

Holly Vali, DNP, APRN, FNP-BC
Assistant Professor, Loretto Heights School of Nursing
Graduate Department: Family Nurse Practitioner Program
Regis University
3333 Regis Blvd.
Denver, Colorado 80221

Contact Information

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Education:

Doctor of Nursing Practice (Sigma Theta Tau)	2021
Johns Hopkins University, Baltimore, MD	
DNP Scholarly Project: Assessed the effectiveness of a multifaceted antibiotic stewardship program (ASP) on urban, urgent care prescribers' attitudes and inappropriate antibiotic prescriptions. Post-intervention, providers said the ASP reinforced their knowledge (42.9%), improved prescribing accountability (28.6%) and enhanced patient communication on safe antibiotic use (28.6%). Overall, inappropriate antibiotic rates for ARIs significantly decreased by 61.4% after the intervention ((p<0.05). Awarded best QI Design from Johns Hopkins School of Nursing.	
Nurse Educator Certificate Option (Nurse Educator Certificate)	2021
Johns Hopkins University, Baltimore, MD	
Master of Science-Family Nurse Practitioner (Sigma Theta Tau)	1998
D'Youville College, Buffalo, NY	
Thesis: Juvenile Fire-Setting Prevention, Risk Assessment & Intervention	
Bachelor of Nursing Science (BSc.N)	1996
University of Toronto, School of Nursing, Toronto, ON	
Key Role: Student Council Representative	
Diploma of Nursing	1994
Loyalist College, Belleville, ON	
Key Role: Student Council Representative	

Active Licensure and Certification

Colorado APN- RXN: 0991868/0101872-NP

Colorado RN: 1633766

DEA: Active/+OUD hours

ANCC FNP-BC: 2011020072

NPI: 1235403254

Obesity & Weight Loss Certificate

Hormone Replacement Certificate

BLS for HealthCare Providers, American Heart Association

Employment History:

Family Nurse Practitioner-BC May 2024- Present
Valiva Health & Medical Weight Loss, LLC.
Evergreen, CO, 80439
Responsibilities include NP medical oversight and direct patient care in adults with metabolic syndrome, insulin resistance and inflammatory conditions.

Family Nurse Practitioner-BC May 2023- Present
Family Medicine Clinic
Colorado Alliance for Health Equity Practice (FMC-CAHEP)
Denver, CO, 80246
Responsibilities include NP medical oversight direct patient care for all ages across the lifespan in an underserved clinic. Collaborate with behavioral health, dentistry. Provide Sports PE clearance(s), and vaccine clinics for urban elementary schools.

Assistant Professor, Regis University Sept 2019-Present
Ranked Nursing Faculty, Loretto Heights School of Nursing
Rueckert-Hartman College of Health Professions, Denver, CO, 80221
Responsibilities include coordinating and teaching graduate students (NP, and DNP), both online and on campus. This includes course delivery, informational technology, curriculum design and clinical site supervision. Serve as a clinical resource faculty for multiple courses, including advanced pathophysiology and pharmacotherapeutics. Participation in Task Forces germane to program development, the Nursing Faculty Organization, Faculty Governance Committee, and Chair of the Graduate Curriculum Committee.

Affiliate Nursing Faculty, Regis University May-Aug 2019
Loretto Heights School of Nursing
Rueckert-Hartman College of Health Professions, Denver, CO, 80221
Responsibilities included assisting with NP education by working in simulation, skills and procedures labs, providing clinical oversight and leading on campus students for advanced pathophysiology.

Family Nurse Practitioner- BC Aug 2016- Aug 2021
NextCare® Urgent Care
17021 S Golden Rd., Golden, CO, 80401
Responsibilities included NP medical oversight, direct patient care and appropriate referral for acute and chronic, episodic-care conditions. Diagnosis and treatment of multi body systems and triaging in the emergent care setting: Lab, XRAY and EKG interpretation, digital blocks, advanced laceration repair, nail excisions, incision & drainage (abscess, hematoma, paronychia), burns, bites, dermatitis, cellulitis, contusions, sprains, fractures, crutches and splinting management. Nursemaid's elbow reduction, phalangeal dislocation reduction, Removal of foreign body, epistaxis stabilization,

anterior nasal packing, acute respiratory, and GI/GU infections. Provided sports physicals, DOT exams, pelvic exams, and sexual health. Diagnosis and treatment of overdose, neurological and acute psychiatric mental health conditions.

