



# Heather P. Sneed RN, MSN, CRNP

Expert Nursing Consultant

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## Professional Summary

- Highly experienced RN, MSN, CRNP with a strong background in delivering outstanding patient care.
- Specializes in evidence-based practice, emphasizing the improvement of healthcare outcomes and the enhancement of patient safety.
- Skilled expert witness, proficient in conveying intricate medical concepts into clear and comprehensible testimony in legal contexts.
- Demonstrated ability to work collaboratively with multidisciplinary teams to create and execute comprehensive treatment strategies.
- Deeply committed to ongoing professional growth and remaining informed about the latest developments in nursing and healthcare.
- Exceptional communication abilities, capable of establishing rapport with patients, families, and healthcare professionals.
- Dedicated advocate for patient rights and ethical healthcare practices, ensuring that all patients receive the highest standard of care.
- Accomplished RN with a Master of Science in Nursing (MSN) and certification as a Certified Registered Nurse Practitioner (CRNP), combining clinical expertise with a passion for medical aesthetics.
- Owner and operator of a successful referral-based concierge medical spa, providing personalized care and innovative treatments to an upscale clientele.
- Demonstrated success in improving patient satisfaction through customized aesthetic solutions, ensuring a luxurious and transformative experience.

## Work Experience

**Owner/Administrative and Clinical Nurse Practitioner** Jul 2012 - Present  
Symmetry Aesthetics

- Founded and managed a successful medical aesthetic practice, overseeing all operational aspects including staffing, budgeting, and compliance with healthcare regulations.
- Provided comprehensive care as a Certified Registered Nurse Practitioner (CRNP), specializing in medical aesthetic treatments such as neuromodulator injections, dermal filler implantation, and laser and light treatments.
- Served as an expert consultant for two medical legal aesthetics cases, offering insights on best practices and standards of care in aesthetic medicine.
- Developed and implemented clinical protocols to ensure high-quality patient outcomes and adherence to safety guidelines in

## Skills

- Advanced Injection Techniques
- Patient Assessment Skills
- Aesthetic Treatment Planning
- Medical Compliance Knowledge
- Client Education Strategies
- Adverse Reaction Management
- IV therapy
- Medical Aesthetics Complication Management
- Aesthetic procedures
- Regulatory compliance
- Critical and Acute Care
- Telemetry
- Medical Aesthetic Lasers
- Private Concierge Medical Aesthetics Trainer
- Website Design

## Soft Skills

- Flexibility and Adaptability ●●●●●
- Professionalism and Ethics ●●●●●
- Effective Communication ●●●●●
- Public Speaking ●●●●●
- Subject Matter Expertise ●●●●●
- Problem Solving ●●●●●
- Emotional Intelligence ●●●●●
- Leadership ●●●●●
- Creativity ●●●●●
- Decision Making ●●●●●
- Time Management ●●●●●
- Professional discretion ●●●●●

aesthetic procedures.

- Trained and mentored students on the latest aesthetic techniques and technologies, fostering a culture of continuous education and improvement.
- Ensured compliance with state and federal regulations related to medical aesthetics, maintaining the highest standards of patient safety and ethical practice.
- Led marketing initiatives to promote services, build brand awareness, and engage with the community through events and social media outreach.
- Developed a reputation as a medical aesthetics complication management expert, recognized on an international platform for addressing and resolving complex cases.

**Lead Clinical Nurse Practitioner** Jan 2011 - Mar 2014  
American Laser Centers

- Conducted consultations and provided medical aesthetic treatments, ensuring a high standard of patient care.
- Delivered comprehensive patient education on treatment options, post-procedure care, and expectations for results.
- Served as an on-site trainer for new nurse injectors, providing guidance and support to enhance their skills and confidence.
- Managed inventory effectively, ensuring that all supplies for aesthetic treatments were adequately stocked and organized.
- Prescribed and administered neuromodulators and dermal filler implants, adhering to safety protocols and best practices.
- Performed medium-depth medical grade chemical peels, assessing patient skin conditions to determine appropriate treatment plans.
- Oversaw follow-up and on-call patient management, addressing concerns and monitoring progress to ensure optimal outcomes.

