

I am a Registered Nurse and writer based in New Orleans. My career in nursing began in my hometown of Washington, DC caring for youth at Children's National Medical Center. Upon relocation to New Orleans, LA in 2011, I served adults living with HIV/AIDS at the largest AIDS service organization in the Southern Gulf Coast region.

My love of providing health education has taken me to schools & venues throughout the city. Through my collaboration with BET's "Rap It Up" Campaign & NO AIDS Task Force in 2015, over 500 students at KIPP Renaissance High School participated in a school-wide forum centering sexual health, peer pressure & HIV/AIDS awareness. My writing has been featured on multiple platforms, including ANTIGRAVITY, where I served as an Associate Editor between 2019 & 2022.

Between 2013 & 2018 I supported families as a birth doula with Birthmark Doula Collective. I've volunteered with Nurses for Africa in Zambia, participated in AWID's (Association of Women in Development) first global Black Feminist Forum in Bahia, Brazil & traveled with International Medical Relief in 2017 to provide health services to hundreds of villagers in Senegal. Between 2017 & 2018 I served as the first RN Coordinator of Adolescent Sexual Health in LSU's Department of Pediatrics.

I participated in the Wise African Women Birth Workers educational retreat in Benin West Africa & served as a leading member in the 2019 New Orleans cohort of Auburn Seminary's Fellowship for Feminist Leaders in Reproductive Justice. It was this same year that HER Health Nurse was founded. In 2020, HER Health Nurse was awarded a grant from Tulane School of Public Health & NOLA Family Planning Relief. Funds were used to launch a "Reproductive & Sexual Health Kit" campaign which safely & successfully distributed hundreds of menstrual products & vital reproductive health items to adolescent girls & young women in New Orleans during the height of the COVID-19 pandemic. Between 2020 and 2023, I cared for hundreds of pregnant and parenting clients at the largest L&D unit in New Orleans and at the largest L&D unit in the DC metro area as a travel nurse, respectively.

In 2022 HER Health Nurse was sponsored by the illustrious Sigma Gamma Rho Sorority Inc, & received thousands of menstrual supplies, which were successfully distributed to youth in the Greater New Orleans Metro Area, including residents at Covenant House.

As of 2023, I returned to Birthmark Doula Collective to serve as their first Education Coordinator. Several of my duties include providing health education to community-based perinatal health workers & managing the acclaimed "Grand Rounds" lactation continuing education program. I am currently enrolled in Frontier Nursing University & completing coursework to obtain my Master of Science in Nurse Midwifery.

I value empathy, cultural humility, & evidence-based practices. I incorporate these values into every session with my clients. I received my Bachelor of Science in Nursing at Louisiana State University Health Sciences Center & my Doula Certification via Shafia Monroe Consulting. I'm a certified STI Nurse with the Louisiana Office of Public Health. I also hold certifications in Pregnancy Options Counseling & Foundations Core Skills Sex Education. I am a devoted daughter, sister, trusted caregiver, & mentor. I love to travel, read, & listen to indie hip hop & jazz. I am beyond passionate about young women's health.