Family Nurse Practitioner- BC

Wheat Ridge Family Clinic

Feb 2016- Jul 2016

6301 W 38th Ave, Wheat Ridge, CO 80033

Responsibilities included NP medical oversight and direct primary patient care for all ages across the lifespan in an urban, underserved clinic in Denver. Collaborated with hospital affiliates to provide primary care for chronic conditions.

Family Nurse Practitioner-BC

Rhomur Medical Services-Urban Newark

Oct 2013- Jul 2015

297 16th Ave., Newark NJ, 07103

Responsibilities included NP medical oversight and direct patient primary care for all ages across the lifespan in an urban, underserved clinic in Newark. Collaborated with hospital affiliates and Rutgers University to provide primary care for chronic conditions.

Family Nurse Practitioner-BC

Apr 2012- Sept 2013

The Pediatric Group of West Orange

395 Pleasant Valley Way, West Orange, NJ, 07052

Responsibilities included NP medical oversight, on call surveillance, and direct primary patient care for the pediatric patient population in an urban, private care practice in West Orange.

Clinical Nurse Specialist-NP, Acute Pain Service

Jan 2001- June 2008

Departments of Nursing and Anesthesia

The Montreal Children's Hospital, McGill University Health Centre Montreal, QC

Responsibilities included developing the Acute Pain Service (APS) as a collaborative partner with Anesthesia. The CNS-NP role included direct patient care with daily rounding for pain assessments, physical exams, orders for complex management plans, and collaborating with multidisciplinary teams (+residents, and fellows) for clinical handovers, and quality care. The CNS-NP assisted in research activities, lead competency-based education for all units regarding acute pain modalities, and consulted as a clinical expert on pediatric acute pain. Awarded \$70 000 by the Children's Wish Foundation, and developed the Montreal Children's pediatric pain management resource centre. Worked collaboratively with National Pain Leaders: Celeste Johnston (neonatal sucrose pain mgt) and Dr. Ron Melzack (developer of the gate-control theory).

McGill University, Faculty of Nursing

Cross Appointed Faculty: graduate nursing student supervisor, pediatric pain management lectures, and student rotations with the acute pain service.

Nurse Educator-Clinical Instructor

Jan 2000-2001

Faculty of Nursing

John Abbot College, Ste Anne de Bellevue, QC, Vanier College, Montreal, QC

Responsibilities included undergraduate instruction, directing objective, structured, clinical examinations (OSCEs), hands-on clinical oversight in hospital rotations, and collaborated with the Quebec Professional Nurses Association (QIIQ).

RN, Pediatric General Surgery Nov 1999- Jan 2001
The Montreal Children's Hospital, Montreal, QC

Responsibilities included family centered care pre/post through the collaborative multidisciplinary approach for acute surgical care needs. Assessed, implemented, evaluated and provided direct care to Plastic, Orthopedic, Trauma, ENT, and Urology/Surg patients.

Clinical Nurse Specialist-NP May 1998-2000
Burns & Plastic Surgery, and Interventional Radiology
The Hospital for Sick Children, Toronto, ON

Responsibilities included overseeing family centered care as a collaborative partner with Surgery and Interventional Radiology Services. The CNS-NP role included direct patient care with rounding, pre/post-surgical craniofacial exams, orders for complex management plans and collaborating with the surgical team and multidisciplinary services; Including but not limited to facial paralysis- nerve grafting, cleft lip & palate, microtia, brachial plexus repair, burns and craniofacial reconstruction. Preoperative/interventional assessments, and postoperative/interventional care coordination entailed assessments, management plans, and clinical handovers for quality care. The CNS-NP assisted in research activities, leading competency-based education for nursing staff, and consulting with pediatric outpatient clinics to bridge acute and long-term care needs.

