

Léa Zemmour, APRN, MSN, PMHNP-BC
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EDUCATION

- **The University of Texas at Austin, School of Nursing-** Austin, Texas May 2023
Master of Science in Nursing
Psychiatric Mental Health Nurse Practitioner program
- **Université Paris 3 Sorbonne-** Paris, France July 2012
Master of Art in Modern Languages and Literatures
- **Classes Préparatoires aux Grandes Ecoles-** Montpellier, France June 2011
Bachelor of Art in Modern Languages and Literatures

EMPLOYMENT CHRONOLOGY

- **Clinical Instructor in PMHNP graduate program** June 2024 to present
The University of Texas at Austin
- **Psychiatric Nurse Practitioner** December 2023 to present
Psychplus, Texas
- **Outpatient Psychiatric Nurse Practitioner** August 2023 – December 2023
Austin Family Mental Health, Austin, Texas
- **ICU Registered Nurse** July 2021- present
HCA St David's Healthcare, Austin, Texas
- **Yoga Instructor** December 2012 to present
Pure Yoga Texas- Funky Door- Yoga Bikram Paris
- **Biology Tutor** June 2018 – July 2019
Diablo Valley College, Pleasant Hill, California
- **Humanities Tutor** May 2011– Jun 2012
Domicours, Montpellier, France
- **Nanny** Sept 2011 – Jan 2014
Flore Ziegel, Paris, France

CAREER HIGHLIGHTS

Clinical instructor in Psychiatric Mental Health Nurse Practitioner Graduate Program

- Developed curriculum, designing and implementing innovative course content that aligns with current psychiatric and mental health best practices.
- Mentored students, providing guidance and support to PMHNP students, helping them develop clinical skills and professional growth
- Supervised clinical practice, overseeing students in clinical settings, ensuring they gain hands-on experience with patient assessments, diagnosis, and treatment
- Delivering engaging lectures and conducting workshops on specialized topics in psychiatric mental health.

Psychiatric Mental Health Nurse Practitioner

- Performed comprehensive psychiatric evaluation including psychiatric present symptoms and history, concerns around patient safety and violence, substance use, traumas, health behaviors, medical, social and family/genetic history.
- Evaluated for safety, including self-harm, violence and reportable arenas of abuse or neglect within family units. Managing and responding to psychiatric emergencies using clinical tools and partnering with appropriate community agencies.
- Developed biopsychosocial assessments of patients involving differential diagnoses and inclusion of social determinants of health. This may include using laboratory testing, collateral data, and other medical reports.
- Developed treatment plans for psychiatric disorders and or stress-induced illnesses based on practice guidelines, evidence-based standards, and clinic knowledge. Referring out conditions which are better suited to other branches of medicine or clinical care.
- Involved and educated patients and/or their families on diagnoses and treatments.
- Prescribed and monitored psychotropic and related medications based on diagnosis, lab tests, patient's status of severity, to treat symptoms of disorders and improve functioning and quality of life, in manner attending to safe standards and with patient informed consent.
- Recommended appropriate use and monitoring of lifestyle modifications such as exercise, diet and mind-body approaches as commensurate with the patient's condition, the medical evidence and the patient's readiness to take on behavioral interventions.
- Recommended appropriate use (with informed consent) and monitoring of nutraceutical and herbal supplements as commensurate with the patient's condition, the medical evidence and the patient's readiness to take on such interventions.
- Made appropriate referrals out of the agency to community partners for interventions not delivered by the wellness clinic such as TMS and ECT or other medical care as needed.

Intensive Care Nursing- Registered Nurse

- Assisted physician with procedures (diagnostic or therapeutic bronchoscopy, endoscopy, endotracheal intubation, chest or peritoneal drain insertion and mechanical ventilation)
- Coordinated with other members of the critical care team using interpersonal communication, leadership, strategic planning, critical thinking

Inpatient Rehabilitation Nursing- Charge Nurse and Registered Nurse

- Collaborated with a multidisciplinary team to coordinate, evaluate, customize, and deliver high quality, patient-centered care.
- Exercised judgement and provided direction regarding patient care assignments using established policies/procedures.
- Assisted with admission and discharge processes to ensure efficient throughput and high quality, patient-centered care.
- Ensured compliance with all policies, procedures, and regulatory standards

Health Promotion and Physical Activity

- Facilitated variety of heated yoga classes, including the 90-Minute Hot Yoga, recognized for its therapeutic benefits
- Gave lectures and seminars to trainees on anatomy, physiology, medical protocol and mental health benefits of yoga and first aid intervention relevant to teaching yoga
- Managed and supervised customer services to clientele in retail and memberships
- Participated in promoting mental health by guiding students managing anxiety and depression through a rigorous standardized heated yoga practice and meditations

Education

- Assisted professor to prepare anatomy lectures
- Supervised a class of 40 students dissecting cadavers and accompanied the class to the morgue to observe a biopsy at Diablo Valley community College
- Tutored students preparing for their homework and exam in anatomy, physiology and nutrition at Diablo Valley College Health Sciences school tutoring center
- Recognized by biology professor for my ability to explain concepts to my classmates and recommended to be employed at the Diablo Valley College Health Sciences school tutoring center

CLINICAL EXPERIENCE

- Dell Seton Medical Center August 2022 - April 2023
Emergency Behavioral Health Unit (287 hours)
- Ascension Seton Shoal Creek (100 hours) October 2022 - April 2023
- Dell Children's Medical Center January 2023 – April 2023
Intensive Outpatient Program (75 hours)
Child Texas Study Center (23 hours)
- Sage Recovery Villa (68 hours) August 2022 - November 2022

VOLUNTEERING EXPERIENCES

- American Psychiatric Association* July 2022
- Received injection of 0.9% normal saline in the context of recording and producing a series of photographs, videos and related materials to demonstrate proper techniques for preparing and administering long-acting injectable (LAI) antipsychotics
 - The purpose of the project was to make information about the proper techniques for preparing and administering LAI antipsychotics available to healthcare professionals
 - Zemmour L, Simonton, A &* Rolin, D.G. (2022, September 8). How to administer a LAI injection into deltoid muscle. https://youtu.be/3c119XKv4_0URL
- Covid-19 vaccine administration-Austin, Texas* December 2019 - January 2021
- Administered and provided education on the covid-19 vaccine
 - Drew the vaccine from the vial to the syringes for use by other volunteers
 - Monitored in observation room and educated patients about side effects
- Family Wellness Center- Austin, Texas* October 2020 - January 2021
- Administered and provided education the flu vaccine on the Covid-19
- AHEC Scholar Program- Central Texas* September 2019 – June 2021
- Participated in a multidisciplinary certificate program for health professions students that offers opportunities for hands-on training, experience in rural and underserved communities, and networking with other students and professionals
- Tri-Valley Animal Rescue- Dublin, California* June 2014 - June 2019
- Walked stray/surrendered dogs and socialized with and cats and bunnies.
 - Advocated for shelter dogs and cats during events such as the local farmers' markets and fairs

CERTIFICATION

- The University of Texas Health Science Center at Houston- Austin, TX July 2020
Graduate Certificate in Public Health
- ACLS Advanced Life Support Expires January 2024
American Red Cross
- CPR and First-Aid Basic life support Expire July 2025
American Heart Association (AHA) Heartsaver First-Aid AHA Basic Life Support (BLS)
Provider (CPR)
- Certificate Master Psychopharmacology Program August 2022
Neuroscience Education Institute

LANGUAGE

English and French (fluent)

AFFILIATION

Psychiatric Advanced Practice Nurse of Austin
American Psychiatric Nurse Association
Original Hot Yoga Association