

***CURRICULUM VITAE  
CASSANDRA WARNER FRIESON, DNP, CRNP  
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**SUMMARY**

Cassandra Warner Frieson is a doctoral prepared advanced practice Family Nurse Practitioner with 20 years of experience and focus on the pathophysiological and clinical aspects of geriatrics and long-term care services. She has a Doctor of Nursing Practice (DNP) degree with specialization in geriatric safety and fall prevention. Dr. Frieson is dedicated to improving patient outcomes by maintaining patient safety, particularly in the area of fall prevention and management. She is a professional speaker and has received international invitations to World Geriatric Conferences in Kaohsiung, Taiwan, Taiyuan, China and Toronto, Canada. She is an author and publisher in the Journal of Gerontology & Geriatric Research. Dr. Frieson is dedicated and committed to her profession, caring for the elderly, and is actively involved in the area of geriatric research.

**EDUCATION**

Doctor of Nursing Practice (DNP) Degree  
University of Alabama in Huntsville  
August 2011

Family Nurse Practitioner (FNP) Certificate  
University of Alabama in Huntsville  
August 1995

Masters of Science Degree Adult Health Nursing  
University of Alabama at Birmingham  
August 1992

Bachelor of Science in Nursing  
University of Alabama at Birmingham  
December 1987  
Alabama State Registered Nurse License

**CERTIFICATIONS**

Tai Chi for Arthritis Instructor/Leader's Course – March 31, 2015 to Present: Sheila Rae,  
Master Tai Chi Instructor/Richard Link Certified Tai Chi Trainer  
American Academy of Nurse Practitioners Certification – Dec 1995 to Present  
American Nurses Credentialing Center (ANCC) – Oct 1995 to Present  
CPR/AED for the Professional Rescuer Certification, August, 2014

## **WORK EXPERIENCE**

### **FOUNDER AND PRESIDENT**

Fall Injury Prevention and Rehabilitation Services LLC  
Birmingham, AL  
October 2014 – Present

### **FAMILY NURSE PRACTITIONER**

Long Term Care Physician Services of AL., Inc.  
Cullman, AL  
August 1996 - Present

### **ADJUNCT FACULTY**

University of Alabama in Huntsville Graduate Program  
Huntsville, AL  
April 1, 2013 – May 31, 2015

### **FAMILY NURSE PRACTITIONER**

Elmore Community Hospital  
Pediatrics/Pediatric infectious Diseases  
Wetumpka Pediatric Clinic  
January 1996 – August 1996

### **FAMILY NURSE PRACTITIONER**

Elmore Community Hospital  
Internal Medicine/General Medicine  
Millbrook Health Center  
January 1996 - August 1996

### **FAMILY NURSE PRACTITIONER**

Elmore Community Hospital  
Internal and Family Medicine  
Elmore Care  
January 1996 - August 1996

### **INSTRUCTIONAL DESIGN SPECIALIST**

University of Alabama at Birmingham  
Birmingham, AL  
March 1993 - January 1996

### **HOSPITAL EDUCATION COORDINATOR**

University of Alabama at Birmingham  
Birmingham, AL  
September 1992 - March 1993

## **STAFF NURSE**

University of Alabama at Birmingham  
Birmingham, AL  
December 1987 - September 1992

## **CLINICAL EXPERIENCE**

Fall Injury Prevention and Rehabilitation Center  
Clinical Manager  
Collaborating Physician – pending  
Birmingham, AL  
June 2015 - Present

Long Term Care Physician Services of AL, Inc.  
Clinical Nurse Practitioner  
Collaborating Physician: John Henry Wagner III, M.D.  
Cullman, AL  
August 1996 – Present

Pediatrics/Pediatric infectious Diseases  
Wetumpka Pediatric Clinic  
Clinical Nurse Practitioner  
Collaborating Physician: Jennie Andresen, M.D.  
Wetumpka, AL.  
January 1996 - August 1996

Internal Medicine/General Medicine  
Millbrook Health Center  
Clinical Nurse Practitioner  
Collaborating Physician: Carlos Estrada, M.D.  
Millbrook, AL  
January 1996 - August 1996