RN & Lead Resource Person June 1994-May 1998
Burns & Plastic Surgery
The Hospital for Sick Children, Toronto, ON

Responsibilities included family centered care pre/post through the collaborative multidisciplinary approach for acute surgical care needs. Assessed, implemented, evaluated and provided direct acute and complex care to Plastic reconstruction, Craniofacial, Burns, Urology and off-service Hematology Oncology patients. Responsibilities included direct patient care and coordination of admissions, daily unit running, communications with the operating room, and surgeons to assess level of acuity and quality care required.

Honors and Awards

Emerging Scholar Award (Nominee) 2024
Regis University, RHCHP, Denver, Colorado

Johns Hopkins, School of Nursing, "Best QI Design" Award 2021
Johns Hopkins University, Baltimore, MD

Daisy Award for Extraordinary Nursing Faculty (Nominee) Regis University, LHSON, Denver, Colorado	2021
Johns Hopkins, School of Nursing, Scholarship Merit Award Johns Hopkins University, Baltimore, MD	2020
Title VIII Nurse Educator Funding Recipient, JHSON Johns Hopkins University, Baltimore, MD	2020
Johns Hopkins, School of Nursing, Scholarship Merit Award Johns Hopkins University, Baltimore, MD	2019
Title VIII Nurse Educator Funding Recipient, JHSON Johns Hopkins University, Baltimore, MD	2019
Inducted Sigma Theta Tau, Nu Beta At-Large Johns Hopkins University, Baltimore, MD	2019
Premier's Award of Excellence, for Graduates of Ontario Colleges Premier's Awards- Loyalist College, Belleville, ON	2002
Premier's Award of Excellence, for Graduates of Ontario Colleges Premier's Awards- Loyalist College, Belleville, ON	2001
Inducted Sigma Theta Tau, Zeta Nu Chapter D'Youville College, Buffalo, NY	1999
Health Sciences Nursing Award of Excellence, Loyalist College Loyalist College, Belleville, ON	1993

Scholarly Activities:

Refereed Publications:

Vali. H. (2024). Pharyngitis & Tonsillitis. In Buttaro, T., Polgar-Bailey, P., Sandberg-Cook, Dick, K, & Montgomery, J. (Ed. 7), Primary Care (pp. 480-484). Elsevier.

Vali. H. (2024). Peritonsillar Abscess. In Buttaro, T., Polgar-Bailey, P., Sandberg-Cook, Dick, K, & Montgomery, J. (Ed. 7), Primary Care (pp. 484-486), Elsevier.

Vali, H, Ranger, M. (2005). Facts on taking care of your child's pain at home after an operation. McGill University Health Centre, Acute Pain Service, Department of Anesthesia, Montreal, QC.

Vali, H., Ranger, M. (2005). What you need to know about patient-controlled analgesia (PCA) therapy. McGill University Health Centre, Acute Pain Service, Department of Anesthesia, Montreal, QC.

Vali, H., Ranger, M. (2005). Information about epidural therapy. McGill University Health Centre, Acute Pain Service, Department of Anesthesia, Montreal, QC.

Jugenburg, M., Hubley, P., **Yandell (Vali), H.,** Maketelow, RT., Zuker, RM. (2001). Self-esteem in children with facial paralysis: A review of measures. *Canadian Journal of Plastic Surgery*, 9(4), 143-146.

Non-Refereed Publication:

Vali, H., Beukleman, J., Sprouse, L. (2021, April 22). Evidence-based recommendations on treating COVID-19 vaccine side effects. The Denver Post. <https://yourhub.denverpost.com/blog/2021/04/most-covid-19-vaccine-side-effects-are-easy-to-manage/277100/>

DNP Scholarly Project:

Vali, H., Cimino, A., West, H., Koirala, B. & Goodwin-Veenema, T. (2021). Reducing antibiotic overuse in urgent care centers for the treatment of acute respiratory infections [DNP Scholarly Project]. Johns Hopkins School of Nursing, Baltimore, MD.

