

Curriculum Vitae

Andrea L. Crane DNP-C, MS HNFM

EDUCATION

Institution	Degree	Date	Field of Study
University of Wyoming GPA: 4.0	DNP	Aug, 2023	Family Nurse Practitioner
Metropolitan State University - Denver GPA: 4.0	BSN	May, 2020	Nursing, Accelerated
University of Western States GPA: 4.0	MS	May, 2016	Human Nutrition & Functional Medicine
Metropolitan State University - Denver	BS	May, 2005	Biology (maj); Chemistry (min)

Doctoral Thesis Project: Improving Health Literacy and Health Behaviors Through an Education Intervention: An Improvement Project in Rural Idaho

Master of Science Coursework

- Principles of Functional Medicine
- Evidence-Based Nutrition
- Sports Nutrition and Fitness
- Nutritional Biochemistry
- Gastrointestinal Imbalances
- Oxidative/Reductive Dynamics
- Hypertension and Metabolic Disorders
- Senior Thesis (Final Project): Familial hypocholesterolemia related to clinical depression.
- Autoimmune Disease
- Immune Imbalances and Inflammation
- Cardiovascular and Metabolic Disease
- Detoxification and Biotransformation Pathways
- Hormone and Neurotransmitter Regulation
- Whole Foods Nutrition and Supplementation
- Nutritional Epidemiology and Clinical Research

NP CLINICAL EXPERIENCE

Site	Hours	Dates	Area of Practice
Emmett Family Medicine	650	2022-2023	Family Practice
Caldwell Immediate Care	120	2022	Urgent Care
Pine Bluffs Health Clinic	132	Fall, 2021	Family Practice, Urgent Care

CONTINUING EDUCATION

American College of Nutrition Annual Conference (2017) - Disrupting Cancer: The Role of Personalized Nutrition.

Apex Seminars (2017) - Fundamentals of Functional Blood Chemistry

Institute for Functional Medicine

- Applying Functional Medicine in Clinical Practice Module, 2016

- Immune System Advanced Practice Module, 2017
- Biotransformation Advanced Practice Module, 2017
- GI Advanced Practice Module, 2017

International Association of Functional Neurology and Rehabilitation (2016) - Module II:
The Initial Clinical Survey and How to Identify the Lesion Before the Examination

Holistic Primary Care (2015) - Heal Thy Practice, Transforming Patient Care Conference

LICENSURE/CERTIFICATIONS

2023-present: AANP (Family Practice) - Certified

2023-present: ENPC (Emergency Nursing Pediatric Certification) - Certified

2023-present: TNCC (Trauma Nursing Core Course) - Certified

2022-present: PALS Certified

2021-present: Registered Nurse, Idaho - Active, Multi-State License #69491

2020-2021: Registered Nurse, Colorado - Expired

2020-present: ACLS Certified

2016-present: Licensed Nutritionist, Washington State - Active License #60691738

2016-present: National Provider Identification (NPI) - #1740653104

2015-present: BLS (Healthcare Provider Basic Life Support)

1998-2014: State Credentialed Vocational Instructor

2001-2011: Certified On-Line Instructor - Desire2Learn, Blackboard

1998-2008: Certified Pharmacy Technician, National Pharmacy Technician Certification Board

EMPLOYMENT

East To West Functional Medicine, Meridian, ID

Nurse Practitioner, Family Practice September 2023 - Present

West Valley Medical Center, Caldwell, ID

RN - Emergency Department, April 2022 - July, 2023

Weiser Memorial Hospital, Weiser, ID

RN - Emergency Department, August 2021 - March, 2022

Colorado Plains Medical Center, Fort Morgan, CO

RN - Emergency Department, June 2020 - July 2021

In All Your Ways LLC, Broomfield, CO

Private Practice Clinical Nutritionist/Speaker/Author, April 2016 - July 2021

- Corporate wellness speaker, community events speaker. Author of The Resiliency Series delivered to employees of corporate clients.

