



Tricia Sandstrom, RN

P.O. Box 1524 • Woodinville, WA • 98072

(425) 402-1946 phone

(425) 402-0287 fax

tricia@nurseworksnw.com

Highlights of Qualifications

- ❖ Fifteen years of successful experience managing the care of patients in a variety of settings.
- ❖ Seven years of Nurse Case Management expertise including coordination of multiple health care providers to facilitate placement of injured workers to return to work from medical leaves.
- ❖ Well-versed in Workers Compensation laws.

Employment Experience

2003-current NurseWorks Northwest, Woodinville, WA

Nurse Case Manager

- ❖ Medical evaluation and coordination of services (i.e.: therapy, independent medical examinations, home services, etc.) for injured workers, including medical care monitoring and disability analysis, recommendations and plan development.
- ❖ Monitor and medically manage long term care insurance policy holders.

2002-2003 Crawford & Company, Bellevue, WA

Nurse Case Manager

- ❖ Medical evaluation and coordination of services (i.e.: therapy, independent medical examinations, home services, etc.) for injured workers, including medical care monitoring and disability analysis, recommendations and plan development.
- ❖ Monitor and medically manage long term care insurance policy holders.

1999-2002 The Boeing Company, Seattle, WA

Nurse Case Manager

- ❖ Medical knowledge provided in order to assist company representatives, accommodation placement specialists, and vocational rehabilitation counselors to facilitate employees' early return to work.
- ❖ Knowledge of workers compensation regulations used to provide information to employees regarding their L&I claims and/or company disability benefits and medical leave of absences.
- ❖ Assessed and recommended, with other health care providers, an employee's return to full or modified duty at the earliest, medically appropriate time.
- ❖ Performed job site evaluations to address medically related job placement.

1999-2001 Maxim Healthcare, Seattle, WA

Registered Nurse

- ❖ Staff RN for various hospitals in the greater Seattle area including Northwest Hospital, Group Health Hospital and Valley General Medical Center.

1993-2005 Edie's Etc, Bellevue, WA

Nurse Case Manager

- ❖ Home health nursing case for a 55-year-old male with advanced Lou Gehrig's disease.
- ❖ Managed employees, managed overall patient care coordination including facilitating physician visits and supply/medication orders.

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- 1995-1999 Integrated Health Services of Seattle, Seattle, WA**
Licensed Practical Nurse/Charge Nurse/Weekend Supervisor
- ❖ Supervised RNs, LPNs and CNAs.
- 1992-1993 Mt. Baker Care Center, Bellingham, WA**
Licensed Practical Nurse
- ❖ Medication/Treatment nurse for 25-30 long term-care residents.

Education

- 1990-1992 Bellingham Technical College--Practical Nursing Degree**
- 1995-1996 Bellevue Community College--Associate in Arts and Sciences Degree**
- 1999-2000 University of New York, Regents College--Associate Degree in Nursing**
- 2000-2001 University of Washington--School of Nursing**
- 2004-2005 WA Workers Compensation Professional-- 1-year certification course**

Volunteer

- 1989-1992 **Mt. Baker Care Center--**Assisted the activity department with Nursing Home-resident functions.
- 1994-1995 **ALS Association of the NW--**Co-founder of this non-profit organization to aid those that are stricken with Lou Gehrig's Disease, their families, and caregivers. Monthly support group meetings organized and staffed with a guest speaker (such as a physical/speech/occupational therapist) to give ideas on how to cope with this disease. Over 2500 quarterly newsletters were mailed with various information such as: 1) recipes for processing food for those with swallowing difficulties, 2) range of motion tips to prevent contractures, and 3) tips on how to avoid caregiver "burnout." The organization continues to operate today.
- 2002-present **St. Louise School--** School Nurse Volunteer.
- 2005-present **Team Group Health** (non-profit Women's Cycling Team)--Team Coordinator to promote women's health through cycling.

Membership

- 2003-present **Washington Self-Insurers Association (WSIA)--**Associate Member
- 2004-present **USA Cycling**
- 2004-present **Washington State Bicycle Association (WSBA)**