

Curriculum Vitae

Marineh Arakel, FNP-BC MSN BSN RN CNOR RNFA ST CLCP
Board-Certified Family Nurse Practitioner & Certified Life Care Planner

EDUCATION

MASTER IN SCIENCE OF NURSING & FAMILY NURSE PRACTITIONER

Azusa Pacific University // Azusa, CA // 2020

BACHELOR IN SCIENCE OF NURSING

Western Governor's University // Millcreek, UT // 2017

ASSOCIATE DEGREE IN NURSING

East Los Angeles College // East Los Angeles, CA // 2012

CERTIFICATIONS

Certified Life Care Planner (CLCP) 2025

Certifying Agency: International Commission on Health Care Certification (ICHCC)

Board Certified Family Nurse Practitioner (FNP-BC) 2020

Certifying Agency and member: American Association of Nurse Practitioners

DEA Certification 2020

Certifying Agency: Drug Enforcement Administration

Certified Nurse, Operating Room (CNOR) 2015

Certifying Agency: The Competency & Credentialing Institute

Registered Nurse First Assist (RNFA) 2015

Certifying Agency: National Institute of First Assist

Surgical Technologist (ST) 2003

Institution: Glendale Career College

ACLS/BLS

Certifying Agency: American Heart Association

LICENSURE

California // California Board of Registered Nursing (BRN) // RN# 836340 Expires 11/30/26 // FNP #95015240 Expires 11/30/2026

Florida // Florida Board of Nursing // CNP# APRN11034603 Expires 07/31/2026 //

Idaho // Idaho Board of Nursing // RN# 2171145 Expires 08/31/2025 // CNP# 4171145 Expires 08/31/25

Texas // Texas Board of Nursing // RN# 1173361 Expires 10/31/25 // CNP# 1173361 Expires 10/31/25

Ohio // Ohio Board of Nursing // RN# 540722 Expires 10/31/25 // CNP# 0037744 Expires 10/31/25

Pennsylvania // Pennsylvania State Board of Nursing // RN#
RN797243 Expires 04/30/2025 // CRNP# SP031739 Expires 04/30/2026

Washington // Washington State Board of Nursing // RN# RN61601170
Expires 10/28/25 // CNP# AP61601175 Expires 10/28/2025

Michigan // Michigan State Board of Nursing // RN# 4704421686
Expires 11/06/2026 // CNP# 4704421686 Expires 11/06/2026

Arizona // Arizona State Board of Nursing // RN# 316864 Expires
04/01/2029

Nevada (RN) // Nevada State Board of Nursing // RN# 881756 Expires
10/28/2026

North Carolina // North Carolina State Board of Nursing // RN#
T125497 Expires 10/31/25

Illinois // Illinois Department of Financial and Professional
Regulation (IDFPR) // RN# 041580925 Expires 05/31/26

**PROFESSIONAL
EXPERIENCE**

CERTIFIED LIFE CARE PLANNER

// TURNING POINT LIFE CARE PLANNING // LOS ANGELES, CA // 2025 - PRESENT

Develop comprehensive life care plans for individuals who have experienced traumatic injuries or significant change in daily functioning. Follow the published standard methodology in life care planning by conducting a thorough review of the medical records and documents, performing a comprehensive assessment within scope of practice as a Board-Certified Nurse Practitioner, consulting with other healthcare professionals; researching geographically specific costs; and developing an organized and concise plan that details the current and future care of the evaluatee. Provide expert testimony in deposition and court proceedings to educate on the methodology used to develop the life care plan.

**MED-LEGAL NURSE EXPERT WITNESS, TESTIMONY & CASE CONSULTATION,
IME OBSERVER AND PRE-LIT CONSULTANT**

// ARAKEL FIRST ASSIST, INC. // LOS ANGELES, CA // 2025 - Present

- Providing expert analysis and opinion for both plaintiff and defense on complex litigation matters including but not limited to hospital and nursing malpractice, elder abuse and neglect, wrongful death, personal injury and dog bite incidents.
- Meticulous review and interpretation of extensive medical records technical documents, and case files to identify critical evidence and deviations from the standard of care.
- Authoring clear, concise, and defensible expert reports that present complex information in a logical, evidence-based format suitable for legal proceedings
- Perform in-depth analysis of records and evidence to provide early, objective opinion on merit of potential claims for both plaintiff and defense.
- Advise legal counsel on case viability, potential challenges, and strategic direction before litigation commenced.
- IME attendee and observer providing comprehensive report detailing the exam's procedures and findings.

