

Christine Knighton

APRN, FNP-BC

A graphic of a yellow stethoscope with a red heart icon, positioned to the right of the name.

Committed to Compassionate Care and Excellence in Nursing

Table of Contents

- Cover Letter
- Role Alignment and Goals
- Project Management & Global Initiatives
- Recommendation Letter
- Resume

Cover Letter

Dear Markisha,

I am writing to express my enthusiastic interest in the nurse practitioner role at Baylor Teen Health Clinic. With over 11 years of nursing experience, I am deeply passionate about providing quality health services to young individuals, especially those from underserved communities. My personal experiences growing up in an inner-city environment have fueled my commitment to making a positive impact in the lives of adolescents and young women.

Throughout my career, I have gained a comprehensive background in managing diverse health needs across various settings, including inpatient, home health, rehabilitation, and outpatient care. As both a registered nurse and a family nurse practitioner, I have developed strong clinical skills and a profound understanding of the unique challenges faced by pediatric and adolescent patients.

In my role as a pediatric clinical educator, I have had the opportunity to mentor undergraduate registered nursing students in delivering effective care tailored to the needs of young patients. My experience extends to women's health, where I have successfully addressed a wide range of diagnoses, including:

- Sexually transmitted diseases
- Bacterial vaginosis and vaginal yeast infections
- Urinary tract infections, urethritis, and pyelonephritis
- Genital rashes and lesions
- Folliculitis and contact dermatitis in the vaginal region
- HPV vaccination and sexual health education

This experience aligns perfectly with the focus of Baylor Teen Health Clinic on adolescent and young women's health. I am dedicated to promoting health education and prevention strategies that empower young women to take charge of their health.

I am particularly drawn to the mission of Baylor Teen Health Clinic to provide accessible and compassionate care to adolescents and young women. I believe my background in diverse clinical settings, combined with my passion for empowering young people, makes me a strong candidate for this role. I am eager to contribute my skills in a collaborative environment that prioritizes the health and well-being of its patients.

Thank you for considering my application. I look forward to the opportunity to discuss how my experience and passion align with the goals of Baylor Teen Health Clinic.

Warmest regards,

Christine Knighton, FNP-C

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APRN, FNP-BC

Role Alignment and Goals

Goal 1: Establish a Cardiology Nurse Practitioner Fellowship Program

My aspiration for the APP Fellowship & Professional Development role is to cultivate a dynamic learning environment that empowers Advanced Practice Providers to excel through comprehensive training, collaborative practice, and ongoing professional growth

Increase Accessibility

Ensure young women can easily access reproductive health services, including contraceptive counseling, STI testing, .

Patient Education

Develop educational programs that inform teens about reproductive health, consent, and healthy relationships.

Collaborative Curriculum Development

Create a structured program covering clinical skills, leadership, evidence-based practice, specialty-specific knowledge, and collaborating with specialist

Rotations

Arrange diverse clinical experiences in hospitals, clinics, and specialty practices with experienced preceptors.

Mentorship

Pair fellows with mentors to provide guidance and support throughout the program.

Resources

Provide access to educational materials and professional development opportunities.

Evaluation

Implement a feedback system to monitor progress and program effectiveness.

Promotion

Advertise the fellowship to attract qualified candidates and secure funding support.

Adaptation

Continuously update the program based on feedback and healthcare advancements to maintain relevance and effectiveness.

Goal 2: Personal and Professional Development



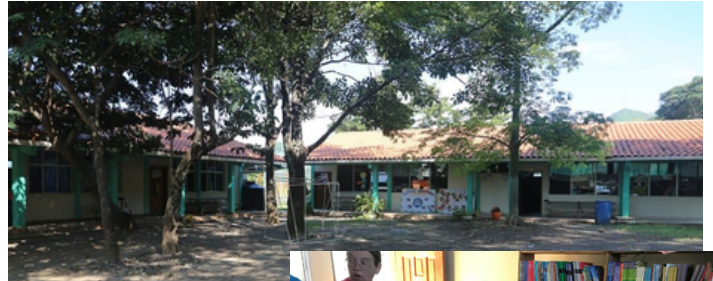
- **Achieving the ANCC Nursing Professional Development board certification.**
- **Attending the 2024 ANCC Nursing Continuing Professional Development (NCPD) Summit**

