April 2018

Holistic & Integrative Health, Foundations 1
Allegra Learning Solutions

October, 2017

Complementary and Integrative Health
Allegra Learning Solutions

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October 2017	Correcting a Hypometabolic State: Mitochondria and Thyroid Dr. Daniel Kalish
September 2017	The Microbiome in Autoimmunity: Dr. Cheryl Burdette
July 2017	American Association of Drugless Practitioners Commission on Certification
March 2017	Natural Products: Nutraceuticals, Probiotics, Herbs, and Botanicals
November 2016	Stress Reduction Techniques and Therapies Allegra Learning Solutions
July 2016	Microbiome & Methylation: Drs. Judith Lukaszuk and Bernarda Zenker
January 2016	Holistic Stress Management Allegra Learning Solutions
December 2015	Hashimoto's Practitioner Training The Hashimoto's Institute
August 2015	Health Effects of Different Toxin Types The Health Science Academy
May 2015	Detoxification Strategies for Whole Body Renewal Lea Russell, MBA, RDN, LDN
April 2015	Thyroid Disorders: Research Update & New Clinical Pearls Dr. Nikolas Hedberg
September 2014	Clinical Aromatherapy for Healthcare Professionals The Buckle Institute
September 2014	A Functional Medicine Approach to Autoimmune Disease Dr. Michael Jurgelewicz
August 2014	Food, Nutrition, Health, and Healthy Aging Allegra Learning Solutions

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July 2014	Nutrition for the Nursing Professional/Nurse Coach International Council of Nurses Honor Society of Nursing, Sigma Theta Tau Int'l
June 2014	Holistic Lifestyle & Wellness Coaching for Nurses American Holistic Nurses Association
January 2014	Coaching in Nursing International Council of Nurses Honor Society of Nursing, Sigma Theta Tau Int'l
November 2013	Mastering Lab Interpretation & the Implications for Patient Care PESI Healthcare
October 2013	International Council of Nurses – Honor Society of Nursing; Sigma Theta Tau International Coaching in Nursing
October 2013	Diversity in the Workplace Cerebrovascular Accident Acute Coronary Symptoms Advanced Arrhythmias St. Thomas West Hospital
April 2013	American Holistic Nurses Association Integrative & Holistic Nursing Conference Scripps Health: San Diego

PROFESSIONAL MEMBERSHIPS

Institute for Functional Medicine
American Anti-Aging Academy
American Association of Drugless Practitioners
The Endocrine Nurses Society
National Nurses Business Association
American Holistic Nurses Association
Tennessee Nurses Association

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Nutritional Therapy Association

Association for Nursing Professional Development

Nurse Nutrition Certification Board

Academy of Medical-Surgical Nurses

National Association of Nutrition Professionals

Alliance of Psychosocial Nursing

National Association of Professional Women

Femprofessionals – Nashville Chapter

National League for Nursing

Alliance for Women in Media

Association for Community Health Nursing Educators

COMMUNITY SERVICE & OUTREACH

- St. Thomas West Hospital, Nashville, TN
Patient and Family Advisory Council
- St. George's Church
Committee Leader, Community Outreach Health Fair
Organizer, Community Outreach Breast Cancer Awareness Luncheon
- **Organizer & Thought-Leader, Pathways to Healthy Feet**
Submitted a grant to Sisters of Mercy/Lourdes Hospital requesting funds to provide community outreach clinics for the indigent patient community with diabetes for foot screenings and education on prevention of amputation, and to provide shoes for those at risk. Monthly clinics were conducted in rural housing authority courts and churches in low-income communities for one year and included a team

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of volunteers (nurses, podiatrists, orthotists, prosthetists, and social workers).

This program gained attention from the national media and is now the model for similar community health outreach events nationwide.

- St. Luke's Community House Adopt-A-Senior program
- Pedal for Paws
- Ride for Reading
- Fannie Battle Day Home for Children

LICENSURE AND CERTIFICATIONS

February 2013 – 2018

Registered Nurse, Multi State
Tennessee Board of Nursing
#0000191635

December 2012 – 2018

BLS for HealthCare Providers Certification
CPR, AED American Heart Association
St. Thomas Health Services
#TN000464

July 2017

American Association of Drugless
Practitioners Commission on Certification
#205513707

October 2015

Detox Specialist
Diploma
The Health Sciences Academy

July 2015

Certified Nurse-Nutritionist
Nurse Nutritionist Certification Board
CNN #1155

January 2014

Certified Holistic Life Coach
Spencer Institute

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PROFESSIONAL (OTHER)

May 2016 – present

Nurse Educator (volunteer)
Low Dose Naltrexone
LDN Research Trust-England

January 2015 – present

Advisory Board Member
HeyHashi.org / HashimotosAwareness.org