BOARD-CERTIFIED FAMILY NURSE PRACTITIONER

// ARTOON ARAKEL, MD // GLENDALE, CA // 2024-2025

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- Perform comprehensive evaluations for primary/urgent care adult and primary/urgent care pediatric needs mental health, reviewing medical records, diagnosing and treating wide range of acute and chronic medical conditions.
 - Order and interpret appropriate diagnostic tests such as bloodwork, urine tests and X-Rays.
 - Diagnosing and treating a wide range of acute illnesses (like colds, infections and injuries) and chronic conditions (like diabetes, high blood pressure, and asthma).
 - Performing minor in-office procedures, such as suturing small wounds, draining abscesses and performing skin biopsies.
 - Managing chronic disease through regular follow-up appointments, medication adjustments, and patient monitoring.
 - Providing preventative care, including vaccinations, cancer screenings and routine checkups.
 - Educating patients and their families about their health condition, treatment options and medication purposes.
 - Counseling patients on healthy lifestyle choices, such as diet, exercise, stress management, and smoking cessation.
 - Maintaining accurate and thorough patient records (charting).
 - Collaborating with physicians, nurses, medical assistants, and other healthcare professionals to ensure comprehensive patient care.

ORTHOPEDIC SPINE TEAM CLINIC LEAD & BOARD-CERTIFIED NURSE PRACTITIONER

// SANJAY KHURANA, MD // MARINA DEL REY, CA // 2024-2025

- Analyzed complex diagnostic imaging, including RU, CT scans, and X-rays, to formulate differential diagnoses and guide evidence-based treatment strategies.
- Partnered with pain management specialist and ancillary services to develop integrated, patient-centric treatment plans, ensuring a holistic approach to complex spinal conditions.
- Functioned as a key surgical team member in the RNFA capacity, assisting in complex spinal surgeries while upholding strict patient safety and operational efficiency standards.
- Managed comprehensive postoperative care for inpatients at St. John's Health Center and DOCS Hospital, conducting day rounds to assess neurological status, manage recovery, and write detailed orders.
- Collaborated directly with case management radiology, and physical therapy to create and execute seamless discharge plans, including arrangement for home health, SNGF placement and outpatient rehabilitation.
- Enhanced continuity of care by serving as the primary clinical contact for patients and families, providing after-hours availability and ensuring all post-discharge questions were addressed.
- Spearheaded a multidisciplinary spine team as the lead Family Nurse Practitioner (FNP-BC) and RN First Assistant (RNFA), directing all aspects of patient care from initial diagnosis through postoperative recovery.
- Directed daily clinic operations and led workflow optimization initiatives, resulting in 40-50% reduction in patient wait times and a measure increase in clinic efficiency and patient satisfaction.
- Developed and implemented training for clinical staff on advanced spine protocols, evidence-based practices, and departmental best practices to elevate the standard of care.

DIRECTOR OF NURSING & BOARD-CERTIFIED FAMILY NURSE PRACTITIONER

// SAN FERNANDO VASCULAR GROUP (ZAHY NASSOURA, MD & FUAD RAFIDI, MD) // TARZANA, CA // 2022-2023

- Independently performed advanced venous procedures, including endo-venous laser ablation (EVLA), Varithena non-thermal ablation, and sclerotherapy, ensuring superior clinical outcomes and patient comfort.
- Served as a surgical first assistant in a wide range of complex vascular operations, including Abdominal Aortic Aneurysm (AAA) repair, Trans-carotid Artery Revascularization (TCAR), peripheral bypass surgery, and carotid endarterectomies.
- Administered and managed extended conscious sedation, adhering to rigorous safety protocols to ensure patient stability throughout surgical and interventional procedures.
- Played an instrumental role in securing the clinic's successful accreditation, leading key initiatives that enhanced compliance and elevated the organization's reputation for quality and safety.
- Directed operating room logistics, seamlessly coordinating vendors, nursing staff, and surgical technologists to optimize procedural workflow and ensure effective team integration.
- Mentored and educated clinical staff on procedural best practices and patient care protocols, contributing directly to improved operational efficiency and high levels of patient satisfaction.