- Work with chronically ill patients with complex medical issues. Identify triggering and mediating events via extensive intake process. Develop personalized nutrition, lifestyle and targeted supplementation plan to address symptoms and improve health.
- Author blog articles and content for website, InAllYourWays.com

Naropa University, Boulder, CO

Adjunct Faculty, August 2017 - January 2018

- Taught general nutrition course for undergraduates.
- Developed, wrote, executed complete 15-week curriculum, assignments and assessments.

Flatiron Functional Medicine (Jill Carnahan, MD), Louisville, CO

Functional Nutrition Intern, June 2015 - July 2016

- Counseled patients on implementation of prescribed dietary and supplement regimens. Provided detailed education and rationale for diet and supplementation orders.
- Resource for patients to identify potential drug or drug/supplement interactions and side effects and answer clinical questions regarding nutrition, medications, supplements or general concerns.
- Created unique, nutrition-focused treatment plans to address various health concerns.

Front Range Community College (FRCC), Westminster, CO

Pharmacy Technician Program Director, May 2013 - May 2014

Adjunct Faculty, September 1998 - May 2013

- Course instruction
- Extensive development of on-line and traditional course curricula.
- Developed partnership with Kaiser pharmacies to provide training through FRCC.

Salt & Light Enterprises, LLC, Broomfield, CO

Program Director/Author, February 1999 - June, 2012

- Developed unique product line of educational materials, including the first ever on-line, pharmacy technician training program in the United States.
- Authored several titles for the training and education of pharmacy technicians and allied health professionals as well as numerous continuing education pieces for medical professionals.

Pyxis (AIS Division of Cardinal Health) San Diego, CA

Project Manager, May 2003 - March 2004

Omnicell, Inc., Mountain View, CA

Western Division - Pharmacy Consultant, September 1999 - September 2002

Arapahoe Community College, Denver, CO

Health Sciences Program, Adjunct Faculty, January 2000 - December 2000

Denver Technical College, Denver, CO

Health Sciences Program, Adjunct Faculty Instructor, September 1999 - January 2000

PIMA Medical Institute, Denver, CO

Pharmacy Technician Program, Pharmacy Technician Instructor, September 1997 - September 1999

Clinical Pharmacy Experience - July, 1991 - May, 1999

- King Soopers*, various locations - Pharmacy Technician
- Porter Hospital*, Littleton, CO - Inpatient Pharmacy, Pharmacy Technician
- Foss Drug Store*, Golden, CO - Pharmacy, Pharmacy Technician
- Littleton Community Hospital*, Littleton, CO - Inpatient Pharmacy, Pharmacy Technician
- Caremark Pharmacy*, Littleton, CO - Home Healthcare Pharmacy, Pharmacy Technician
- University Hospital*, Denver, CO - Inpatient/Outpatient, Pharmacy Technician
- Phar-Mor*, Greenwood Village, CO - Pharmacy, Pharmacy Technician
- Boulder Community Hospital*, Boulder, CO - Inpatient/Outpatient, Pharmacy Technician

PUBLICATIONS

Plant vs. Animal Protein Sources. And the winner is... (Crane, 2019) via inallyourways.com

Got Keto? (Crane & Olson, 2019) via inallyourways.com.

The Mighty Microbiome! (Crane, 2019) via inallyourways.com.

Food Sensitivity Testing (Crane, 2018) via inallyourways.com.

Sleep (Crane, 2018) via inallyourways.com.

Be Sure to Get Your Weight Loss Sleep! (Crane, 2017) via inallyourways.com.

A Little Something Sweet... (Crane, 2017) via inallyourways.com.

PROTEIN! (Crane, 2017) via inallyourways.com.

Get Functional! Elimination Diet (Crane, 2017)

Get Functional! What do I eat? (Crane, 2017)

The possible role of familial hypocholesterolemia in chronic depression: A case study.
(Crane, 2016)

Rx Success National Certification Review Manual for the Pharmacy Technician (Ed. 1 through 10) (Crane, 2007) ISBN-13: 978-0972246484.

Rx Success Compounding Techniques and Theory for the Pharmacy Technician (Ed. 1 & 2) (Crane, 2005) ISBN-13: 978-0972246460.