Global Leadership and Project Management

Global & Education Initiatives

International Education Development and Teaching Experience

I had the enriching opportunity to serve with Shoulder to Shoulder in Camasca, Honduras at Good Shepherd Bilingual School. Working alongside educators, our focus was on delivering a quality education to students in a rural and economically disadvantaged area. My role included assisting with reading and science education, demonstrating adaptability in overcoming language barriers, limited resources, and cultural differences. Good Shepherd Bilingual School plays a crucial role in preparing children for successful careers and fostering hope for breaking the cycle of poverty within the community



Clinical Instruction and Student Empowerment

As an undergraduate nursing clinical instructor, I empowered students through facilitation of learning, leveraging strong soft skills to guide them in applying theoretical knowledge to real-world clinical settings. I ensured their comprehension of nursing principles and ethical considerations, supervised and mentored during clinical rotations, and provided constructive feedback on critical thinking, decision-making, and professional growth. I assessed clinical competencies, documented progress, and identified areas for improvement to enhance overall performance evaluations. Serving as an educational resource, I clarified concepts, answered questions, and provided supplementary materials to deepen their understanding of patient care and nursing interventions. I promoted interprofessional collaboration, emphasizing teamwork and effective communication among students and healthcare professionals. In my role as a career advisor, I offered guidance on career paths, continuing education opportunities, and professional development resources, assisting students in planning for their future nursing roles.



Project Management and Leadership Experience:

Leadership in Covid-19 Testing Initiative with NCAA Football Teams



Assumed a leadership role in a collaborative project between Companies Urgent Care for Kids and NCAA football teams during the Covid-19 pandemic. Managed a dynamic schedule, traveling weekly to various cities including teams from colleges such as Kansas University, University of Memphis, Temple University, and University of Cincinnati to deliver essential Covid-19 resources and conduct testing for college football players. Thriving in a team-centric environment, I utilized strong soft skills to coordinate closely with coaches and football directors, ensuring optimal efficiency, organization, and program integrity throughout the implementation of Covid-19 testing protocols for hundreds of staff and players before their weekly games. By nurturing strong relationships with team leaders, I effectively upheld the esteemed reputation of Companies Urgent Care for Kids.

Leadership at Houston Methodist

- Served patients across multiple regions of Houston Methodist as an Advanced Practice Provider in the Same Day Department
- Worked as a Nurse Practitioner in outpatient clinics in Baytown, Woodlands, Clearlake, Bellaire, Westbrook, Katy, and helped establish a new location at the Pearland Comprehensive Care Center
- Collaborates with physicians, Advanced Practice Providers (APPs), administrative team members, and other medical staff
- Built clinical systems and processes for the clinic to ensure smooth medical service delivery
- Developed and trained a team to uphold high standards of patient care
- Enhanced leadership, teamwork, and organizational management skills through collaborative efforts
- Contributed to the reputation and integrity of Houston Methodist within the medical community



Recommendation Letter

Patricia Dark, MSN, APRN, FNP-BC
Texas Children's Hospital
17600 I-45 South The Woodlands, Texas 77384 | 936-267-5100 | prdark@texaschildrens.org

Human Resources
Houston Methodist Hospital – Texas Medical Center
6565 Fannin Street
Houston, Texas 77030
713-790-3311

Friday June 21, 2024

Dear Hiring Committee,

I am writing to enthusiastically recommend Christine Knighton for the Advanced Practice Provider Fellowship and Professional Developer position within your organization. As a Family Nurse Practitioner with whom I have had the pleasure of working closely, Christine has consistently demonstrated exceptional clinical expertise, leadership qualities, and a passion for advancing healthcare practices.