**Medical Aesthetic Laser Trainer** Feb 2012 - Jan 2014  
Lumenis

- Provided comprehensive education and hands-on training to medical aesthetics clinical personnel across the country.
- Scheduled and coordinated frequent travel to various locations for training sessions and client support.
- Offered ongoing support and follow-up for clients to ensure confidence and proficiency in using laser technology.
- Served as an on-call resource for client inquiries and emergencies, ensuring prompt assistance and problem resolution.
- Prepared, drafted, and presented engaging PowerPoint lectures to effectively convey information and training material.
- Delivered hands-on training with medical aesthetic laser technology following the purchase of new equipment.
- Assisted sales representatives by conducting laser demonstrations, showcasing product features and benefits to potential clients.

**Clinical Nurse Practitioner** Jul 2007 - Dec 2010  
The Skin Center

- Conducted comprehensive consultations, evaluations, and treatment plans for a diverse patient population, ensuring individualized care.
- Prescribed and administered medical aesthetic agents and therapies, tailoring treatments to meet the specific needs of clients.

## Languages

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English

## Hobbies

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- Piano
- Reading
- Pilates & Yoga
- Couture Caking
- Travel
- Playing with my dogs
- Keeping and caring for jumping spiders
- Cooking
- Shopping

## Memberships

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American Nurses Association  
American Academy of Nurse Practitioners  
American Academy of Aesthetic Medicine  
Pennsylvania State Nurses Association  
Aesthetic Complication Expert Group  
International Academy of Aesthetics

## Professional Credentials

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Registered Nurse License  
Certified Registered Nurse Practitioner License  
Prescriptive Authority License  
National Provider Identifier (NPI)

## Projects

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### Podcast

**Co-host**  
May 2025 - Present

## Achievements

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Sigma Theta Tau Nursing Honors  
Cambridge Who's Who  
Biltmore Who's Who  
Golden Key International Honors Society  
Ethics for Advanced Practice Nursing  
Co-Author Online Publication: Implications of CDAD Treatment:  
<http://www.thorax.us/InfectiousDiseases.html>

## Volunteer

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### Fundraising for Charities

OLG  
Aug 2014 - Jun 2020

- Delivered expertise in the administration of neuromodulators and dermal filler implants, enhancing patient satisfaction and outcomes.
- Executed aesthetic sclerotherapy treatments, effectively addressing vascular concerns and improving skin appearance.
- Performed superficial and medium-depth medical grade chemical peels, contributing to skin rejuvenation and patient confidence.
- Demonstrated proficiency in laser and light therapies, including IPL, BBL, NdYag, Diode, and Fraxel technologies, optimizing aesthetic results.
- Administered radiofrequency treatments, specifically utilizing Thermage technology, for skin tightening and contouring.
- Provided training and mentorship for new nursing and mid-level provider hires, fostering a collaborative and knowledgeable team environment.
- Offered client education and follow-up support, ensuring ongoing care and satisfaction with aesthetic treatments.

**Registered Nurse/Charge Nurse** Apr 1999 - Dec 2008

UPMC Beaver Valley/ Aliquippa Hospital

- Admitted and evaluated acute and critical care patients from the emergency department, ensuring thorough assessments and prompt interventions.
- Delivered patient care across multiple units, including ICU, PACU, ER, medical-surgical, and step-down units, addressing a wide range of medical needs.
- Reviewed and administered medications per physician directives, ensuring accuracy and compliance with protocols.
- Showcased expertise in ventilatory management, including handling BiPAP and ventilator settings for patients experiencing respiratory distress.
- Analyzed and communicated lab results and blood gases, supporting rapid clinical decision-making.
- Managed invasive lines such as Swan-Ganz and arterial lines, ensuring proper placement and monitoring.
- Assisted with dialysis and chelation therapy for patients facing renal and toxicological challenges, coordinating care with multidisciplinary teams.
- Carried out pre-operative and post-operative responsibilities, including patient education and monitoring recovery to achieve optimal outcomes.
- Conducted accurate telemetry interpretation and managed IV sedation protocols within the established scope of practice.
- Functioned as a charge nurse, supervising nursing staff, coordinating patient care, and providing leadership for rapid response and IV teams.
- Administered blood, plasma, albumin, and platelet infusions, ensuring adherence to safety protocols and monitoring for adverse reactions.
- Led recovery efforts for after-hour emergency cases, providing critical care and support to patients in need of immediate attention.
- Acted as a code team leader, coordinating rapid response efforts during cardiac arrest situations and directing the team to ensure effective resuscitation practices.
- Assisted with rapid intubation procedures and provided respiratory therapy support, enhancing patient outcomes in critical situations.
- Collaborated with multidisciplinary teams to develop and implement individualized care plans for patients, promoting holistic recovery.
- Educated patients and families on post-procedure care, discharge instructions, and ongoing treatment options.