Rx Success Compounding Techniques and Theory Workbook for the Pharmacy Technician (Ed. 1 & 2) (Crane, 2005) ISBN-13: 978-0972246477.

Rx Success Complete Guide to Medical Math for the Health Care Professional (Crane, 2005) ISBN-13: 978-0972246453.

An Overview of Pharmacy Automation (Crane, 2004) 2.0 Contact Hours, ACPE # : 384-000-04-068-H04, Produced for the National Pharmacy Technician Association.

Osteoarthritis and Rheumatoid Arthritis - Explained! (Crane, 2002) – 2.0 Contact Hours, Continuing Education article.

Antibiotic Resistance - Explained! (Crane, 2002) – 2.0 Contact Hours, Continuing Education article.

The Gastrointestinal System - Explained! (Crane, 2002) – 2.0 Contact Hours, Continuing Education article.

An Overview of Emergency Medicine for the Certified Pharmacy Technician (Crane, 2001) – 2.0 Contact Hours, Continuing Education article.

An Immune System Overview and a Discussion of Monoclonal Antibody Therapy (Crane, 2000) – 2.0 Contact Hours, Continuing Education article.

The Structure and Activity of Ribonuclease A Solubilized in Alcohols Via Hydrophobic Ion Pairing (Matsuura, J., Crane, A., Thomas, H., Manning, M., 1996)

TEACHING EXPERIENCE

Naropa University (2017-2018) - Nutrition - Wrote curriculum, lecture materials, assignments and assessments for this undergraduate nutrition course.

Front Range Community College (1998-2014) - Taught/Wrote curriculum for the following courses:

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|----------------------|---------------------------------------------------|
| -Pharmacology I & II | -Calculations for the Healthcare Professional |
| -Pharmacy Law | -Institutional Pharmacy |
| -Community Pharmacy | -Customer Service for the Healthcare Professional |
| -Sterile Compounding | -Law and Ethics for the Healthcare Professional |
| -Medical Terminology | -Microbiology for the Healthcare Professional |

National Pharmacy Technician Certification Exam Preparation Seminar (1999-2007) – King Soopers/City Market (Divisions of the Kroger Corporation), Developed proprietary exam preparation content and supporting textbook for corporate client, led live multi-day seminars to prepare client's technician workforce for national certification testing.

RxTechSchool Online Pharmacy Technician Career Training Program (1999-2007) – Creator of the first-ever, on-line pharmacy technician training school; Personally led all online instruction to students located throughout the United States.

National Pharmacy Technician Certification Exam Preparation Seminar (2004-2006) – Kaiser Permanente Healthcare; Developed proprietary exam preparation content and supporting textbook for corporate client, led live multi-day seminars to prepare client's Colorado technician workforce for certification testing.

PIMA Medical Institute (1997-1999) - Taught/Wrote curriculum for the following courses:

- | | |
|--------------------------------|------------------------|
| -Anatomy and Physiology I & II | -Pharmacology I & II |
| -Pharmacy Law and Ethics | -Pharmacy Calculations |
| -Non-Sterile Compounding | -Sterile Compounding |
| -Fundamentals of Chemistry | -Customer Service |

PRESENTATIONS

Get Functional Series (2019) - Developed and delivered 12 week series on the basics of functional living.

Autoimmune Summit (2018) - Presenter, "The Fallacies of Food Sensitivity Testing"

Pinnacol Assurance Resiliency Series (2017) - Developed content and led year-long, four part health education program for large corporate client:

- The Resiliency Series: *Functional Nutrition: Fueling Your Life*;
- The Resiliency Series: *Microbiome - The New(est) Frontier*;
- The Resiliency Series: *Gut-Brain Axis, Emotional Health & Physical Wellness*;
- The Resiliency Series: *Stress - The Biology of Recovery*.

