

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

Globally available, virtually Theresa@tgarnero.com

OBJECTIVE

To inspire diabetes self-care through creativity, collaboration, and keeping it real

EDUCATION

- Diabetes Prevention Program Lifestyle Coach, AADE/ADCES, 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 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 to present: Manuscript reviewer for *Diabetes Spectrum*, *Clinical Diabetes*
- 2018 Designed and launched [UCSF's Online Diabetes Certificate](#) Program
- 2018 KingFit diabetes health app content expert, curriculum design, filmed 50 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, AADE

SELECT PUBLICATIONS

- Savin K, **Garnero T.** Know Thyself: A Cultural Humility Framework for Diabetes Education for LGBTQ Individuals. *ADCES in Practice*. 2022;10(2):8-12. doi:10.1177/2633559X211070024
- 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

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)
- CDC-sponsored National DPP “WellQuestGame” steering committee member (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 (2020 to 2023)

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 2022)

Instructional Designer Specialist, Diabetes Minor, Family Health Care Nursing (4/2016 to 6/2022)

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 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

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 2022)

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 (Quin Tech, Abbott, Lifescan and AccuCheck) on interface design, materials and self-discovered learning (KingFit, Omada Health)
- 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
- Engage audience with vast media experience (apps, videos, TV including Oprah, social media, radio)
- **Keynote presentations:**
 - ADCES Annual Conference, virtual (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
 - 26th 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

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)