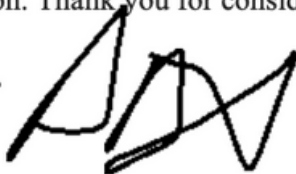
During her tenure at Urgent Care for Kids, Christine served as a dedicated provider, where she not only excelled in clinical settings but also distinguished herself through her commitment to the development and implementation of novel healthcare programs that brought primary care and health screenings directly to pediatric patients. Her role extended beyond routine clinic duties to include being a part of an innovative rural sports physical program and conducting physicals for NCAA teams. These experiences underscore her versatility in clinical environments and her ability to adapt to diverse patient populations and settings.

Christine possesses a unique blend of independence and teamwork skills, essential for the role of creating and developing fellowship programs for NPs across various specialties. Her capacity to critically analyze complex situations and apply evidence-based practices has been pivotal in delivering high-quality care and fostering collaborative environments. Her assertiveness and effective communication skills were particularly evident in her interactions with NCAA teams, where she successfully collaborated with leaders to ensure compliance with rigorous health standards. Moreover, Christine's proactive approach to professional development and her dedication to advancing nursing education make her exceptionally well-suited for the responsibilities of designing curricula tailored to each medical specialty. She has consistently demonstrated an in-depth understanding of the latest advancements in healthcare and a commitment to integrating these insights into educational frameworks.

Ms. Knighton is a highly qualified candidate whose clinical acumen, leadership abilities, and passion for advancing healthcare education make her an ideal fit for the Advanced Practice Provider Fellowship and Professional Developer position. I am confident that her contributions will significantly enhance Methodist's mission to provide exceptional care and foster the growth of future nurse practitioners.

Please feel free to contact me at 302-747-6080 or prdark@texaschildrens.org if you require any further information. Thank you for considering Christine's application.

Sincerely,

A handwritten signature in black ink, appearing to read 'Patricia Dark', with a stylized, overlapping loop structure.

Patricia Dark, MSN, APRN, FNP-BC
Advanced Practice Provider Education Lead – Emergency Department
Texas Children's Hospital – The Woodlands

Resume

Christine Knighton

Houston, TX • (405) 208-1719 • cknighton9@gmail.com

EDUCATION Simmons University • Boston, MA
Master of Science in Nursing Sigma Theta Tau International Nursing Honor Society

May 2018

Southwestern Oklahoma State University • Weatherford, OK
Bachelor of Science in Nursing

May 2013

PROFESSIONAL SUMMARY

Experienced Family Nurse Practitioner adept at managing both adult and pediatric patients with acute and chronic conditions across various settings including inpatient, outpatient, home health, palliative rehab sub-acute facilities, school medicine, and telehealth. With 11 years of nursing experience, I have excelled in diverse roles as a nurse practitioner, nursing clinical educator, and registered nurse. Skilled in training and educating nurse practitioners, undergraduate nursing students, and medical assistants and have demonstrated ability to streamline workflows, enhance patient care, and improve healthcare outcomes. I prioritize patient-centered care as the cornerstone of my practice, consistently striving to tailor treatments and experiences to meet each individual's unique needs and preferences.

Project Management Highly experienced in assessing actual needs and expectations of patients while effectively achieving patient outcomes and supporting organizational goals. For example, collaborated on opening Pearland satellite location of primary care same day clinic, and worked diligently to establish systems, build a strong team, and provide ongoing educating and training to ensure smooth operation of our medical care and services. These efforts have not only contributed to the well-being of our patients but have also upheld the reputation and integrity of Houston Methodist within the community.

Leadership A calm, dependable professional who devotes every effort to successfully manage teams with respect and integrity. Possess ability to achieve best results while dealing with challenges such as tight deadlines and on the go changes. Possesses a proven ability to anticipate unique requirements or potential roadblocks in all situations by constantly seeking innovative ways to solve or overcome complex problems.

PROFESSIONAL EXPERIENCE

Family Nurse Practitioner

October 2021 - Present

Houston Methodist Primary Care Same Day Clinic • Houston, TX

- Works as provider in outpatient clinic setting to assess, diagnose, and treat a wide range of acute and chronic illnesses for pediatric and adult patients.
- Provides medical care and education to patients in multiple regions within Houston Methodist including Woodlands, Bellaire, Willowbrooke, Clearlake, Katy, and Pearland.
- Collaborated on opening Pearland location for PCG Same Day Clinic within the comprehensive care center.

