

# TERESA GARNERO, APRN, BC-ADM, MSN, CDCES

San Francisco, California and well beyond, virtually [theresa@tgarnero.com](mailto:theresa@tgarnero.com)

## OBJECTIVE

To inspire quality diabetes care by leveraging the talents of gifted practitioners and engaging learners through self-discovery and collaboration

## 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 (now called Diabetes Care and Education Specialist), 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

## LEADERSHIP & AWARDS

- 2021 [Created largest, online diabetes certificate program \(100 CMEs\)](#) with University of the Pacific's Benerd College
- 2019 Founder/designer of an online diabetes prevention & management program, [Sweet People Club](#)
- 2019 Co-Chair [Women Leaders in Diabetes Conference](#)
- 2019+ Manuscript reviewer for *Diabetes Spectrum*
- 2018 Designed and launched [UCSF's Online Diabetes Certificate](#) Program
- 2018 KingFit diabetes health app content expert, curriculum design, filmed 30 videos
- 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 Diabetes Educator of the Year, American Association of Diabetes Educators

## SELECT PUBLICATIONS

- Garnero, T. L. (2019, October 20). Association of Diabetes Education and Care Specialists (formerly AADE) [Inclusive Care for LGBTQ People with Diabetes](#).
- 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](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 CURRICULUM DESIGN, WRITING AND ILLUSTRATING**

- University of the Pacific, Benerd College: [Diabetes Essentials for Clinicians and Non-Clinicians](#) (2021 – designed and recorded 120 faculty members for a 100 CME certificate program)
- University of the Pacific, Nurs 213B Diabetes Care Management curriculum designer for 5-unit course for RNs in the Master of Science in Nursing program (2021)
- Dr. Prem Sahasranam’s “[My Diabetes Tutor](#)” curriculum designer, received national accreditation from the Association of Diabetes Education and Care Specialists (2020)
- Script writer and TV guest for dLife, a CNBC weekly show
- Writer and cartoonist: Diabetes Health, Walgreen's "Diabetes & You", Diabetes Forecast

UNIVERSITY OF THE PACIFIC’S BENERD COLLEGE (June 2020 to present)

### **Diabetes Essentials for Clinicians Course Developer**

- Create Diabetes Essentials for Clinicians and Non-Clinicians certificate program
- Identify, invite, and record over 120 renowned and diverse diabetes experts
- Lead the process to enhance learner engagement by unifying faculty PowerPoint slides
- Manage program development to meet agreed upon deadlines including obtaining CMEs

UNIVERSITY OF CALIFORNIA AT SAN FRANCISCO (2012 to 2020)

### **Ambulatory Clinical Enterprise Operations Specialist (8/2015 to 9/2020)**

- Develop, implement and evaluate the efforts of the Telephone Triage Council as its Founding Chair
- Lead and collaborate with over 150 nurses and managers across Ambulatory Practices to create over 350 symptom-based, universal APEX smart phrase protocols (including specialty practices)
- Provide quality oversight of protocol implementation and use with monthly audits
- Mentor nurses new to the Telephone Triage role

### **Instructional Designer Specialist, Diabetes Minor, Family Health Care Nursing (4/2016 to 9/2021)**

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

### **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
- 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 American Diabetes Association

GARNERO DESIGNS, LLC (2001 to present)

### **President, Creative Talent and Freelance Diabetes Educator Expert**

- Design, write and illustrate diabetes education curriculums, videos, 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)

- 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)
- Engage audience with vast media experience (apps, videos, TV including Oprah, social media, radio)
- Keynote presentations:
  - ADCES Annual Conference, virtual (8/2021): Emotional Impact of Evolving Diabetes Care and Education Specialist Roles as COVID-19 Screeners
  - AADE Annual Conference, Houston, TX (2019): Inclusive Care for LGBTQ+ People with Diabetes: a panel discussion
  - County of Los Angeles, Complex Care Training Webinar (2019): Diabetes Nuts & Bolts
  - 26<sup>th</sup> International Conference on Diabetes and Endocrinology (2018): Culturally Competent Care for the LGBT individual with diabetes
  - 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 (ADCES, ADA) and consult with start-ups (the Eatery and KingFit apps), local and international diabetes companies (Glooko, Merck, Diabetes Health, DiabetesWise), and innovators like IDEO

**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)
- 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 in 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** (94-96), **Supervisor** (93-94), **Visiting Nurse** (91-92); **Emergency Dept RN** (1989-91); **ICU-CCU Staff RN** (87-89)

Languages:

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