Internal and Family Medicine  
Elmore Care  
Clinical Nurse Practitioner  
Collaborating Physician: M.R. Faisal, M.D.  
Wetumpka, AL.  
January 1996 - August 1996

## **INTERNATIONAL PROFESSIONAL INVITATIONS**

Invitation granted and accepted as Speaker at BIT's 3<sup>rd</sup> Annual World Congress of Geriatrics and Gerontology-2015 to be held during November 26-28, 2015 in Kaohsiung, Taiwan, Theme: "New Action on Aging". Section 3-4: Disability Care and

Long-Term Care. Ms. Julia Liang, Program Coordinator, Organizing Committee of WCGG-2015 BIT Congress Inc.

Invitation granted and accepted as Speaker at the 2<sup>nd</sup> International Conference on Geriatrics & Gerontology (Geriatrics-2015) with the theme “Unlocking the Milestones to An Ageless Era” to be held in Toronto, Canada. August 24-26, 2015. James Parker, Organizing Secretary at OMICS Group International Conferences.

Invitation granted as Speaker at the Gerontology and Geriatrics World Conference and Expo (GGWC-2015). International event that focused on the foremost research in ageing-related issues held from June 26-28, 2015 in Busan, South Korea.

Invitation granted and accepted as Speaker at BIT’s 2<sup>nd</sup> Annual World Congress of Geriatrics and Gerontology (WCGG-2014), Theme: “Create a Happier Life for Silver Generation”, Track 3-2: Falls and Fractures Prevention. Presentation entitled, *Change Theory Fall Model: An Evidence-based Approach to Decrease Fall Rates and Injurious Falls in Long-term Care* in Taiyuan, China. October 2014. Julia Wang, Organizing Commission of WCGG-2014.

Invitation granted and accepted for proposal of Frontiers Research Topic on geriatrics and fall prevention around the theme, “Change Theory Fall Model: An Evidence-based Approach to Decrease Fall Rates and Injurious Falls in Long-term Care”. Invitation for research topic, or focused article collection on a theme that is developed by the community, was granted in May, 2015 based on the above research contribution at the BIT’s 2<sup>nd</sup> Annual World Congress of Geriatrics and Gerontology, Taiyuan, China. Frontiers in Endocrinology is an on-line open access journal.

### **CO-AUTHOR INVITATION**

Invitation as co-author in book entitled, *Living with Heart – Integrative Perspectives on Health* with Dr. Lauren Laurino, Board Certified, Award Winning Naturopath from Union, NJ #1 Amazon Best Selling Author and Dr. Robert Young, widely recognized top research scientist in the world in nutritional microbiology, July 18, 2015.

### **NATIONAL SENIOR CITIZEN ADVOCACY GROUP**

American Association of Retired Persons (AARP) Advocacy Volunteer; Joan E. Carter, State Director; Brent Halverson, State President. Attended Volunteer Advocacy Training in Birmingham, AL, 2011.

Member of AARP’s Capitol Advocacy Team Legislative Patrol, 2012. Met with the Alabama Black Caucus in Montgomery, AL. Coordinator was team leader Johnny McAlpine, president of the Huntsville Chapter and chairman of the Multicultural Action Team. Served on the committee to improve the relationship between the Caucus and AARP on behalf of seniors and shared with state leaders legislative priorities facing older Americans.

## **PROFESSIONAL MEMBERSHIPS/ORGANIZATIONS**

International Nurses Association (INA) – Jan. 19, 2015 to Present  
National Association of Professional Women (NAPW) – Jan. 22, 2015 to Present  
American Association of Nurse Practitioners (AANP) – 1994 to Present  
American Nurses Association (ANA) – 1994 to Present

