

---

---

**CARLA MILLS, MSN, ARNP-C, CDE®**

---

---

**EXPERIENCE:** Primary Care Clinician, Diabetic Educator, Writer, Health Advocate & Innovator

**Naples, FL**

***Carla Mills, Inc., President***

*2004 – Present*

- Providing growth and management services to the practice of Diane Brzezinski, DO generating over 1.5 million dollars in additional revenue to date, increased patient volumes by 45%, expanded preventive, chronic disease and diabetes management services in the internal medicine practice.
- Founded Maverick Health, an entrepreneurial online patient engagement venture, offering evidence-based preventive health and medical information to non-medical consumers by means of a website, a blog, personal coaching and case management and an award-winning book called *A Nurse Practitioner's Guide to Smart Health Choices*.
- Community Nurse Practitioner Expert, My Blue Community Online Forum, for Cambia Health Solutions/Healthspaq.
- Consultant, Digestive Health Council, Schering-Plough Healthcare Division.

**Naples, FL**

*1996 – 2004*

***Nurse Practitioner Clinical Positions***

- In primary care, women's health, behavioral health, substance abuse and eating disorders, urgent care and emergency medicine.
- Detailed list available on request.

**New York, NY & Ft. Myers, FL**

*1986 – 1996*

***Registered Nurse Clinical Positions***

- In emergency departments, trauma units, ICUs, home health care and rehabilitation facilities.
- Detailed list available on request.

**PUBLICATIONS:**

- Author, *A Nurse Practitioner's Guide to Smart Health Choices*, Maverick Health, 2007.
- Author, *2014: An Empowered Patient's Guide to Health Care Reform*, available as free download at [www.carlamills.com](http://www.carlamills.com).
- Blogger at [www.maverickhealth.com](http://www.maverickhealth.com), multiple articles on matters of evidenced-based preventive care, opinion pieces on health and health care and informational articles and links related to nurse practitioner practice.
- Columnist, Nurse Practitioner World News, NP Communications, LLC, 2009 to 2011.

**AWARDS/RECOGNITION**

- Winner, National Best Book in Health: Medical Reference for *A Nurse Practitioner's Guide to Smart Health Choices*, 2008
- Winner, National Indie Excellence Book Award for *A Nurse Practitioner's Guide to Smart Health Choices*, 2008
- Finalist, Next Generation Indie Book Award for *A Nurse Practitioner's Guide to Smart Health Choices*, 2008

**SPEAKING ENGAGEMENTS**

- Keynote, "How Can NPs Reform Health Care?", Nurse Practitioner Association of Long Island, Inc., Woodbury, NY
- "The New Insulin Patient", National Nurse Practitioner Symposium, Keystone, CO
- "Looking Back to Look Forward: Bellevue Hospital and Florence Nightingale", Florida Nurses Association, Naples, FL
- "Making Smart Choices About Your Health", Verona Walk Resident's Speaker Series, Naples, FL
- "What Is Healthy - and What Is Not", with Valerie Stec, RD, Ave Maria University Student Group, Naples, FL
- "Inspiring Nurses", Florida Nurses Association, Naples, FL
- "How to Promote Smoking Cessation in Clinical Practice", Nurse Practitioner Council, Naples, FL

**CREDENTIALS**

- Florida ARNP License, ARNP #1996782
- Certified Family Nurse Practitioner, Certification #0257015, ANCC
- Certified Diabetic Educator, Certification #21120304, NCBDE
- Health & Wellness Coach, certified by Wellcoaches
- Certified Emergency Nurse (CEN) – active 1988 to 1992

**PATIENT TESTIMONIALS**

- Online at <http://carlamills.com/testimonials/>

## **EDUCATION**

- **MSN, Family Nurse Practitioner** – University of South Florida, Tampa, FL, cum GPA 3.7, 1995
- **BSN, Nursing** – Hunter Bellevue School of Nursing, New York, NY, cum GPA 3.6, 1986
- **AOS, Acting** – American Academy of Dramatic Arts, New York, NY, 1975

## **PROFESSIONAL AFFILIATIONS**

- Leadership Collier Advisory Board
- Founding Officer (Secretary-Treasurer), Nurse Practitioner Council of Collier County
- Florida Nurse Practitioner Network, Member
- Florida Nurses Association, Member
- American Nurses Association, Member
- American Association of Diabetic Educators, Member
- Academy of Certified Diabetes Educators, Member