DNP Scholar Project Committee Member:

M Chomsky, M., Gagnon, D., **Vali, H.,** Reinisch, C., & Duffy, M. (2015). Integrating technological advances in weight reduction strategies [DNP Scholarly Project]. Rutgers University, NJ.

Presentations:

Refereed Presentations:

Benns, C., Hicks L, Saiki, R., Duggan, C & Vali, H. (2024, July 17-20). **Palliative Care: An educational intervention in nurse practitioner students.** [Poster presentation]. *National Nurse Practitioner Symposium.* Keystone, CO.

Vali, H., Hicks L, Saiki, R., Benns, C., & Duggan, C. (2023, July 20-24). **Leveraging professionalism in nurse practitioner students: A performance assessment tool** [Poster presentation]. *National Nurse Practitioner Symposium.* Keystone, CO.

Vali, H., Cimino, A., West, H., Koirala, B. & Goodwin-Veenema, T. (2023, July 20-24). **Reducing antibiotic overuse in urgent care centers for the treatment of acute respiratory infections** [Poster presentation]. *Nurse Practitioner Symposium.* Keystone, CO.

Vali, H., Cimino, A., West, H., Koirala, B. & Goodwin-Veenema, T. (2021, November 16). **Reducing antibiotic overuse in urgent care centers for the treatment of acute respiratory infections** [Symposium]. University of Colorado, Anschutz Medical Campus. *COAHEC Near 2021 Virtual Conference- Research Aim*.
<https://sites.google.com/view/coahec-near-virtual-conference/presenter-and-posters/holly-vali>

Vali, H., Cimino, A., West, H., Koirala, B. & Goodwin-Veenema, T. (2021, May 24). **Reducing antibiotic overuse in urgent care centers for the treatment of acute respiratory infections**. *Improving Health Outcomes Through Scholarship Symposium*. Johns Hopkins University, School of Nursing. Baltimore, MD.

Vali, H. (February, 2005). **Acute Pain Management: Annual review**. Anesthesia Rounds, Montreal Children's Hospital, McGill University Health Centre, Montreal, QC.

Frigon, C, Goujard, E., **Vali, H.,** & Hunter, EJ. (2004). Comparison of Naloxone, Nalbuphine or Saline infusions for treatment of opioid-induced pruritis in children with continuous epidural infusion [Symposium & Poster presentation]. *International Forum on Pediatric Pain*, Halifax, Nova Scotia.

Vali, H. (2004). **Pediatric Acute Pain Management: Epidural Therapy**. McGill University, Nursing skills fair, Montreal, QC. October, 2004

Boyer, K., **Vali, H.,** & Johnston, C. (2002). Pain treatment thresholds in children using patient-controlled analgesia after major surgery: a pilot study [Poster presentation]. *9th International Pediatric Nursing Research*, Montreal, QC.

Vali, H. (October, 2002). **Acute Pain Management: The Pediatric Patient and Family**. **Surgical Grand rounds**, Montreal Children's Hospital, McGill University Health Centre, Montreal, QC.

Investigator

Johnston, C., **Vali, H.,** et al., COOPPPN (2002). Montreal Children's Hospital, McGill University Health Centre, Montreal, QC.

Vali, H. (April, 2001). **The Pediatric Acute Pain Service: From Vision to Practice**. **Surgical Grand Rounds**, Montreal Children's Hospital, McGill University Health Centre, Montreal, QC.

Vali, H. (October, 1998). **Nursing the family with complex needs: Negotiation and partnership building**. Plastic Surgery Rounds, The Hospital for Sick Children, Toronto, ON.

Vali, H. (1998). *CNS-NP Role, The Hospital for Sick Children [Poster presentation]*. Pediatric Nursing 14th Annual Conference: Partnerships for Quality Health Care in the New Millennium, Atlanta, GA.

