

**TRUSTED, EXPERIENCED
HEALTH CARE PROVIDERS
FOR WOMEN OF ALL AGES & STAGES**



More and more women are choosing **Virginia Women's Center Nurse Practitioners** as their regular health-care providers. With an emphasis on reproductive and gynecological health, our nurse practitioners assess, diagnose, manage and evaluate the numerous conditions associated with women's health.

Nurse practitioners distinguish themselves from other health-care providers by focusing on the whole person, in addition to specific concerns. Their aim is to educate patients on the effects their health choices can have on them, their loved ones and their communities.

When women have needs that are considered typical for their stage of life – whether teen, pregnant or menopausal – a nurse practitioner makes a great health-care provider. Women with serious conditions, especially those requiring surgery, need the services of an obstetrician/gynecologist.



- Obstetrics & High-risk Obstetrics Care
- Advanced Ultrasound Services (AIUM certified)
- Gynecologic Care
- Onsite Labs
- Incontinence Treatment & Female Urology
- Mammography
- Clinical Research
- Bone Health
- Nutritional Counseling
- Psychological Counseling

804.288.4084

St. Mary's MOB South
5875 Bremono Road, Suite 400
Richmond
*Obstetrics
Gynecology
Nutritional Counseling*

Henrico Doctors' Professional Building
7605 Forest Avenue, Suite 411
Richmond
*Obstetrics
Gynecology*

Memorial Regional Medical Center, MOB II
8266 Atlee Road, Suite 330
Mechanicsville
*Obstetrics
Gynecology
Bone Health
Nutritional Counseling*

John Rolfe Commons
2240 John Rolfe Parkway
Richmond
*Gynecology
Mammography
Female Urology
Bone Health
Nutritional Counseling
Psychological Counseling*

Kilmarnock
102 DMV Drive
Kilmarnock
*Obstetrics
Gynecology*

**VIRGINIA WOMEN'S CENTER
NURSE PRACTITIONERS**

www.VirginiaWomensCenter.com



Education

A nurse practitioner is a registered nurse who has completed specific advanced nursing education, generally a master's degree, and is prepared in diagnosing common and complex medical conditions. At Virginia Women's Center our nurse practitioners are board certified by national professional organizations. Certification are earned and maintained through continuing education in a variety of specialty areas, including women's health, family practice and midwifery, which we have at Virginia Women's Center.

The approach of nurse practitioners is rooted in the compassionate care model of nursing. Virginia Women's Center nurse practitioners are also unique because they:

- Focus not only on health problems but also the effects those problems have on women and their families



- Explain the details of health problems, medications and other topics to help women fully understand how to take care of themselves
- Ask about women's worries and concerns about their health and their health-care needs
- Emphasize wellness and self care by giving women the information they need to make healthy lifestyle choices and health-care decisions.

Capabilities

At Virginia Women's Center, our nurse practitioners collaborate with physicians and other health professionals as part of a critical health-care team which provides optimal care for patients. A large number of studies have documented that nurse practitioners provide a high-quality, cost-effective health-care experience. Their unique approach to health care results in a high level of patient satisfaction.

Nurse practitioners provide a broad range of services.

- Health maintenance exams, such as routine pregnancy care, post-partum follow-up and annual exams, which include a comprehensive health history, ordering, performing and interpreting diagnostic tests and writing and refilling prescriptions
- Health and wellness counseling to patients of all ages, including family-planning care
- Diagnosis, evaluation and treatment of critical conditions, such as vaginal infections, including STD screening and follow-up for women
- Diagnosis, evaluation and treatment of ongoing conditions, such as PMS, painful/irregular periods and perimenopausal symptoms

Spread the Word

Invite a Virginia Women's Center nurse practitioner to speak to your group. Call 288-4084 or visit our Web site, www.VirginiaWomensCenter.com.

LEARN MORE | WWW.VIRGINIAWOMENSCENTER.COM

Care Priorities

With the diverse cultural and spiritual practices of patients in mind, nurse practitioners' care priorities include:

- **Educating patients and families** – Maintaining health and preventing disease through education and awareness, individually and in the community
- **Facilitating patient participation in self care** – Teaching the patient to take an active role in her health
- **Promoting optimal health** – Promoting positive mental, physical and emotional well-being
- **Providing continually competent care** – Providing excellence in care throughout the lifespan
- **Facilitating entry into the health care system** – Offering community resources and helping coordinate outside care when needed
- **Promoting a safe environment** – Working with patients to create the best environment for health and well-being

From the Standards of Practice for Nurse Practitioners of the American Academy of Nurse Practitioners



CALL FOR APPOINTMENTS | 804.288.4084