

Carah Horn MBA-HCA, BSN, RN, CBN, FASMBS-IH

PROFESSIONAL SUMMARY

I am driven and strive to live each day with integrity and intention. I endeavor to proactively improve the lives of all I encounter through resilience and dedication to education, access to care, and clinical excellence. I have a proven record of growing programs and navigating perceived barriers to resolution. Transparency, mutual respect, and collaboration are vital in leadership and culture.

EDUCATION —

Fellow of the American Society for Metabolic and Bariatric Surgery – Integrated Health – 2024 (Initial Cohort)

Certification MBS Clinical Reviewer – 2023, 2024

Certified Bariatric Nurse – 2022

Chamberlain University – MSN-PMHNP - Present

Northeastern State University – MBA-HCA – Dec 2020

GPA 4.0 – Graduated with Honors

University of Oklahoma – BSN – May 2005

KEYSKILLS –

Adept at program development and unifying the interdisciplinary team to create a comprehensive, standardized patient experience.

Familiar with MBSAQIP Standards compliance

EXPERIENCE

January 2023 - Present

MBS, Obesity Medicine, and Support Group Coordinator • Orlando Health Bayfront

- **New program 6/22; Comprehensive Accreditation with Obesity Medicine 1/24; All available payor-specific centers of excellence awarded – BCBS, UHC, Aetna, Cigna 4/24**

July 2021 – July 2023

Clinical Programs Manager • Research, MBS and Obesity Medicine Coordinator • OU Health-Tulsa

- Program growth and development
 - o Surgical volume +130% for Fiscal Year 2022
 - o Referral volume +100% for Fiscal Year 2022
 - o Obesity management program started with rapid growth
- Advocacy results
 - o Increase in Medicaid reimbursement from 40% to 60% of Medicare
 - o Extension and expansion of Muscogee Nation contract

December 2017 – July 2021 (At Ascension St. John 1/2011-7/2021)

Clinical Programs Manager • MBS Coordinator • Ascension St John

- Program growth and development
 - o Opened program - January 2018
 - o ASJ Incident Command Center– Covid19 Response 2020
 - o Full accreditation without contingencies - April 2021
 - o Surgical volume + 100% for Fiscal Year 2021
- Left facility to develop and grow the OU bariatric program with surgeons from this Ascension center

February 2016-December 2017

Transplant Coordinator/Living Donor Advocate • Ascension St John

- Program growth and development
 - o Living donation volume +250% in 2 years
 - o Established annual Living Donor Gala



- o Program named to 2017 Becker's Hospital Review "Best in Class"
- Left transplant program to create a bariatric program for our hospital system at the request of my director

January 2011-February 2016

ED Charge Nurse and House Supervisor • Ascension St John

- Patient Care
- Staff Development and Support
- Administrator on Duty

June 2008-January 2011

Labor and Delivery Floor Nurse • Saint Francis

- Patient Care (Perinatal, L&D, Post Partum Float)

June 2005-June 2008

Labor and Delivery Floor Nurse • Mercy St. John, Springfield, Mo

- Patient Care (Perinatal, L&D, Post Partum Float)

COMMUNICATION

Fernández-Alonso, M., Bejarano, G., Creel, D. B., Kohl, H. W., Messiah, S. E., Altieri, M. S., Papasavas, P., **Horn, C.**, & Marroquin, E. (2024). Expert-based physical activity guidelines for metabolic and bariatric surgery patients: a systematic review of randomized controlled trials. *Surgery for Obesity and Related Diseases : Official Journal of the American Society for Bariatric Surgery*, <https://doi.org/10.1016/j.soard.2024.11.005>

Thilanga, M., Heard, J., McClintic, J., Lewis, D., Martin, G., **Horn, C.**, Khorgami, Z., Richards, J., Chow, G., & Lim, R. (2023). Use of GLP-1 agonists in high-risk patients prior to bariatric surgery: a cohort study. *Surgical Endoscopy*. <https://doi.org/10.1007/s00464-023-10387-1>

ACS Quality and Safety Meeting 2024 – **Speaker**

First Integrated Health Collaborative Obesity Summit 2024, https://youtu.be/BMFu6Npj_c0?si=Ra9q7G7R7be1MxYp – **Speaker**

ASMBS Annual and Weekend Meetings 2023, 2024 – **Speaker, Course Director, Panelist**

ASMBS Florida Annual Meeting 2023 – **Speaker, Moderator, Organizer**

Bariatric Service Line Updates at Ascension Leadership Retreat 2019-2021 - **Speaker**

LEADERSHIP

ASMBS IH Section Executive Council Member at Large – Any Discipline

ASMBS IH Certified Bariatric Nurse Committee Member

ASMBS IH Chair to States Chapters Committee

ASMBS IHSEC Liaison to Diversity & Inclusion Committee

ASMBS IH Clinical Issues Committee Member

ASMBS STAR – Florida (*Former STAR – Oklahoma 2022-2024*)

Peer Reviewer for SOARD

Walk from Obesity Organizer – 6th Ranked Team Nationally 2022, Top Team State Chapter for WFO 2023