## **LINKEDIN GROUP MEMBERSHIPS**

Family Nurse Practitioner – Feb 2015 to Present  
American Association of Nurse Practitioners – Feb 2015 to Present  
Global Public Health – June 2015 to Present  
U.S. Government Relations, Lobbying and Public Affairs – June 2015 to Present  
On the Hill – June 2015 to Present  
Executive Suite – June 2015 to Present  
Orthopaedic Physical Therapy – Feb 2015 to Present  
Physical Therapist Network – Feb 2015 to Present  
Canadian Academy of Audiology – Feb 2015 to Present  
Advance for Hearing Practice Management – Feb 2015 to Present  
Audiology Forum UK – Feb 2015 to Present  
Audiology Economics – Feb 2015 to Present  
Hearing Health & Technology Matters (HHTM) – Feb 2015 to Present  
American Academy of Audiology – Feb 2015 to Present

## **PROFESSIONAL HONORS/AWARDS**

### **Editor-in-Chief**

Journal of Perioperative & Critical Intensive Care Nursing  
Nimmi Anna, Managing Editor  
February 19, 2016 to Present

### **Editorial Board**

Journal of Perioperative & Critical Intensive Care Nursing  
Nimmi Anna, Managing Editor  
November 27, 2015 to Present

### **Editorial Board**

Gerontology & Geriatrics: Research  
Corner Nilsen, Editorial Office  
Austin Publishing Group  
November 12, 2015 to Present

### **Topic Editor**

Research Topic: Evidence-based Practices to Reduce Falls and Fall-related Injuries Among Older Adults. Co Editors: Maw Pin Tan, Matthew Lee Smith, & Marcia G Ory.

## **Worldwide Leader Recognition 2015**

International Nurses Association recognition as a top owner, executive director and Family Nurse Practitioner in Birmingham, Alabama. Qualified for inclusion in the 2015 edition of worldwide leaders in healthcare.

## **VIP Woman of the Year 2015**

National Association of Professional Women (NAPW) VIP Woman of the Year 2015. Honored 2015-2016 Inductee into the VIP Woman of the Year Circle for excellence, leadership and commitment to the nursing profession, while encouraging the achievement of Professional Women.

## **Best Practice Finalist**

2011 Alabama Best Practices Conference. Developed fall prevention program for long-term care facility. The facility was chosen as finalist for Alabama's Best Practices by the Alabama Nursing Home Association.

**Most Scientific Poster** on Fall Prevention award at the *Elizabeth A. Morris Clinical Education Sessions* – FACES '12, ASNA in Montgomery, AL., April 17, 2012.

## **Additional Associations/Societies:**

National Association for Female Executives – 1999

Marquis Who's Who among American Women – 1993 to 1994

Alabama Academy of Science – 1993

Toastmasters International – 1992

Alabama Society of Health, Education, and Training – 1992

Sigma Theta Tau Honor Society of Nursing – 1987

Omicron Delta Kappa Honor Society – 1987

University of Alabama at Birmingham Honors Program – 1983 to 1987

## **PRESENTATIONS**

Presented as Speaker at the 2<sup>nd</sup> International Conference on Geriatrics & Gerontology (Geriatrics-2015) with the theme "Unlocking the Milestones to An Ageless Era" in Toronto, Canada. Presentation entitled, *Evidence-based components of an effective fall prevention program for older adults and the elderly*. August 24-26, 2015. James Parker, Organizing Secretary at OMICS Group International Conferences.

Presented oral presentation at the 2014 Alabama Best Practices Conference at the Cahaba Grand Conference Center in Birmingham, AL. Presentation entitled, *Road to Quality Improvement: From alarm-free to falls reduction in long-term care*. LTC Facility chosen as finalist for Alabama's Best Practices by the Alabama Nursing Home Association (ANHA). August 27-28, 2014.

Presented as Speaker at the Alabama State Nurses Association (ASNA's) 100<sup>th</sup> Annual Convention, Mable Lamb Nursing Continuing Education Day at the Renaissance Hotel

& Conference Center in Montgomery, AL. Presentation entitled, *Strategies for Fall Prevention*. October 10, 2013.

Presented as Speaker at ASNA's 100<sup>th</sup> Annual Convention, Mable Lamb Nursing Continuing Education Day at the Renaissance Hotel & Conference Center in Montgomery, AL. Presentation entitled, *End-of-Life Choices – To Live or Let Go*. October 10, 2013.

