

Cynthia Hernandez MSN, APRN, PMHNP, RN, LNC

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PROFESSIONAL SUMMARY

Highly experienced Nurse Practitioner and Registered Nurse with over 10 years of progressive clinical experience across Emergency Medicine, Psychiatry, Internal Medicine, and Aesthetic Practice. Brings a unique blend of high-acuity emergency nursing expertise, psychiatric assessment and crisis intervention skills, and refined aesthetic clinical judgment. Exceptionally suited for Legal Nurse Consulting roles requiring expert medical record review, standard-of-care analysis, injury causation, and interpretation of complex medical–psychiatric cases. Bilingual Spanish/English provider recognized for clinical precision, ethical practice, and clear professional communication.

CORE AREAS OF EXPERTISE

- Emergency & Trauma Nursing (High Acuity)
- Psychiatric Assessment & Crisis Intervention
- Suicide Risk & Behavioral Health Evaluation
- Medical–Psychiatric Comorbidity Analysis
- Standards of Care & Risk Management
- Clinical Documentation & Chart Review
- Medication Management & Polypharmacy
- IV Therapy, Wound Care, Acute Stabilization
- Aesthetic Nursing Standards & Patient Safety
- Expert Communication & Interdisciplinary Collaboration
- Bilingual: Spanish / English

EDUCATION

Post-Master’s Certificate – Psychiatric Mental Health Nurse Practitioner (PMHNP)

California Baptist University, Riverside, CA

May 2024 – August 2025

Master of Science in Nursing – Family Nurse Practitioner (FNP)

California Baptist University, Riverside, CA

September 2013 – May 2017

Bachelor of Science in Nursing (BSN)

California Baptist University, Riverside, CA

September 2008 – December 2012

- Nursing Honor Society
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LICENSURE, CERTIFICATIONS & TRAINING

- Psychiatric Mental Health Nurse Practitioner – California BRN
 - Family Nurse Practitioner – California BRN
 - Registered Nurse – California BRN
 - Certified Emergency Nurse (CEN)
 - ACLS, BLS, PALS – American Heart Association
 - NIH Stroke Certification
 - Legal Nurse Consultant – CSU Long Beach
 - EMRs: EPIC, Cerner, McKesson, eMDs
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PROFESSIONAL EXPERIENCE

Kaiser Permanente Medical Center – Emergency Department

Registered Nurse | June 2018 – Present

- Deliver advanced emergency and trauma nursing care in a high-volume, Level-acuity emergency department.
- Perform rapid triage, stabilization, and ongoing reassessment of critically ill and injured patients.
- Conduct psychiatric evaluations including suicide risk screening, behavioral health triage, and crisis assessment.
- Manage acute psychiatric emergencies such as suicidal ideation, psychosis, substance intoxication, agitation, and violent behavior.
- Implement crisis intervention, behavioral de-escalation, and trauma-informed care strategies.
- Collaborate with psychiatry, social work, case management, and law enforcement for patient disposition and safety.
- Serve as preceptor and resource nurse for emergency behavioral health protocols and standards of care.

Beverly Hills Rejuvenation Center – Chino Hills

Nurse Practitioner (Aesthetic Practice) | April 2021 – Present

- Provide aesthetic-focused patient care emphasizing safety, informed consent, ethical practice, and risk mitigation.
- Perform comprehensive patient assessments and develop individualized treatment plans.
- Maintain meticulous clinical documentation aligned with regulatory and legal standards.
- Build long-term therapeutic relationships and ensure patient adherence to post-procedure care plans.
- Apply advanced clinical judgment to patient selection, contraindication screening, and complication prevention.

Dr. Abid Hussain – Internal Medicine Practice

Nurse Practitioner | February 2018 – February 2020

- Conduct comprehensive medical and psychiatric evaluations for adult and geriatric patients.
- Diagnose and manage psychiatric conditions including depression, anxiety, bipolar disorder, insomnia, and ADHD.
- Prescribe and monitor psychotropic medications in alignment with evidence-based practice.
- Manage chronic medical conditions (HTN, DM, dyslipidemia) with coexisting psychiatric disorders.
- Provide detailed patient education, medication counseling, and safety planning.
- Collaborate with multidisciplinary teams and initiate referrals for higher levels of psychiatric care.

NursesRx Travel Company – Kaiser Permanente Riverside

Emergency Department Travel Nurse | October 2017 – June 2018

- Delivered emergency nursing care across multiple high-volume emergency departments.
- Rapidly adapted to diverse clinical settings, policies, and electronic medical record systems.
- Supported staffing shortages while maintaining compliance with institutional standards of care.

Additional Emergency Nursing Experience

- **Sharp Chula Vista Medical Center** – ED Registered Nurse (July 2017 – December 2017)
- **Loma Linda Medical Center – Murrieta** – ED Registered Nurse (November 2015 – July 2017)
- **Hemet Valley Medical Center** – Registered Nurse (May 2013 – July 2017)
- Provided emergency and behavioral health nursing care to pediatric, adult, and geriatric populations.
- Managed patients with acute psychiatric presentations and complex medical comorbidities.

PROFESSIONAL MEMBERSHIPS

- American Psychiatric Nurses Association (APNA)
 - American Association of Nurse Practitioners (AANP)
 - Emergency Nurses Association (ENA)
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