



# Karen Woods, MS CNM, C-EFM

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## PROFESSIONAL SUMMARY

A highly accomplished and skilled Certified Nurse Midwife with an extensive 29-year background in nursing, including 19 years of dedicated experience in midwifery. I currently serve as a valued member of The Southeast Permanente Medical Group and the Director of Midwifery service, contributing to a high-volume, high-risk OB/GYN practice. I am known for my reliability, strong work ethic, and enthusiasm for providing exceptional care. In addition to specializing in midwifery, I offer comprehensive well-woman gynecological care and family planning services. I bring a wealth of experience in delivering culturally competent care tailored to the unique needs of diverse patient populations, ensuring the highest standards of patient safety and satisfaction.

## ACCOMPLISHMENTS

- I oversee a midwifery service comprising 27 Certified Nurse Midwives (CNMs), providing care across 11 offices and two hospital affiliations.
- I successfully facilitated the transition of my midwifery service from an academic hospital to a community hospital that supports midwifery care, ensuring the continuity of high-quality services.
- In advocating for vaginal birth, I played a key role in the development and implementation of outpatient cervical ripening using Dilapan-S, further enhancing patient care options.
- I am an active member of the Perinatal Patient Safety Program (PPSP) Committee, which involves all Kaiser Permanente systems nationwide. I participate in monthly meetings with the National PPSP Core Committee to advance patient safety initiatives.
- I actively promote the TeamBirth initiative at my local hospital, contributing to collaborative, patient-centered care among all disciplines involved with maternity care.
- As a co-author of a March of Dimes grant for Centering Pregnancy, I also established the Centering Pregnancy Program, enhancing comprehensive prenatal care.

## SKILLS

- Expertise in high-risk obstetrics
- Preventive gynecological care
- Postpartum mental health management
- Peer Review
- VBAC support
- Electronic medical records
- Proficient in external fetal monitoring
- Certified first assistant
- Prenatal education facilitator
- Electronic medical record systems proficiency
- Evidence-based practice

## WORK HISTORY

### **CERTIFIED NURSE MIDWIFE**

*06/2018 to CURRENT*

#### **The Southeast Permanente Medical Group | Atlanta, GA**

As the Director of Midwifery Services at Kaiser Permanente and a key senior leadership team member, I am responsible for developing and promoting strategies to optimize care for our members. I maintain a 70% clinical role, delivering full-scope midwifery care in a high-volume, high-risk OB/GYN practice.

- Contributed to developing clinic protocols to ensure best practices in midwifery care while aligning with institutional guidelines.
- Active role in improving birth outcomes includes creating individualized birth plans that integrate patient preferences with medical needs and fostering informed decision-making. I provide evidence-based information on available birthing options and interventions to empower patients in their choices.
- Providing comprehensive gynecological care,
- First Assistant during cesarean births
- Mentor student nurse midwives, offering clinical expertise and professional guidance to those pursuing careers as Certified Nurse Midwives.
- I adhere to professional standards and guidelines by maintaining ethical and legal practices and ensuring continued education certifications to stay current.

### **CERTIFIED NURSE MIDWIFE**

*06/2008 to 05/2018*

#### **Southern Crescent Women's Healthcare | Fayetteville, GA**

- Full-Scope Midwifery
- High-Risk Obstetrics
- CNM Schedule Coordinator
- Certified Centering Pregnancy Facilitator
- Childbirth Instructor & Breastfeeding Educator
- Obstetric Quality Assurance/High-Risk Chart Review Committee

### **CERTIFIED NURSE MIDWIFE**

*01/2007 to 05/2008*

#### **PAPP Clinic-Newnan OBGYN | Newnan, GA**

- Full-Scope Midwifery care.
- First Assistant with cesarean births.
- Co-lead in developing a practice agreement to start a CNM practice and obtaining prescriptive authority.

## **REGISTERED NURSE**

*07/1996 to 01/2007*

### **Mayo Clinic | Rochester, MN**

#### **Neonatal Intensive Care Unit (9/2001-1/2007)**

#### **Nurse Extern-Labor and Delivery (5/2005-8/2005)**

#### **Pediatric Hematology/Oncology Unit (12/1998-9/2001)**

#### **Neuro/Neurosurgical Care Unit (7/1996-12/1998)**

- Utilized critical thinking skills to prioritize nursing interventions based on patients' acuity levels and individual needs.
- Conducted thorough patient assessments to identify changes in condition, promptly notifying physicians and initiating appropriate interventions when necessary.
- Administered medications safely according to established guidelines while closely monitoring for side effects or adverse reactions requiring intervention.
- Enhanced patient satisfaction by providing compassionate, holistic nursing care that addressed physical, emotional, and spiritual needs.

## **ADJUNCT CLINICAL NURSING INSTRUCTOR**

*08/2000 to 12/2004*

### **Rochester Community and Technical College | Rochester, MN**

- Delivered information and valuable instructions to students during clinical rotations.
- Oriented and provided instruction to students during clinical rotations.
- Assessed student knowledge levels and abilities with detailed assessments.
- Contributed educational and clinical expertise to help optimize training courses and boost student learning.

## **EDUCATION**

### **Master of Science | Midwifery**

*05/2006*

#### **University of Minnesota, Minneapolis, MN**

- Honoree of Summa Cum Laude
- Thesis: Antenatal Interventions to Prevent Postpartum Depression

### **Bachelor of Science | Nursing**

*05/1996*

#### **Marquette University, Milwaukee, WI**

- Awarded National Collegiate Nursing Award
- Awarded All-American Scholars Award
- Awarded The National Dean's List of America Award
- National Dean's List
- Reverend John Naus S.J. Award for Meritorious Service with Residence

Life

- **Capstone Project:** Obstetrics & Gynecology and Neonatal Intensive Care, Student RN

## AFFILIATIONS

- American College of Nurse-Midwives (ACNM)
- Georgia Affiliate Member of ACNM
- The American College of Obstetricians and Gynecologists Affiliate Member
- Sigma Theta Tau
- American Association of Legal Nurse Consultants (AALNC)
- Atlanta, Orlando, Pacific Northwest, and Pittsburgh Chapters of AALNC
- Association of Women's Health, Obstetrics and Neonatal Nurses (AWHONN)

## CERTIFICATIONS

- American Midwifery Certification Board (AMCB)
- Drug Enforcement Administration (DEA) number
- Georgia Registered Nurse Licensure
- Georgia Advanced Practice Registered Nurse Licensure
- First Assistant Certification
- Centering Pregnancy Facilitator
- Basic Life Support (BLS)
- Nexplanon certification
- Breastfeeding Baby Friendly Certification

## INTERESTS

- Engaged in community service initiatives to contribute positively to local development.
- Dedicated member of the Parent-Teacher Association (PTA), collaborating with educators and parents to enhance student experiences.
- Avid listener of educational and true crime podcasts, with a focus on medical and legal storytelling to deepen insight into real-world case analysis.

## REFERENCES

Available upon request