Presented poster presentation at the *Elizabeth A. Morris Clinical Education Sessions – FACES '12*, ASNA in Montgomery, AL. Presentation entitled, *Implementation of Best Practices for Fall Prevention and Management in Long-term Care*. April 17, 2012.

Presented oral presentation at the 2011 Alabama Best Practices Conference at the Cahaba Grand Conference Center in Birmingham, AL. Presentation entitled, *Preventing Resident Falls*. Pilot facility for falls prevention program was chosen as finalist for Alabama's Best Practices by the ANHA. August 2011.

Presented as Speaker at the Doctor of Nursing Practice (DNP) Intensive at The University of Alabama in Tuscaloosa Doctoral Program, Capstone College of Nursing in Tuscaloosa, AL. Scholarly Project presentation entitled, *Implementation of Best Practices for Fall Prevention and Management in Long-term Care*. April 14, 2011.

Presented as Speaker for initial Phase of Scholarly Project at the DNP Intensive at the University of Alabama in Huntsville Doctoral Program, College of Nursing in Huntsville, AL. Presentation entitled, *Implementation of Best-Practices for Fall Prevention and Management in Long-term Care*. August 12, 2010.

Presented poster presentation at the North American Transplant Coordinators Organization (NATCO) Annual Conference in Boston, Massachusetts. Presentation entitled, *The Relationship Between Hope and Self-esteem in Renal Transplant Recipients*. Co-author, Tommy Frieson, CPT. August 1995.

Presented award winning research paper at the University of Alabama in Huntsville Alabama Academy of Science in Huntsville, AL. Presentation entitled, *The Relationship Between Hope and Self-esteem in Renal Transplant Recipients*. March 1993.

## **PUBLICATIONS**

*Hip Fractures and Recovery Outcomes among Community-Dwelling Elderly*. Frieson, CW. Editorial. *J Perioper Crit Intensive Care Nurs* 2015; 1:e103  
doi:10.4172/jpcic.1000e103

*Decreasing Fall, Mortality Rates in the Elderly with Multiple Chronic Health Conditions*. Frieson, CW. Editorial. *Gerontology & Geriatrics: Research*, 2015; 1(1):1003.

*Falls Prevention Program Gets International Acclaim.* Published in *The Decatur Daily* newspaper. Facility of falls program: Decatur Health & Rehab Center, Decatur, AL. Sept 29, 2014.

*Utilizing Change Theory to Implement a Quality Improvement, Evidence-based Fall Prevention Model in Long-term Care.* Co-authors: Dorothy G. Foote, PhD; Karen H. Frith, PhD; and John H. Wagner, III, M.D. *Journal of Gerontology & Geriatric Research*, S1:001 Open access journal. August, 2012.

*Relationship between hope and self-esteem in renal transplant recipients.* Co-author: Tommy C. Frieson. *Journal of Transplant Coordination*, 1996 Mar; 6(1):20-3.

*Relationship between hope and self-esteem in renal transplant recipients.* Co-author: Tommy C. Frieson. *Transplantation Proceedings*, 1997 Dec; 29(8): 3739-40.

## **PEER REVIEWER**

Peer reviewed manuscript submissions:

- *British Journal of Medicine and Medical Research.* Dr. M. Basu, Chief Managing Editor, SCIENCEDOMAIN *international*, Dec, 17, 2015.
- *British Journal of Medicine and Medical Research.* Dr. M. Basu, Chief Managing Editor, SCIENCEDOMAIN *international*, May 30, 2015.
- *Geriatric Nursing* January 19, 2015. Barbara Resnick, PhD, CRNP,FAAN, FAANP, Editor
- *Geriatric Nursing*, September 8, 2014. Barbara Resnick, Editor
- *Geriatric Nursing*, September 17, 2012. Barbara Resnick, Editor
- *Geriatric Nursing* August 2, 2011. Barbara Resnick, Editor

**REFERENCES:** Excellent references are available.