# ETHIOPIA ZERFU, ARNP, AGPCNP-C, PMHNP-BC

**Adult-Gerontology Primary Care Nurse Practitioner | Integrated Primary and Behavioral Health**

Seattle, WA | (206) 201-4097 | ethiongd@gmail.com | ascendpsychiatrywa.com
Licensed: WA, OR, CA | Telehealth and In-Person | DEA Registration: WA, OR

## PROFESSIONAL PROFILE

Dual board-certified Adult-Gerontology Primary Care and Psychiatric Mental Health Nurse Practitioner with demonstrated clinical competence in comprehensive assessment, diagnostic reasoning, and evidence-based management of acute and chronic conditions in adult and older-adult populations. Brings more than 20 years of progressive nursing experience across primary care, hospital, post-acute, long-term care, and behavioral health settings, with a strong integrated-care foundation in preventive care, medication management, and coordinated referrals. Bilingual in Amharic and experienced serving culturally diverse populations.

## PRIMARY CARE COMPETENCIES

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| Adult and geriatric assessment | Acute and chronic disease management | Preventive care and health screening |
| Women's health and hormonal care | Medication management and lab interpretation | Care coordination and referrals |

## PRIMARY CARE EDUCATION AND CLINICAL TRAINING

**Temple University and Walden University**

**Adult-Gerontology Primary Care NP Education and Training** *2020 - 2026*

- Completed one year in Temple University's adult-gerontology primary care Doctor of Nursing Practice (DNP) program, beginning in 2020. Completed Walden University's psychiatric mental health NP master's program in 2023, then returned to adult primary care and completed Walden's post-master's AGPCNP certificate in 2026.
- Completed 687 supervised clinical practicum hours at Walden University and cared for approximately 480 adult and older-adult patients across adult primary care, geriatric primary care, women's health, and advanced practice synthesis.
- Performed comprehensive histories and physical examinations; developed differential diagnoses and evidence-based plans for acute illness, chronic disease, prevention, and women's health concerns under physician and NP preceptor supervision.
- Managed common primary care conditions including hypertension, diabetes, dyslipidemia, respiratory conditions, musculoskeletal concerns, and geriatric syndromes; interpreted laboratory and diagnostic results and coordinated referrals.

## PROFESSIONAL EXPERIENCE

**Ascend Psychiatry** | *Washington | Telehealth and In-Person*

**Psychiatric Nurse Practitioner** *Jan 2025 - Present*

- Conduct comprehensive psychiatric and medical evaluations for adolescents through older adults, integrating medical comorbidities, medication safety, and preventive health needs into care plans.
- Manage psychotropic medications and provide CBT-, DBT-, supportive-, and trauma-informed psychotherapy; coordinate with primary care and specialty clinicians to support whole-person care.

**LifeStance Health** | *Renton, WA | Telehealth and In-Person*

**Psychiatric Nurse Practitioner** *Jun 2023 - Jan 2025*

- Managed complex outpatient psychiatric care, including post-hospital transitions, crisis follow-up, substance-use concerns, and collaboration with multidisciplinary care teams.
- Assessed medical and medication-related contributors to psychiatric symptoms and coordinated timely referral, follow-up, and continuity of care.

**Metropolitan Developmental Center** | *Tacoma, WA*

**Registered Nurse, Inpatient Detox and ITA** *May 2022 - Dec 2024*

- Provided nursing assessment, medication administration, detoxification protocol support, crisis stabilization, and interdisciplinary treatment coordination in an acute behavioral health setting.

**Primary Care and Community Health** | *Washington*

**LPN, RN, BSN - Various Settings** *2007 - 2026*

- Provided direct care in primary care, hospital, post-acute, long-term care, assisted living, and memory-care environments, including assessments, vaccinations, specimen collection, chronic disease monitoring, diagnostics, and referral coordination.
- Selected organizations: University of Washington Medical Center, MultiCare, Kindred Hospital, Boeing Wellness, Seattle Medical Post-Acute Care, Mission Health, and community-based primary care settings.

## LICENSURE AND CERTIFICATIONS

AGPCNP-C, American Academy of Nurse Practitioners Certification Board (AANPCB) | PMHNP-BC | APRN licenses: WA, OR, CA | DEA registration: WA, OR

Compact RN License | PCSS-MAUD Certified | ACLS and BLS, current through 2026 | Certified Phlebotomist

## EDUCATION

**Walden University** | *Minneapolis, MN*
**Post-Master's Certificate, Adult-Gerontology Primary Care Nurse Practitioner** *Completed 2026 | GPA 4.0*

**Walden University** | *Minneapolis, MN*
**Master of Science in Nursing, Psychiatric Mental Health Nurse Practitioner** *Feb 2023 | GPA 3.8*

**Temple University** | *Philadelphia, PA*
**DNP coursework, Adult-Gerontology Primary Care - one year** *Started 2020 | 26 credits | GPA 3.7*

- Completed foundational graduate courses at Temple University in advanced pathophysiology, advanced pharmacology, and advanced physical and health assessment.

**University of Washington** | *Seattle, WA*
**Bachelor of Science in Nursing** *Jun 2016 | GPA 3.7*

## HONORS

Bill and Melinda Gates Martin Achievement Scholarship | Kal and Lucille Rudman Scholarship, Temple University | Dean's List and President's List, University of Washington

Golden Key International Honour Society | Phi Theta Kappa Honor Society | Society for Collegiate Leadership and Achievement

## TECHNOLOGY AND LANGUAGES

EHR/EMR: AdvancedMD, Epic, Infusion, AVATAR, ICANotes, Tebra, PCC, ProTouch, IntakeQ, Vision, and Heartland | Languages: English and Amharic