

THERESA GARNERO, APRN, BC-ADM, MSN, CDE

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OBJECTIVE

Inspire health and diabetes self-management through science-based innovation, collaboration and fun

LEADERSHIP & AWARDS

2018 KingFit diabetes health app content expert, curriculum design, filmed 30 videos
2017 Manuscript reviewer for *Diabetes Spectrum*
2009-2016 Founder, Executive Director of Dance Out Diabetes, a non-profit organization
2015-2016 Global Diabetes Advisory Board member, Eli Lilly
2014 American Diabetes Association (ADA) recognition, Madison Clinic for Pediatric Diabetes/UCSF
2014 International Diabetes Educator Design winner for FreeStyle Libre, Abbott Diabetes Care
2013 Manuscript reviewer for *Diabetes Spectrum* and *The Diabetes Educator*
2012 Founder, Sutter Health Diabetes Council, multi-hospital, interdisciplinary diabetes collaborative
2009 National Board of Director, American Association of Diabetes Educators (AADE)
2008 International *Inspired by Diabetes* first place entry for *Pin the Pancreas on the Piggy* game
2007 National AADE Professional Development Committee member
2005 President of California Central Coast AADE
2005 Nurse of the Year nominee, Community Hospital of the Monterey Peninsula, CA
2004 National AADE Diabetes Educator of the Year

EDUCATION

- Diabetes Prevention Program Lifestyle Coach, AADE, 2015
- Advanced Practiced R.N., Board Certified in Advanced Diabetes Management, 2002
- Master of Science in Nursing, 2000: University of Phoenix, San Jose, CA
- Certified Diabetes Educator, 2000
- Bachelor of Science Degree in Nursing, 1998: University of the State of New York, NY
- Associate of Science Degree in Nursing, 1987: Maurine Church Coburn, Monterey, CA

SELECT PUBLICATIONS

- Garnero, T. L., Davis, N. J., Perez-Nieves, M., Hadjiyianni, I., Cao, D., Ivanova, J. I., & Peyrot, M. (2018). Insulin non-persistence among people with type 2 diabetes: how to get your patients to stay on insulin therapy. *Postgrad Med*, 130(4), 394-401.
- Naranjo, D., Mulvaney, S., McGrath, M., **Garnero, T.**, & Hood, K. (2014). Predictors of self-management in pediatric type 1 diabetes: individual, family, systemic, and technologic influences. *Current Diabetes Reports*, 14(11), 544.
- Garnero, T. L. (2008, 2013) *Your First Year with Diabetes*. Arlington, VA: American Diabetes Association.
- Garnero, T. L. (2013) Community-Based Dance Program: Effects on Diabetes and Obesity Prevention and Management (abstract)
http://diabetes.diabetesjournals.org/content/diabetes/62/Supplement_1/A621.full.pdf
- Garnero, T. L. (2010) Providing Culturally Sensitive Care for LGBT with Diabetes. *Diabetes Spectrum*, 23(3): 178-182.
- Garnero, T. L. (2003) *DIABETease: A lighter look at the serious subject of diabetes*. North Charleston, SC: Imprint Books.

OTHER WRITING AND ILLUSTRATING

- Script writer for dLife, a CNBC weekly show
- Writer and cartoonist: Diabetes Health, Defeat Diabetes Foundation, Walgreen's "Diabetes & You", Caring.com, Diabetes Forecast
- *NurseWeek* cover for diabetes cartooning, May 2004

GARNERO DESIGNS, LLC (2001 to present)