City and County of Broomfield (Colorado) Senior Services Lecture Series (2017-2019) -

Three year pro-bono effort to improve the health of the Broomfield, Colorado senior population. Developed and presented 14 unique functional nutrition seminars:

- Keep Muscle, Keep Brain with Functional Medicine;
- The Biology of Sleep - Through the Lens of Functional Medicine
- Functional Nutrition: Fueling Your Life;
- Stress - The Biology of Recovery;
- The Gut-Brain Axis - Emotional Health & Physical Wellness;
- Inflammation - The Root of the Problem;
- Navigating the Clinical Elimination Diet;
- Carbohydrate - Friend or Foe? (or both?)
- Gluten - Who Cares! Should I Care?;
- Digestion - Making the Most of Your Food;
- Good Bugs for Good Guts;
- The Microbiome - The New(est) Frontier;
- Dietary Fats - Which Go? Which Stay?;
- The Biology of Stress - Through the Lens of Functional Medicine.

Emily Griffiths Technical College (2012) - Strategic Planning Facilitator, led college's Board of Directors through its annual strategic planning effort.

Colorado Pharmacists' Society (2001-2003) - Speaker/CE Presenter

ASSOCIATIONS/MEMBERSHIPS

American Association of Nurse Practitioners

American Academy of Emergency Nurse Practitioners

Emergency Nurses' Association

American Nurses' Association

Sigma Theta Tau - International Honor Society of Nursing

American College of Nutrition

Natural Athlete Strength Association (Powerlifting Federation) - Previous national record holder, Master's Division, Squat. Current Colorado state record holder, Master's Division, Squat and Deadlift.

RESEARCH

- University of Colorado - School of Pharmacy, Denver, CO - Pharmaceutics Lab. Dr. Mark Manning - protein structure research
- University of Colorado - Molecular, Cellular, Developmental Biology Department, Boulder, CO. Dr. Tami Kano-Sueoka - phospholipid research

HONORS/AWARDS

- 2020 Recipient of Colorado Nurses Foundation: Nightingale Scholarship
- 2019-2020 Recipient of Gwen M. Barber Endowed Scholarship
- 2019-2020 Recipient of MSU's Accelerated Nursing Scholarship
- President's List, academic achievement, 2018-2023 school years
- Selected for competitive, longitudinal clinical placement program at Metropolitan State University, School of Nursing
- Selected as student member of Metropolitan State University's Nursing Curriculum Committee.
- Awarded "Teaching with Technology" grant to research and implement efficient, novel strategies for on-line teaching

COMMUNITY SERVICE

Care House Clinic, Nampa, ID (2024-present) - Volunteer healthcare provider, family practice and urgent care needs for the uninsured.

Between the Gardens (2023-present) - Worship team, providing music for women's ministry, Celebrate Recovery and other events. Keys, cello and vocals.

The Double A Podcast (2023-present) - Work with partner to deliver health and wellness podcast addressing movement, lifestyle, nutrition, information through a functional lens.

Nampa First Church of the Nazarene Bible Church, Nampa, ID (2022-present) - Volunteer musician, keys/vocals.

Adams 5 Star School District (2019) - Assisted with free health screens for high school athletes

Calvary Bible Church, Erie, CO (2018-2021) - Volunteer musician.

Broomfield Health and Human Services, Broomfield, CO (2017-2021) - Quarterly Functional Nutrition lecture series for community members.

Broomfield Senior Center (2015-2021) - Provided monthly lecture series on nutrition and wellness topics.

'AVM' Band (2012-2021) - Provided concerts and music for nursing homes, hospitals, churches and community events.

9Health Fair, Broomfield, CO (2017-2018) - Volunteer Clinical Nutritionist - Addressed community health questions involving nutrition; provided free nutrition screens.

Prison Fellowship, Denver Women's Prison, Denver, CO (2013-2018) - Provided music and teaching to the female prison population.

Natural Grocers (2016-2018) - Community lectures on nutrition and wellness topics.

Confluence Ministries (2012-2016) - Concerts for events and fundraisers. Vocals/Keys

Mercy Music, Denver Metro Area (2010-2014) - "Musicianary" - Provided concerts, speaking and teaching to institutionalized populations living in prison, mental health and hospice facilities. Vocals/Keys/Cello

Church in the City Youth Mentorship Program, Denver, CO (2005-2007) - Served as mentor for at-risk, inner-city youth.