NEURO-SPINE TEAM CLINIC LEAD & BOARD-CERTIFIED NURSE PRACTITIONER

// ANDREW FOX, MD // SHERMAN OAKS & FOLSOM, CA // 2016-2022

- Directed all clinical operations for a high-volume neurosurgery practice, serving as the lead FNP-BC and RNFA in pre-operative planning, intraoperative assistance, and postoperative management.
- Enhanced clinic efficiency and patient satisfaction by restructuring operational workflows and follow-up protocols, resulting in a more streamlined patient experience.
- Spearheaded the optimization of Electronic Medical Record (EMR) templates, significantly improving the speed and accuracy of patient intake and follow-up documentation.
- Drove significant practice growth and expanded the patient referral base by building and maintaining strategic partnerships with chiropractors, personal injury attorneys, and primary care physicians.
- Optimized surgeon workflow and contributed to reduced anesthesia time by providing expert, anticipatory intraoperative support and coordinating all OR equipment and personnel.
- Orchestrated comprehensive postoperative care for inpatients at Tarzana Providence Medical Center, conducting daily rounds to assess neurological status and direct clinical interventions.
- Led multidisciplinary care coordination with case management, radiology, and physical therapy to develop and execute seamless discharge plans, including arranging home health, SNF placement, and rehabilitation services.
- Improved team performance and clinical competency by initiating and leading monthly educational meetings to address skill gaps, review complex cases, and implement best practices.

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- Served as the primary patient and family educator for complex neurosurgical procedures, ensuring a thorough understanding of treatment plans, recovery expectations, and medication management.

MULTI-SURGICAL SPECIALTY REGISTERED FIRST ASSIST

// PROVIDENCE TARZANA-CEDAR SINAI MEDICAL CENTER// TARZANA, CA // 2015-2021

- Performed multi-layer wound closure, including fascial, subcutaneous, and skin layers, utilizing advanced suturing techniques to ensure optimal healing and cosmetic results.
- Achieved and maintained hemostasis throughout complex procedures by skillfully applying electrocautery, clips, ligatures, and topical hemostatic agents.
- Provided critical surgical site exposure through expert tissue handling, retraction, and suctioning, anticipating the surgeon's needs to protect delicate anatomical structures.
- Assisted in the preparation and handling of autografts, allografts, and prosthetic implants, ensuring proper orientation and sterility.
- Served as a key member of the robotic surgery team, providing direct patient-side assistance during complex procedures utilizing the Da-Vinci Xi Surgical System.
- Facilitated all aspects of robotic procedures, including meticulous patient positioning for optimal instrument access, sterile field preparation, port placement assistance, and troubleshooting of robotic instrumentation.
- Enhanced operating room efficiency and reduced surgical time by anticipating procedural steps, ensuring timely availability of necessary instrumentation, and proactively managing the sterile field.
- Orchestrated seamless perioperative workflow by serving as a central communication link between the lead surgeon, anesthesia providers, and circulating/scrub personnel.
- Managed the delivery of operative care to ensure strict adherence to patient safety protocols, universal precautions, and AORN (Association of Peri-Operative Registered Nurses) standards throughout the entire surgical encounter.

TOTAL JOINT & SPORTS MEDICINE REGISTERED FIRST ASSIST

// CHRISTOPHER LEE, MD // GLENDALE, CA // 2017-2019

- Provided critical first-assistant support in a variety of orthopedic procedures, including total knee arthroplasty (TKA) and complex sports injury repairs (e.g., ACL reconstruction, rotator cuff repair).
- Managed patient positioning and limb manipulation to ensure optimal surgical access and alignment during joint replacement and reconstructive procedures.
- Coordinated seamless operating room workflow by anticipating surgeon needs, managing instrumentation, and preparing prosthetic implants, significantly enhancing team efficiency.
- Delivered comprehensive preoperative and postoperative education to patients and their families, leading to improved compliance and high levels of patient satisfaction.

REGISTERED NURSE AND REGISTERD NURSE FIRST ASSIST

// GLENDALE ENDOSCOPY AND SURGERY CENTER // GLENDALE, CA // 2013-2017

- Managed the operating room environment by preparing specialized equipment, coordinating with the sterile processing department, and ensuring all necessary surgical supplies and instrumentation were available.

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- Maintained a comprehensive and accurate intraoperative legal record, including documenting personnel, procedural events, implant details, and the precise handling of surgical specimens.
 - Ensured the integrity of the sterile field and patient safety by diligently performing and documenting sponge, needle, and instrument counts with the scrub team.
 - Administered and monitored conscious sedation for patients undergoing GI endoscopy and colonoscopy, titrating medications based on patient response and vital signs to ensure optimal comfort and safety.
 - Provided comprehensive nursing care across all perioperative phases, including preoperative assessment and preparation, PACU-level post-procedure recovery, and detailed patient discharge education.
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| LANGUAGE | Fluent in Armenian |
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| SOCIETY MEMBERSHIPS | Member of International Association of Rehabilitation Professionals (IARP) August 2025 Member of American Association of Nurse Practitioners (AANP) November 2025 |
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| CONTINUING EDUCATION | LIFE CARE PLANNING COURSE Southwest Florida Training Institute // Tampa, FL // 2025 FUNCTIONAL MEDICINE Institute for Functional Medicine // Federal Way, WA // 2024 |
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