Family Nurse Practitioner

Virtual Care for Families and Urgent Care for Kids • Houston, TX

September 2020- October 2021

- Worked as the provider for approximately 50 + patients per day in a fast-paced outpatient urgent care clinic setting to assess, diagnose, and treat a wide range of acute and chronic illnesses for pediatric and adults patients.
- Provided telemedicine services for adult and pediatric patients, performed sports physicals, interpreted laboratory data, performed wound care, administered oxygen and nebulizer breathing treatments.
- Provided thorough patient education and documented in electronic health records.

Family Nurse Practitioner

August 2019-August 2020

RediClinic (Clinic Closed) Houston, TX

- Worked as the provider for approximately 40 + patients per day in a fast-paced outpatient clinic setting to assess, diagnose, and treat a wide range of acute and chronic illnesses for pediatric and adult patients.

Christine Knighton

Houston, TX • (405) 208-1719 • cknighton9@gmail.com

- Provided telemedicine services, performed sports physicals, provided health and wellness coaching, provided travel and vaccination counseling, interpreted laboratory data, performed wound care, administered nebulized breathing treatments, performed tuberculosis testing, and cerumen removal.

Family Nurse Practitioner

November 2018-June 2019

Little Spurs Pediatric Urgent Care (Clinic Closed) • Houston, TX

- Worked as the provider in a fast-paced urgent care clinic setting to assess, diagnose, and treat a wide range of acute illnesses and chronic illnesses for pediatric patients within the ages of newborns – 18 years.
- Read radiology film, performed sports physicals, applied orthopedic splints, minor laceration repairs, obtained histories, performed physical exams, analyzed laboratory data, performed wound care.

Undergraduate Nursing Clinical Instructor

November 2018-May 2021

Chamberlain School of Nursing • Houston, TX

- Educated and provided professional development for undergraduate registered nursing students
- Provided clinical supervision, evaluated student performance, and delivered constructive feedback.
- Demonstrated flexibility in adapting to evolving situations, meeting deadlines, and delivering presentations.
- Developed and executed educational activities for students.
- Integrated research and evidence-based practice into student education.

Registered Nurse

September 2017-June 2020

Epic Health Services, Complex Care Unit • Houston, TX

- Provide complex medical care to pediatric patients with severe health conditions and functional limitations.
- Responsible for total care of pediatric patients with colostomy bags, jejunal tubes, gastric tubes, enteral nutrition, tracheostomies, oxygen, and ventilators. Provided palliative care for children with severe health illnesses.

Registered Nurse

January 2017-September 2017

East Houston Regional Hospital, Medical-Surgical/Telemetry(Hospital closed)• Houston, TX

- Provided comprehensive care to high acuity adult patients with chronic and acute diseases.
- Performed extensive number of skills including advanced life support, physical assessments, wound care, pain management, enteral nutrition, gastric tube management, wound care, and oxygen management.

Registered Nurse

May 2015–September 2016

OU Children's Hospital - Pediatric Medical Surgical Unit and Emergency Department

- Managed acute and chronic diseases for pediatric patients ages 0 to 18 years.
- Demonstrated ability to manage critical situations and responded to changing patient conditions.
- Performed physical assessments, advanced life support, wound care, medication administration, ostomies, and management of ventilators, tracheostomies, and oxygen.

Registered Nurse

June 2012–January 2015

The Children's Center - Complex Care Unit

- Provided sub-acute medical care and focused inpatient rehabilitation to infants, children, and adolescents with severe health conditions and significant functional limitations. Provided palliative care for pediatric patients.
- Performed physical assessments, advanced life support, wound care, medication administration, ostomies, and management of ventilators, tracheostomies, and oxygen

EDUCATIONAL OUTREACH

Shoulder to Shoulder Bilingual Educational Outreach in Camasca, Intibuca, Honduras

August 2018

- Taught reading and science to elementary students in rural Camasca, Honduras, demonstrating adaptability to their culture and overcoming obstacles such as language barriers, limited resources, and cultural differences.