Fundraising for charities by churches and parish schools.

## Certifications

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### ACNP-BC

ANCC  
1183262400000

### BLS

American Heart Association  
1711944000000

### Advances in Cosmetic Therapy A Focus on BonT-A

PharmAdura  
1254369600000  
www.pharmadura.com

### Radiesse Dermal Filler Training

BioForm Medical  
1298955600000

### Honor Society of Nursing ETA Chapter

Sigma Theta Tau International  
1112331600000

### Facial Contouring Using Dermal Fillers

ArcMesa Educators/Aesthetic Advancements  
1193889600000

- Maintained accurate and timely documentation of patient assessments, interventions, and outcomes in electronic health records.
- Participated in ongoing professional development and training to stay current with best practices in nursing and emergency care.

## **RN IV Therapist**

Dec 1999 - Dec 2000

The Medical Center Beaver

- Administered blood transfusions safely and efficiently, ensuring adherence to hospital protocols and patient monitoring during procedures.
- Specialized in IV therapy, providing hydration and medication administration to patients with varying medical needs.
- Demonstrated expertise in performing difficult IV sticks, particularly in pediatric patients and those with dehydration, utilizing advanced techniques to minimize discomfort and maximize success.
- Conducted large volume phlebotomies, ensuring accurate collection and processing of specimens for diagnostic testing.
- Managed after-hours PICC and central line blood transfusions, ensuring continuity of care and addressing any complications that arose during off-peak hours.
- Facilitated long-term IV therapy medications, monitoring patient response and adjusting treatment plans as necessary to optimize outcomes.
- Collaborated with multidisciplinary teams to develop individualized care plans, enhancing patient safety and promoting effective communication among healthcare providers.

## **Education**

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### **RN- ADN**

Aug 1994 - Dec 1996

Community College of Beaver County

In the Associate Degree in Nursing (ADN) program, I gained a comprehensive understanding of both theoretical and practical aspects of nursing. The curriculum emphasized essential nursing concepts, patient care techniques, and critical thinking skills necessary for effective clinical practice. Through hands-on experiences in diverse healthcare settings, I developed my ability to communicate effectively with patients and collaborate with interdisciplinary teams. Additionally, the program highlighted the importance of evidence-based practice and lifelong learning in nursing, equipping me with the tools to adapt to the ever-evolving healthcare landscape. Overall, the RN-ADN course has prepared me to deliver compassionate care and advocate for patients in various clinical environments.

### **BSN-Nursing**

Aug 2003 - Jun 2005

University of Pittsburgh

In the Bachelor of Science in Nursing (BSN) program, students embark on an accelerated path to a Master of Science in Nursing (MSN), allowing them to efficiently transition into advanced nursing roles. This educational journey enhances clinical skills, critical thinking, and leadership abilities, preparing graduates for the complexities of modern healthcare. Through rigorous coursework and hands-on clinical experiences, students gain a comprehensive understanding of patient care, health promotion, and community health. The integration of advanced nursing theories and evidence-based practices equips future nurses with the tools necessary to excel in diverse healthcare settings and to advocate for patients.

effectively. Ultimately, this program not only fosters professional growth but also instills a lifelong commitment to learning and excellence in nursing practice.

### **MSN- Advanced Practice Nursing**

Jun 2005 - Jun 2007

University of Pittsburgh

In the Master of Science in Advanced Practice Nursing (MSN) program, I gained comprehensive knowledge and skills essential for becoming a nurse practitioner specializing in acute and adult care with a focus on cardiopulmonary health. This course emphasized evidence-based practice, advanced clinical assessment, and diagnostic reasoning, which are critical for managing complex patient populations. I learned to apply advanced pharmacology and pathophysiology principles to develop effective treatment plans, while also enhancing my ability to collaborate with interdisciplinary teams. This program has equipped me with the competencies necessary to provide high-quality, patient-centered care in diverse healthcare settings, ultimately preparing me to address the unique challenges in cardiopulmonary nursing.