

Tabetha L. Smith, RN, MSN, FNP-C

Insight Family Health Center
3175 Wrightsville Ave.
Wilmington, NC 28403
(910)763-1960

Education

Masters of Science in Nursing: Specialty – Family Nurse Practitioner
University of North Carolina, Chapel Hill, May 1997

Bachelor of Science in Nursing
University of North Carolina, Wilmington, May 1992, cum laude

Bachelor of Science in Public Health: Specialty – Health Behavior and
Health Education, University of North Carolina, Chapel Hill, December
1988

**Certification/
Licensure**

Licensed Family Nurse Practitioner: State of North Carolina
ANCC Board Certified: Primary Care in Adult and Family Health
Nursing Practice

Registered Nurse: State of North Carolina

NAECB Certified: Asthma Educator

NCC Certified: Menopause Clinician

American Heart Association Certified: Healthcare CPR Provider

Experience

Family Nurse Practitioner: Primary Care
Insight Family Health Center, Wilmington, NC, August 2005 – present
Provide primary care and specialty endocrine services to clients.
Specialty services include bioidentical hormone replacement therapy,
nutrition/diet/weight loss counseling, and functional hypometabolism
treatment.

Family Nurse Practitioner: Family Practice
Pelican Family Medicine, Wilmington, NC, August 2003 –
September 2007

Provide comprehensive primary medical care to clients of all ages in a
family practice setting. Approximately 50% of patients are 65 or older
and have multiple chronic illnesses to be managed. Primary provider of
women's health care in this setting.

Family Nurse Practitioner: Independent Contractor
Wilmington, NC, May 2003 – August 2003

Provided comprehensive primary medical care to clients of all ages at
various medical practices on an as needed basis.

Family Nurse Practitioner: Family Practice
North Chase Medical Clinic, Wilmington, NC, March 2003 – May 2003
Provided comprehensive primary medical care to clients of all ages.

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Family Nurse Practitioner: Family Practice
Dr. Randy M. Sloan, Hampstead, NC, November 2002 – February 2003
Provided comprehensive primary medical care to clients of all ages.
Approximately 50% of patients were over age 65 and had multiple chronic illnesses to be managed.

Family Nurse Practitioner: Family Practice
Family Care Clinic – Cherry Point Naval Hospital, Havelock, NC,
September 2000 – September 2002
Provided comprehensive primary medical care to the families of active duty military members and to retired military members. Approximately, 75% of patients were women and children.

Family Nurse Practitioner: Obstetrics/Gynecology
Azalea Obstetrics & Gynecology, Wilmington, NC, January 1998 –
March 2000
Provided pre-natal, gynecological, and limited primary care to clients over age 12.

Family Nurse Practitioner: Internal Medicine
Dr. Michael G. Rallis, Burgaw, NC, July 1997 – December 1997
Provided comprehensive primary medical care to clients over age 14.

Registered Nurse: July 1992 – June 1997
New Hanover Regional Medical Center, Wilmington, NC
Provided skilled nursing care in the Newborn Nursery, Post-partum, and Gynecology Units.

Honors

North Carolina Graduate Nurse Scholar, 1995 – 1997
University of North Carolina at Wilmington Nurse Honor Society,
charter member
North Carolina Nurse Scholar, 1990 – 1992

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Additional Training: PCCA Bio-Identical HRT Symposium – April 15-16, 2005
NPI Sclerotherapy Workshop – May 19-20, 2005
NPI Aesthetic Procedures Workshop – May 21-22, 2005
PCCA Functional Endocrinology Symposium – August 18-20, 2005
Fellowship in Anti-Aging and Functional Medicine – Module III
Functional Medicine: Gastroenterology, Neurology, and Fatty
Acid Metabolism – April 4-6, 2006

Books Studied: Overcoming Thyroid Disorders, Dr. David Brownstein
Iodine Deficiency, Dr David Brownstein
The Maker's Diet, Dr. Jordan S. Rubin
Safe Uses of Cortisol, Dr William McK. Jefferies
Adrenal Fatigue, Dr. James Wilson
Vitamins: Hype or Hope?, Dr. Pamela W. Smith

Membership: American Academy of Anti-Aging Medicine
International College of Integrative Medicine