Non-Refereed Presentations:

Vali, H. (November, 1997). *Pediatric Burn Injury Prevention*. [Media Interview, City TV LIVE]. Toronto, ON.

Completed Grant Activity:

Vali, H. (Principal Investigator). (2001-2002). Children's Wish Foundation: \$70 000, Development of a pediatric pain management resource centre. The Montreal Children's Hospital, McGill University Health Centre, Montreal, QC.

Kopecky, E., Palozzi, L., Hubley, P., **Yandell (Vali), H.**, Clarke, H. (1999). Prospective study of the safety, efficacy and pharmacokinetics of Emla® in the treatment of post-burn pruritis in pediatric patients. Grant seed funded at The Hospital for Sick Children, Toronto, ON.

Professional, Scientific, Honorary Associations or Societies

Membership

Sigma Theta Tau International Society of Nursing (STTI)
American Nurses Credentialing Center (ANCC)
Institute of Functional Medicine (IFM)
Colorado Nurses Association (CNA), American Nurses Association (ANA)
Colorado Society of Advanced Practice Nurses (CSAPN)
National Organization of Nurse Practitioner Faculties (NONPF)
The Canadian Pain Society (CPS)
International Association for the Study of Pain (IASP)

Service:

Service to the College/University:

RHCHP Council on Research and Scholarship (CRS) (2020-Present). Role: Representing Loretto Heights School of Nursing and fulfilling the CRS mission.

Graduate Curriculum Committee (GCC) (2020-Present; GCC Chair 2023-Present; GCC Vice Chair Elect 2022-2023). Role: Representing Loretto Heights School of Nursing (Family Nurse Practitioner, MSN & Doctor of Nursing Practice Programs); Leading, coordinating, and assisting with the development, review, and evaluation of graduate nursing curriculum for master's and doctoral programs.

Family Nurse Practitioner Student-Led Tutorials (2024-Present). Role: Faculty driven content for NR607 (advanced pharmacology) for students seeking a deeper understanding and to leverage their APRN knowledge, skill and judgement toward complex topics for prescribers. Topics include: Antimicrobial selection & pathogens, antihypertensive therapy, hyperlipidemia modalities, Meetings are 4-6/month during lunch hours.

Faculty Marshal (2024). Regis University Commencement. Role: Coordinate processional lines, and to lead faculty in the processional and recessional.

Competency Based Education (CBE) Task Force (2024-Present). Role: Coordinate and lead FNP faculty in transitioning program courses to CBE templates per national guidelines (AACN & NONPF) and accreditation requirements.

Faculty Governance Committee (2023-Present). Role: Representing GCC and monthly reporting of committee SMART goals, tasks and general status

RHCHP Research Symposium Task Force (2021-Present). Role: Representing Loretto Heights School of Nursing and assisting in the development, integration and launching all facets of the symposium and awards ceremony with our interprofessional RHCHP partners.

Family Nurse Practitioner Student Mentoring (2021-Present). Role: Monthly meetings with 1-2 students/semester seeking additional advanced practice nursing (APRN) role support, professional development and strategic planning.

Family Nurse Practitioner Alumni Mentoring (2021-Present). Role: Ad hoc to monthly meetings with graduates seeking APRN guidance for role acquisition, APRN demands, quality care issues and doctorate study plans.

Nursing Faculty Organization (2019-Present). Role: Contributory member

Family Nurse Practitioner Faculty Workgroup (2019-Present). Role: Monthly meeting with FNP faculty to discuss program initiatives, concerns, and curricular updates; Current focus germane to competency-based education implementation.

Family Nurse Practitioner: Oral Comprehensive Evaluation Panelist (2019-Present). Role: Contributory member.

Faculty Search Committee (2021-Present). Role: Serve at the request of the Assistant Dean for interviewing faculty candidates for the graduate program, LHSON.

