

**Tabitha Cousart, ANP-C, GNP-C, CWS** is a Certified Adult and Geriatric Nurse Practitioner with additional certification as a Wound Care Specialist.

She graduated from Forsyth Technical Community College in 1998 with a Diploma in Practical Nursing and in 2000 she received her Associate Degree in Nursing and became a Registered Nurse.

After obtaining her nursing license, she worked with adult patients suffering from various types of Cancer at Forsyth Regional Cancer Center. During this period she attended Winston-Salem State University and obtained her Bachelor of Science in Nursing degree with intentions of furthering her education to become a certified nurse practitioner.



In 2008 Tabitha graduated from the University of North Carolina at Greensboro with a Master of Science in Nursing degree. She obtained dual certification as an Adult and Geriatric Nurse Practitioner in 2009 from the American Academy of Nurse Practitioners.

Following certification, Tabitha received two years of additional training under Tomas Vybiral, MD, managing patients with a variety of acute and chronic illnesses. She has since received certification as a Certified Wound Specialist from the American Board of Wound Management. She is currently pursuing a Doctor of Nursing Practice degree through the University of Alabama's Capstone College of Nursing. This degree focuses on the clinical aspects of nursing rather than on academic research. She anticipates graduating in 2015.

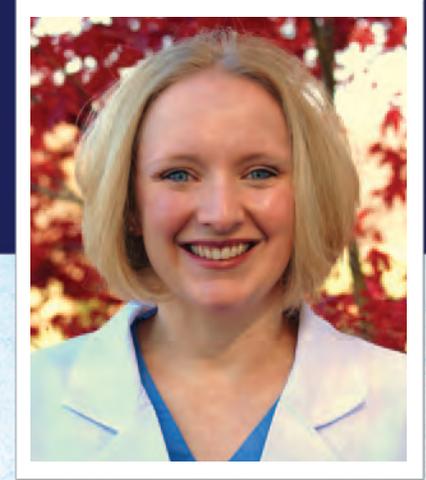
Tabitha's goal for her practice is to empower her patients to take an active role in their healthcare while providing each patient with personalized care. She is a native of East Bend, NC, and resides there with her husband Greg and their daughter Ava Grace. In her spare time Tabitha enjoys cooking, circuit training, reading and spending time with friends and family.

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Blue Ridge Medical Group  
108 South State Street  
Yadkinville, NC 27055

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## BLUE RIDGE MEDICAL GROUP



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### What is a Nurse Practitioner?

A Nurse Practitioner is an Advanced Practice Registered Nurse (APRN) who has completed graduate-level education (either a Master's or a Doctoral degree).

All Nurse Practitioners are Registered Nurses who have completed extensive additional education and training and have a dramatically expanded scope of practice over the traditional RN role. To become licensed/certified to practice, they must hold certification in an area of specialty (such as family medicine, women's health, pediatrics, adult acute care, etc.) and be licensed through their state nursing and medical boards.

Nurse Practitioners focus on patients' conditions as well as the effects of illness on the lives of the patients and their families. They treat both physical and mental conditions through comprehensive history taking, physical exams, ordering and interpreting diagnostic tests. Nurse Practitioners can then diagnose the disease and provide appropriate treatment, including prescribing medications.



### Procedures available at our Yadkinville office:

- Allergy testing
- At home sleep studies
- Diabetic foot care
- EKG
- Holter Event Monitor
- Immunizations
- Joint Injections
- Lab draws
- Nebulizer Treatments
- Pulmonary Function Checks
- Pulse Oximetry
- Therapeutic Injections
- Wound care

*dedication  
experience  
availability*

### What is a Certified Wound Specialist?

The "Certified Wound Specialist" is Board Certification through the American Board of Wound Management. The CWS Board Certification is a prestigious certification in wound care, and demonstrates a distinct and specialized expertise in the management of wounds.

The Wound Care Specialist is trained to evaluate and provide treatment for an array of acute and chronic

### What can a Nurse Practitioner do for you?

There are 3 main reasons to see a family nurse practitioner:

1. **Get a check-up** (Health maintenance exam)  
The purpose of this visit is to prevent illness and disease. We will check your blood pressure and perform a thorough physical exam. Routine labs will be recommended and we will discuss screening tests (tests performed on healthy people to determine presence of a disease) and vaccinations. Of course recommendations are different based on age and gender. **Everybody needs to get an annual checkup.** By protecting your health, this is the safest investment you can make for you and your family.
2. **Acute visits, sick visits, colds, minor injuries.** Maybe you have a question or concern. We will try our best to accommodate you same day for this type of visit.
3. **Chronic condition management.** There are a lot of conditions that require frequent follow-up visits and close surveillance, including diabetes, COPD, high blood pressure, high cholesterol and depression.

There are also other types of visits which we schedule as needed: family consults, medical decision making, medical forms completion, sports physicals, etc.

wounds such as: diabetic foot ulcers, arterial ulcers, venous insufficiency, venous leg ulcers and pressure ulcers also known as "bed sores"

They may perform routine diabetic foot care such as nail trimming and peripheral neuropathy screening with the goal of preventing and screening for the development of diabetic foot ulcers.