President, Creative Talent and Diabetes Educator Expert

- Improve engagement and end user experience with diabetes technology by collaborating with multiple companies (Abbott, Lifescan and AccuCheck) on interface design, materials and self-discovered learning (KingFit, Omada Health)
- Design, write and illustrate diabetes education curriculums, books, articles, pamphlets and text messages that communicate complex concepts in a friendly, positive, and visually inviting manner (Care4life: wrote hundreds targeted text messages to help support, motivate and educate users to manage diabetes; Jansen T2DanceCrew: created a community diabetes dance program curriculum to roll out nationally; Sutter Health: authored with interdisciplinary team a type 1 and 2 diabetes 104-page booklet for both inpatient and outpatients)
- Engage audience with vast media experience (apps, videos, TV including Oprah, social media, radio)
- Keynote presentations:
 - 26th International Conference on Diabetes and Endocrinology (2018): Culturally Competent Care for the LGBT individual with diabetes
 - County of Los Angeles, Complex Care Training Webinar (2018): Diabetes Nuts & Bolts
 - State of Wisconsin, Division of Quality, Madison, WI (2017): Comparing Prediabetes Program Outcomes – the National Diabetes Prevention Program vs. Dance Out Diabetes
 - American Diabetes Association Annual Meeting, San Francisco, CA (2014): So You Think You Can Dance event
 - AADE Annual Conference, Las Vegas, NV (2011): Providing Culturally Sensitive Diabetes Education and Care for the LGBT individual with diabetes
 - AADE webinar (2009): Using Therapeutic Humor with Self Care Behaviors
 - University of Irvine, Annual Collaborative Diabetes Education Conference, Irvine, CA (2009): An Hour of Stand-up Comedy
- Advise on strategy for organizations with a mission to ease the burden of living with diabetes (AADE: past national Board of Director; ADA: reaching those newly diagnosed with type 2) and consult with start-ups (the Eatery photo app, KingFit app), local and international diabetes companies (Glooko, Merck, Diabetes Health), and innovators like IDEO
- Integrate therapeutic humor and cartoons when appropriate to emphasize subject matter

UNIVERSITY OF CALIFORNIA AT SAN FRANCISCO (2012 to present)

Instructional Designer Specialist, Diabetes Minor, Family Health Care Nursing (4/2016 to present)

Create, be part of the faculty, launch, and evaluate an interactive 30 unit [CME online certificate program](#) for the Diabetes Subspecialty Academic Minor program

Ambulatory Clinical Enterprise Operations Specialist (8/2015 to present)

- Develop, implement and evaluate the efforts of the Telephone Triage Council (as its Chair, leading over 150 nurses across Ambulatory Practices with protocol writing and quality oversight)
- Provide clinical consultative services to the Ambulatory APeX team (electronic health record)
- Act as a resource to nurses and practice managers

Practice Manager of Madison Clinic for Pediatric Diabetes (8/2012 to 3/2015)

- Led a dynamic team of pediatric endocrinologists, psychologists, fellows, nurses, dietitians, social worker, and staff to create a renowned clinical care center (Pediatric Diabetes & Endocrinology rated Best in Bay Area and #8 nationally, according to US News & World Report)
- Facilitated diabetes care, education and research in outpatient (OP) and inpatient (IP) areas
- Completed the rigorous process to meet quality standards for national recognition requirements with the ADA for the first time since clinic opening 20 years prior

CALIFORNIA PACIFIC MEDICAL CENTER (11/07 to 6/12)

Clinical Nurse Manager of Center for Diabetes Services

- Led and managed OP and IP diabetes education and management programs (adult and pediatrics), with an interdisciplinary staff of 20 direct reports (RNs, RDs, LCSWs, MAs, and front desk team members)
- Designed a comprehensive, 104-page booklet for people with type 1 and 2 diabetes in under a year with a team of interdisciplinary diabetes educators which received national recognition status from the ADA
- Optimized several million-dollar budget and improved productivity by increasing units of service by 20%
- Led the rewrite of existing IP/OP protocols and wrote new ones with endocrinologists
- Founded and chaired the multidisciplinary Glycemic Council, and within 6 months, the system-wide Sutter Diabetes Council (by inviting all practices across California and Hawaii who served people with diabetes, including IP, OP, Gestational, Foundation/Primary Care, and Home Care to meet quarterly and collaborate on best practices across the enterprise)

WASHINGTON HOSPITAL HEALTHCARE SYSTEM (4/06 to 10/07)

Director of Diabetes Services

- Established OP program from ground up within 4 months of hire, from office layout, to hiring staff, curriculum design and billing infrastructure; obtained ADA national recognition status within 8 months
- Generated over a million dollars in new revenue
- Developed IP protocols for hypoglycemia, insulin pumps, DKA, insulin infusion

COMMUNITY HOSPITAL OF THE MONTEREY PENINSULA (17 years total)

Certified Diabetes Educator: OP, IP: adults, pediatrics, gestational diabetes (1999-2006)

Editor-in-Chief *Nursing Insight* (1997-2006)

Home Health: Staff Development (1994-96), **Supervisor** (1993-94), **Visiting Nurse** (1991-92)

Emergency Department RN (1989-91)

ICU-CCU Staff RN (1987-89)

Languages:

- Italian: advanced certificate, Centro Culturale Giacomo Puccini, Viareggio, Italia (2016)