Quality Assessment and Evaluation Committee (2019-2020). Role: Assisted in annual quality assurance reports and gathering statistical data on pre and post FNP board examination measures for Regis University proportionate to national averages.

Service to the Community

National Nurse Practitioner Symposium (NNPS) Committee Member (2024-present). Role(s): Consultant representing Regis University and the APRN community, providing annual-content development, abstract reviews and acceptance, alongside rendering and selecting podium presentations germane to current APRN issues. Granted 75 free admissions for Regis University NP students, 2024-2025.

School-based Physical Examinations & Reconcile Vaccines for Medically Indigent Children in Denver (2023-Present). Role: Providing free pediatric sports physical exams in an urban, underserved elementary school (Bryant-Webster) for incumbent and newly immigrated students hoping to engage in activities. Includes collaborating with school RN, Eileen Swartz to establish medical care for individuals/families and reconciling vaccine requirements. Community Impact noted here: <https://www.9news.com/article/news/local/school-nurse-helps-migrant-students/73-45414a40-fd9d-421d-9fd2-2ef8c71efb45>

Colorado Alliance Health Equity Practice + Colorado Department of Public Health Commission: Vaccination clinics (2022-2024). Coordinated multiple school-based vaccine clinics in collaboration with Pharmacy RHCHP partners.

Volunteer Denver Rescue Mission (2020-Present). Role: Contributing to preparation and meal delivery for an urban-centered community outreach for the homeless population.

Volunteer Haven of Hope (2024). Role: Donations for clothing and weather-dependent needs.

Anti-Racism Examen Workshop (2024). Role: Participant in group discussions, reflections and discernment utilizing Ignatius pedagogy and advocacy toward racial and social justice.

Teaching Responsibilities (2019-Present):

Family Nurse Practitioner-BC

May 2023- Present

Family Medicine Clinic

Colorado Alliance for Health Equity Practice (FMC-CAHEP)

Denver, Colorado, 80246

Teaching Responsibilities 2024-2025

**Course Resource Faculty: NR605 and NR607*

NR605 -Advanced Physiology and Pathophysiology Across the Lifespan

NR607-Pharmacology for Advanced Practice

NR651-Professional Integration

NR600-Advanced Application of Research for Evidence Based Practice

NR708-Health Care Policy Analysis and Development

Teaching Responsibilities 2023-2024

**Course Resource Faculty: NR605 and NR607*

NR605-Advanced Physiology and Pathophysiology Across the Lifespan

NR607-Pharmacology for Advanced Practice

NR651-Professional Integration

NR600 NR600-Advanced Application of Research for Evidence Based Practice

NR708-Health Care Policy Analysis and Development

Teaching Responsibilities 2022-2023

**Course Resource Faculty: NR605 and NR607*

NR605-Advanced Physiology and Pathophysiology Across the Lifespan

NR607-Pharmacology for Advanced Practice

NR651-Professional Integration

NR600-Advanced Application of Research for Evidence Based Practice

NR630 -FNP SIM Labs, n=2

Teaching Responsibilities 2021-2022

**Course Resource Faculty: NR605 and NR607*

NR605-Advanced Physiology and Pathophysiology Across the Lifespan

NR607-Pharmacology for Advanced Practice

NR600-Advanced Application of Research for Evidence Based Practice

NR651-Professional Integration

NR704-Epidemiology & Health Promotion

Teaching Responsibilities 2020-2021

**Course Resource Faculty: NR605 and NR607*

NR605-Advanced Physiology and Pathophysiology Across the Lifespan

NR607-Pharmacology for Advanced Practice

NR630 -FNP Labs, n=3 (MSK, PE, Neurology)

FNP Clinical Oversight, n=12 students

Teaching Responsibilities 2019-2020

NR605-Advanced Physiology and Pathophysiology Across the Lifespan

NR607-Pharmacology for Advanced Practice

NR660 -Primary Health Care Across the Lifespan

NR630 -FNP Labs, n=2 (MSK, PE, Neurology)

FNP Clinical Oversight, n=12 students