

KATHERINE HAMMER, MSN, AGNP-C

ADULT-GERONTOLOGY NURSE PRACTITIONER | ENDOCRINOLOGY | OBESITY & METABOLIC HEALTH

Email: me@khammeraprn.com • Florida

ENDOCRINOLOGY	TYPE 1 & TYPE 2 DIABETES	GLP-1 THERAPY	MEDICAL WEIGHT MANAGEMENT	HORMONE MANAGEMENT
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PROFESSIONAL PROFILE

Board-certified Adult-Gerontology Nurse Practitioner providing both virtual and in-person endocrine care, with experience in Type 1 and Type 2 diabetes, obesity and medical weight management, GLP-1 therapy, insulin pump management, CGM interpretation, thyroid disease, osteoporosis, PCOS, hormone management/HRT, and obesity-related comorbidities including obstructive sleep apnea. Empathetic, thorough, detail-oriented, and highly tech-savvy, with a strong virtual/website presence and a consistent focus on individualized, evidence-based care, patient engagement, and measurable outcomes.

Credentials: AANPCB Adult-Gerontology Primary Care NP | RN Multistate Compact | DEA Registration — FL

Endocrine & Metabolic: Type 1 & Type 2 Diabetes | GLP-1 / Medical Weight Management | Insulin Pumps | CGM | PCOS | Thyroid | Osteoporosis | Hormone Management/HRT

Virtual Care & Technology: Virtual & In-Person Care | Strong Website Presence | Electronic Prescribing | Extensive Epic & Major EMR Systems

APRN CLINICAL EXPERIENCE

INTEGRIS HEALTH — ENDOCRINOLOGY

Adult-Gerontology Nurse Practitioner (APRN) | 2025–Present

- Virtual & In-Person Care: Provide comprehensive endocrine and metabolic care through both virtual and in-person encounters, independently assessing patients, developing treatment plans, prescribing medications, ordering and interpreting laboratory testing, and coordinating longitudinal follow-up.
- GLP-1 & Medical Weight Management: Prescribe and manage GLP-1 therapies for diabetes and obesity, including patient selection, initiation, titration, tolerability monitoring, adherence support, lifestyle counseling, and response-to-treatment assessment.
- Type 1 & Type 2 Diabetes / Diabetes Technology: Manage complex diabetes regimens including insulin therapy, insulin pumps (Omnipod, Tandem t:slim X2, and Medtronic MiniMed), and continuous glucose monitoring; interpret pump and CGM data to identify trends and guide individualized adjustments.
- Endocrine, PCOS & Hormone Care: Evaluate and manage thyroid disease, osteoporosis/metabolic bone health, PCOS, and hormonal concerns including hormone replacement therapy, interpreting symptoms, laboratory findings, safety considerations, treatment response, and patient goals.
- Obesity-Related Comorbidities: Assess common metabolic and weight-related comorbidities, including obstructive sleep apnea, and coordinate additional testing, counseling, specialty referral, or treatment follow-up as clinically appropriate.
- Documentation, Technology & Collaboration: Maintain meticulous documentation, medication reconciliation, lab and refill follow-up, and portal communication; leverage extensive EMR systems, telehealth platforms, e-prescribing, and remote patient data while collaborating with multidisciplinary care teams.

REGISTERED NURSE EXPERIENCE

PHYSICIANS REGIONAL MEDICAL CENTER — POST-ANESTHESIA CARE UNIT (PACU)

Registered Nurse | April 2022–April 2025

- **High-Acuity Post-Anesthesia Care:** Provided post-anesthesia and post-operative care in a fast-paced PACU, performing detailed airway, respiratory, hemodynamic, neurologic, pain, and surgical-site assessments and responding rapidly to complications or changes in condition.
- **Medication Safety & Transitions:** Administered and monitored medications, evaluated therapeutic response and adverse effects, educated patients and caregivers, and coordinated safe handoffs and discharge transitions with anesthesia, surgical, and nursing teams.

LEGACY EMANUEL MEDICAL CENTER — TRAUMA / STEP-DOWN

Registered Nurse | November 2021–April 2022

- **Trauma & Step-Down Nursing:** Managed high-acuity trauma and step-down patients requiring frequent assessment, complex medication management, close physiologic monitoring, prioritization of multiple comorbidities, and timely escalation as clinical status changed.
- **Patient & Family Communication:** Provided clear education regarding diagnoses, medications, recovery expectations, warning symptoms, and follow-up while coordinating care across multidisciplinary teams.

FLORIDA CANCER SPECIALISTS — ONCOLOGY / INFUSION NURSING

Registered Nurse | April 2021–November 2021

- **Oncology & Infusion Therapy:** Administered oncology infusion and systemic therapies, monitored closely for infusion reactions and treatment-related adverse effects, and maintained meticulous medication-safety and treatment-protocol standards.
- **Compassionate Education & Support:** Built trusted relationships with patients navigating serious illness through empathy, active listening, detailed treatment education, symptom-management guidance, and coordinated follow-up.

NAPLES COMMUNITY HOSPITAL — ORTHOPEDIC / MEDICAL-SURGICAL NURSING

Registered Nurse | April 2019–April 2021

- **Orthopedic & Medical-Surgical Care:** Provided comprehensive adult nursing care across acute and chronic conditions, including post-operative recovery, pain management, mobility, wound care, medication administration, and recognition of changes in clinical status.
- **Education & Care Coordination:** Supported patients and caregivers with medication, activity, recovery, chronic-disease, safety, and follow-up education while coordinating interdisciplinary care and discharge planning.

EDUCATION & CREDENTIALS

EDUCATION

South University — Master of Science in Nursing, Adult-Gerontology Nurse Practitioner

Florida SouthWestern State College — Associate of Science in Nursing

University of Central Florida — Bachelor of Science, Health Sciences

CERTIFICATIONS & CREDENTIALS

AANPCB — Adult-Gerontology Primary Care Nurse Practitioner

DEA Registration — FL

RN Multistate Compact License

BLS | ACLS | Stroke Certified

APRN Licensure: Florida — Active | Virginia — Active | Texas, New York, New Jersey, Maryland & Colorado — In Process

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