

KELLY STOWELL, MSN, APRN, RNFA, FNP-C, AG/ACNP-BC

San Antonio, TX | 254-760-3705 | info@aretohealth.org

Medical Writer and Nurse Practitioner

Nurse practitioner with 30 years in emergency, trauma, surgical and primary care. Writes clinical protocols, hospital policy, accreditation documents and staff training. MS in Technical Communication, with graduate training in plain language, usability research and evidence synthesis. Founded a telehealth lifestyle medicine practice and wrote its business, legal and marketing documents.

SELECTED WRITING

- Evidence-based care protocols for a new geriatric trauma service, covering frailty assessment, delirium prevention, medication reconciliation and early mobility.
- Accreditation files for a Level I trauma center re-verification that closed with zero criteria deficiencies.
- Opioid prescribing best-practice guidelines, written with a hospital pain management committee.
- Teaching content for resident physicians, trauma nurses and nurse practitioner students.

EXPERIENCE

Rainier Lifestyle Medicine

2025-Present

Founder and Owner

- Took a telehealth lifestyle medicine practice from formation in April 2026 to pre-launch, with an EIN, organizational NPI, malpractice coverage and a direct practice registration with the Washington Office of the Insurance Commissioner.
- Set the voice, plain-language rules, typography and print, web and slide specifications in the brand and writing style guide for the three-practice family.
- Wrote and edited the practice's 22-page telehealth website.
- Produced a 13-document business plan portfolio, including a three-year financial plan, an EBITDA model and a 68-item implementation roadmap.
- Drafted the attorney review memo on direct practice compliance under Chapter 48.150 RCW and the in-house patient direct agreement. Repriced two programs before launch so that no price depends on a condition.
- Planned operations for three brands on one technology stack and compared EHR platforms. Negotiated a flat API rate over a three-year term.
- Specified a clinical decision support and EMR prototype, with security policies and an incident response plan. It cites the source guideline, year and grade on every recommendation.
- Wrote the marketing strategy (version 2.0) and the patient one-pager, referral partner template and corporate wellness pitch.

Dispatch Health

2023-2025

Nurse Practitioner, Mobile Urgent Care (per diem)

- In-home evaluation and treatment of acute illness and minor injury.

Full-Time Clinical Practice

2020-Present

Nurse Practitioner, Primary and Acute Care

- Primary, preventive and acute care for adults and children. Employer details available on request.

Texas Orthopedics, Sports & Rehabilitation Associates, Austin, TX

2019-2020

Nurse Practitioner, Trauma Orthopedics

- ED consults, fracture care, joint injection and first assist for orthopedic surgery.

Ascension Seton Medical Center Hays, Kyle, TX

2018-2024

Nurse Practitioner, Trauma and Acute Care Surgery

- Resuscitation, critical care and bedside procedures for trauma activations.

Baylor Scott & White, Scott & White Medical Center, Temple, TX

2013-2018

Nurse Practitioner, Trauma and Acute Care Surgery

- Designed the Geriatric Trauma Service and wrote its business plan and care protocols.

- Chaired the Texas GETAC Trauma Systems subcommittee for Advanced Practice Providers, which shaped statewide trauma policy for APPs.
- Wrote and taught trauma and surgical care content for intern-level residents and nursing teams.
- Received the 2018 Society of Trauma Nurses research grant.

Integrated Emergency Services, Baylor Scott & White EDs

2013-2023

Nurse Practitioner, Emergency Medicine (per diem)

- Evaluation, diagnostic interpretation and disposition in several Central Texas emergency departments.

Scott & White Memorial Hospital, Temple, TX

2010-2013

Nursing Director, Trauma Services, ACS-verified Level I Trauma Center

- Led the 2012 re-verification. The center had zero criteria deficiencies, and the ACS Trauma Quality Improvement Program ranked it in its top five.
- Directed performance improvement, registry reporting and clinical protocol development for a 12-person program office.
- Content specialist for Epic ED and trauma documentation design and for trauma requirements at the opening of the S&W Children's Hospital.
- Made Scott & White one of five Texas sites for the ATCN course and coordinated the first Trauma Care After Resuscitation course for inpatient nurses.

King's Daughters Hospital, Temple, TX

2006-2010

Nursing Director, Emergency Department

- Prepared department documentation and staff for a 2008 Joint Commission survey with no departmental deficiencies.
- Clinical lead for the Meditech ED documentation build and the ESI five-level triage rollout. Wrote benchmarking reports for a department of 15,000 annual visits.

Earlier Clinical Roles

ED charge nurse, ICU and ED nurse, paramedic and field training officer.

EDUCATION

MS, Technical Communication

University of Houston-Downtown

Post-Master's Certificate, Adult-Gerontology Acute Care NP

University of Texas at Arlington

MSN, Family Nurse Practitioner

Texas A&M University-Corpus Christi

BS, Psychology (minor in Biology)

University of Mary Hardin-Baylor

LICENSURE AND CERTIFICATION

APRN, Texas (prescriptive authority) | ARNP, Washington | FNP, AANPCB | AG-ACNP, ANCC | RNFA | BLS, ACLS, ATCN, ADLS

TEACHING

- Associate Clinical Professor, Adult-Gerontology Acute Care and Family NP Programs, University of Texas at Arlington, 2017-2020
- Adjunct Clinical Faculty, Associate Degree Nursing Program, Temple College, 2017-2018

AFFILIATIONS AND SERVICE

American Medical Writers Association | American Association of Nurse Practitioners | American College of Lifestyle Medicine | Gerontological Advanced Practice Nurses Association | American Association of Post-Acute Care Nursing

- Smithsonian Women's Committee, Strategic Communications Committee. Lead copyeditor for the committee's historical manuscript. Content architecture for its Drupal website redesign.
- Ramsay-Hunt Syndrome Foundation, Advocacy Committee
- Military Women's Memorial, Arlington National Cemetery