


# Chelsea Gilberti

## Wellness Nurse

Dedicated Wellness Nurse with a year of experience in providing exceptional patient care, health education, and wellness services. Skilled in developing personalized care plans, conducting health assessments, and facilitating health promotion activities. Adept at collaborating with multidisciplinary teams to ensure optimal patient outcomes. Committed to empowering individuals to make informed decisions about their health and well-being.

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WY 82009

### Education

**Bachelor of Science in  
Nursing with a focus  
on Wellness and Health  
Promotion at University of  
Wyoming, Laramie, WY**

Aug 2018 - May 2022

Relevant Coursework:

Foundations of Nursing,  
Anatomy and Physiology,  
Health Assessment,  
Pathophysiology,  
Pharmacology,  
Medical-Surgical Nursing,  
Pediatric Nursing, Obstetrical  
Nursing, Psychiatric Nursing,  
Community Health Nursing,  
Nursing Research, Health  
Promotion and Wellness, and  
Nursing Leadership and  
Management.

### Links

[linkedin.com/in/chelseagilberti](https://www.linkedin.com/in/chelseagilberti)

### Skills

Health Assessment

Nutrition Counseling

Stress Management

Chronic Disease Management

### Employment History

#### Wellness Nurse at Wellness WY Nursing Services, WY

Feb 2023 - Present

- Successfully implemented a holistic wellness program for over 150 patients, resulting in a 25% reduction in hospital readmission rates within six months.
- Coordinated and led a team of 10 healthcare professionals to provide comprehensive wellness services, achieving a 95% patient satisfaction rate.
- Developed and conducted monthly wellness workshops for patients and their families, reaching over 300 attendees and contributing to a 20% increase in overall patient wellbeing.
- Streamlined the patient assessment process, reducing documentation time by 30% and allowing for a 15% increase in patient consultations per day.

#### Assistant Wellness Nurse at Wyoming Wellness Nurses, WY

Jul 2022 - Jan 2023

- Successfully implemented a new patient care plan that improved overall patient satisfaction by 30% within the first year of adoption at Wyoming Wellness Nurses, WY.
- Streamlined staff scheduling and coordination, resulting in a 20% reduction in overtime hours and a 15% increase in overall staff efficiency.
- Led a team of 5 junior nurses in conducting a health education program for over 200 community members, resulting in a 25% increase in preventative care appointments and a 10% decrease in emergency room visits.
- Developed and executed a wellness campaign targeting workplace health, leading to a 35% decrease in employee sick days and saving the organization an estimated \$50,000 in lost productivity costs.

### Certificates

#### Holistic Nurse Certification (HNB-BC)

Feb 2022

#### Certified Wellness Coach (CWC)

Jun 2020