

# Karen Estelle Lundgren Fritz

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## Education

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2002	<b>University of Kansas</b> <b>Post Master's Certificate, Nurse Midwifery</b>	<i>Kansas City, Kansas</i>
1994	<b>University of Kansas</b> <b>Master of Science in Nursing, Clinical Nurse Specialist, dual emphases: Women's Health and Community Health</b>	<i>Kansas City, Kansas</i>
1982	<b>William Jewell College</b> <b>Bachelor of Science, Majors in Nursing and Spanish</b> Member of Sigma Theta Tau, Phi Sigma Iota, and Mortar Board honor societies	<i>Liberty, Missouri</i>

## Professional Experience

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2020-2023	<b>New Woman Obstetrics and Gynecology</b> <b>Certified Nurse Midwife</b> <ul style="list-style-type: none"><li>• Provided limited-scope nurse midwifery care, including gynecologic, family planning, preconception, prenatal, and postpartum care.</li></ul>	<i>Overland Park, Kansas</i>
2011-2017	<b>New Birth Company</b> <b>Certified Nurse Midwife</b> <ul style="list-style-type: none"><li>• Provided full-scope nurse midwifery services in a nationally-accredited and state-licensed freestanding birth center.</li></ul>	<i>Overland Park, Kansas</i>
2010-2013	<b>University of Kansas</b> <b>Clinical Instructor</b> <ul style="list-style-type: none"><li>• Co-taught graduate-level nurse midwifery courses and served as adjunct clinical faculty for undergraduate program in OB (Fall 2010) and mental health (Spring/Summer 2011).</li></ul>	<i>Kansas City, Kansas</i>
2009-2011	<b>Saint Luke's College</b> <b>Adjunct Clinical Faculty</b> <ul style="list-style-type: none"><li>• Provided clinical instruction on mental health and community health to BSN students.</li></ul>	<i>Kansas City, Missouri</i>
2007-2008	<b>Arbor Creek OB-GYN</b> <b>Certified Nurse Midwife</b> <ul style="list-style-type: none"><li>• Provided full-scope nurse midwifery care in office and attended births at Olathe Medical Center.</li></ul>	<i>Olathe, Kansas</i>
2004-2007	<b>Covenant HealthCare</b> <b>Certified Nurse Midwife</b> <ul style="list-style-type: none"><li>• Provided limited-scope nurse midwifery care, including gynecologic, family planning, preconception, prenatal, and postpartum care.</li></ul>	<i>Olathe, Kansas</i>
2005-present	<b>Miami County Health Department</b> <b>Certified Nurse Midwife, Women's Health Clinic</b> <ul style="list-style-type: none"><li>• Provide volunteer services in rural county women's health clinic (formerly family planning clinic) twice per month.</li></ul>	<i>Paola, Kansas</i>

2004-2017	<b>University of Kansas Nurse Midwifery Education Program Clinical Preceptor</b>	<i>Kansas City, Kansas</i>
2002-2004	<b>Birth and Women's Center Certified Nurse Midwife</b> <ul style="list-style-type: none"><li>• Provided full-scope nurse midwifery care to women in a nationally-accredited and state-licensed freestanding birth center.</li></ul>	<i>Topeka, Kansas</i>
2001	<b>Unified School District #230 Independent Contractor</b> <ul style="list-style-type: none"><li>• Contracted to provide translation and individualized education services for incoming monolingual Spanish-speaking student, 10 hours/week in Spring of 2001.</li></ul>	<i>Spring Hill, Kansas</i>
1999-2022	<b>Academy of Certified Birth Educators Workshop Faculty Member</b> <ul style="list-style-type: none"><li>• Present certification and continuation education workshops for childbirth educators, doulas, and nurses.</li></ul>	<i>Olathe, Kansas</i>
1995-2000	<b>Nurse Midwife Associates Nurse Educator</b> <ul style="list-style-type: none"><li>• Provided expanded nursing role, including clinical nursing, development of educational materials for practice, client education and support for all clients, and case management, translation, and education for Spanish-speaking clients.</li></ul>	<i>Kansas City, Missouri</i>
1991-1993, 1995	<b>Holistic Birth and Growth Center Nurse</b> <ul style="list-style-type: none"><li>• Performed expanded office role in private clinic setting, and was a labor/birth nurse at this nationally-accredited, state licensed freestanding birth center.</li></ul>	<i>Topeka, Kansas</i>
1988-1995	<b>Olathe Medical Center Nurse, Childbirth Educator</b> <ul style="list-style-type: none"><li>• Worked as a staff nurse in postpartum and nursery and taught childbirth preparation, VBAC, refresher, breastfeeding, teen and special situation mom classes.</li></ul>	<i>Olathe, Kansas</i>
1984-1988	<b>Stormont-Vail Regional Medical Center Nurse, Childbirth Educator</b> <ul style="list-style-type: none"><li>• Worked as a staff nurse on a medical unit, then postpartum and nursery unit, and taught prenatal exercise and childbirth preparation classes.</li></ul>	<i>Topeka, Kansas</i>
1982-1984	<b>Baptist Memorial Hospital Nurse</b> <ul style="list-style-type: none"><li>• Worked as a staff nurse on a medical-surgical unit.</li></ul>	<i>Kansas City, Missouri</i>

#### **Additional Professional Information**

**Licensure as RN in Kansas** since 1984, #14-51444-092, exp. September 2024

**Licensure as APRN in Kansas**, exp. September 2024

- Nurse Midwife, #53-64073-092

- Clinical Nurse Specialist – Women's Health and Community Health, #53-74545-092

**Licensure as RN in Missouri**, #89506, inactive.

**Certified Nurse Midwife**, AMCB #11037, exp. December 2025

**Member,** American College of Nurse-Midwives, #25395

**ICCE Certification,** 1989-2009

**Member,** International Childbirth Education Association, 1985-2009

**Member,** Perinatal Association of Kansas

- Board Member, 2004-2014
- Secretary, 2005-2012

**March of Dimes, State Program Services Committee** past member

**Kansas Affiliate,** American College of Nurse-Midwives

- Member, 2002-present
- Chair of Nominating Committee, 2011-2019
- Vice President, 2014-2016

### **Community Activities**

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**Volunteer,** Spring Hill Elementary School, 1994-2004

- Volunteer class group leader – Spanish language instruction, SWIS (charter school) Site Council member

**Team Coach,** Odyssey of the Mind

- Program Leader and team coach, Spring Hill Elementary School, 1998-2004
- Team coach, Spring Hill Middle School, 2003-2004
- Team coach, Spring Hill High School, 2002-2003

**USD #230 Curriculum Advisory Committee,** Health and Human Sexuality

- District Wellness Committee, 2005-2007

**Educational Advisory Councilmember,** Third Congressional District, 1999-2000

**Supervising Election Judge,** N. Marysville Township, Miami County, Kansas, 2006-2007

Election worker prn 2006-present