

# Curriculum Vitae and Bibliography

## Julia Allison Jurgensen, CNP, APRN, DNP, RN

### Personal Information

Work Address:



Email Address:



### Present Academic Rank and Position

**Instructor in Medicine** - Mayo Clinic College of Medicine and Science 02/01/2016 - Present

**Adjunct Clinical Faculty** - School of Nursing, Viterbo University, La Crosse, Wisconsin 08/23/2018 - Present

Clinical advisor to third and fourth year nurse practitioner students. Project advisor for the doctorate of nursing practice project for students. Teach epidemiology course for 20-40 students who are second year CRNA students, 1st year DNP FNP students and nurse leadership students in the Spring semester 2021-2023. Teach Health Promotion across the Lifespan to Master of nursing students in the Fall semester 2022-2024. Support the final DNP project class as a reader of the final papers. Support the first semester DNP project classes as a reader of the initial project papers.

**Nurse Practitioner** - Division of Subspecialty General Surgery, Department of Surgery, Mayo Clinic, Rochester, Minnesota 02/02/2022 - Present  
Nurse practitioner caring for bariatric surgery patients pre- and post-surgery in the outpatient setting

**Assistant Professor of Surgery** - Mayo Clinic College of Medicine and Science 11/01/2022 - Present

### Education

Saint Olaf College, Northfield, Minnesota - BA 05/2004

Saint Olaf College, Northfield, Minnesota - BAN 05/2005

Winona State University, Rochester, Minnesota - Master of Science 05/2010

Viterbo University, La Crosse, Wisconsin - DNP 09/06/2016 - 05/11/2019

### Additional Education

CHEF Coaching the Basics and CHEF Coaching Beyond the Basics 06/09/2021 - 08/09/2021  
Clinicians CHEF Coaching is an evidence-based training program focused on culinary coaching—a novel approach to improve nutrition that combines culinary training, health coaching principles, and telemedicine tools and resources. Clinicians CHEF Coaching is designed to train clinicians and health care professionals to provide easy to follow culinary instruction and education directly to patients and clients in order to improve the quality – and often reduce the cost – of food preparation in the home. Skill development sessions include: ?Introduction to Lifestyle Medicine and Culinary Medicine ?The nutritional science of home cooking; why doesn't my patient cook? ?Mitigating Cardio-Metabolic Risk Factors; getting patients into the kitchen ?Cooking with little time or budget; mastering home cooking ?In-office culinary education tools and delivery strategies ?Mastering the Culinary Coaching approach  
Virtual

### Certification

#### Board Certifications

##### American Heart Association (AHA)

Basic Life Support (BLS) 2003 - 2026

Advanced Cardiovascular Life Support (ACLS) 2022 - Present

### American Nurses Credentialing Center (ANCC)

Family Nurse Practitioner (FNP-BC) 2010 - 2025

### Other Certifications

#### Mayo Clinic Quality Academy

Mayo Clinic Quality Fellow: Bronze Level Certification 2011

#### Obesity Medicine Association

NP/PA certification 2022 - Present

### Licensure

Minnesota R1693610 (Registered Nurse (RN)) 2005 - 2026

Minnesota 0631 (Advanced Practice Registered Nurse) 2014 - 2025

### Honors and Awards

**Sigma Theta Tau** - Sigma Theta Tau International Honor Society of Nursing, Winona State University, Minnesota 2008

**Saint Joseph Nursing Scholarship** - Mayo Clinic 05/2008

**Allied Health 2019 Teamwork Award** - Mayo Clinic, Rochester, Minnesota 12/02/2019 - Present  
Awarded for work with a multidisciplinary team for the advanced weight management pilot to improve patient care in the weight management clinic. My role was to triage patients to appropriate appointments and providers. Over 1000 patients were triaged during this time and I was 1 of 2 providers completing the triage.

**Gerstner Award for Specialized Education for Nursing Practitioners and Physician Assistants** - Mayo Clinic 12/23/2021 - Present

Award given for additional education time and financial resources to completed the Certified Culinary Medicine Specialist (CCMS) Program which is a 60 hour CME focused on culinary medicine fundamentals. This provides a unique foundation for incorporating healthy eating into patients' diets: comprehensive knowledge of nutrition, and the culinary techniques to prepare food that is consistent with real-world budgets, time constraints, and nutritional ideals.

### Previous Professional Positions and Major Appointments

**Nurse Intern, Pediatric Post Surgical Unit** - Pediatric Intensive Care Unit-Gillette Children's Specialty Healthcare, St. Paul, Minnesota 06/2004 - 08/2004

**Nursing Assistant-Pediatric Post Surgical Unit** - Pediatric Intensive Care Unit-Gillette Children's Specialty Healthcare, St. Paul, Minnesota 09/2004 - 05/2005

**Camp RN** - Camp Courage, Maple Lake, Minnesota 05/2005 - 08/2005

**Staff RN** - Pediatric & Adol Med- NP/PA, AS-Pediatrics, Department of Pediatric and Adolescent Medicine, Mayo Clinic, Rochester, Minnesota 08/2005 - 07/2010

**Family Nurse Practitioner student** - Nurse Practitioner Clinical Residency Program, Department of Nursing, Mayo Clinic, Rochester, Minnesota 08/2009 - 06/2010

**Nurse Practitioner-Diabetes Consulting Service** - Division of Endocrinology, Diabetes, Metabolism, Nutrition, Department of Internal Medicine, Mayo Clinic, Rochester, Minnesota 07/2010 - 04/02/2019

**Nurse Practitioner** - Division of Endocrinology, Diabetes, Metabolism, Nutrition, Department of Internal Medicine, Mayo Clinic, Rochester, Minnesota 05/2012 - 02/01/2022

### Service

#### Community Memberships and Services

Autumn Ridge Church	
Sunday School Teacher	09/04/2005 - 12/28/2014
Christ Community Church	
Sunday School Teacher	09/02/2012 - Present
Vacation Bible School Teacher	07/15/2018 - 07/19/2018
Meal Helper	06/16/2019 - Present
AWANA	
Adult Leader	09/09/2015 - Present
Eaglebrook Church	
Child Care Provider	02/06/2022 - Present
Grace Church	
AWANA Volunteer	10/05/2022 - Present
Salvation Army	
Bell Ringer	12/06/2015 - Present
Stewartville School District	
Bonner Elementary School Parent Teacher Association	
PTA Member	09/17/2019 - Present
President	07/01/2021 - 06/30/2022
Vice President	06/01/2022 - 06/30/2023
President	07/01/2023 - 06/30/2024
Sunset Terrace Elementary School	
PTA Member	09/13/2016 - 05/31/2019
Sunset Terrace Elementary School PTSA	
Event Chair	01/09/2017 - 02/18/2019

## Professional Memberships and Societies

### Professional Memberships and Services

American Nurses Credentialing Center	
Member	2005 - Present
American Society for Metabolic and Bariatric Surgery	
IH Membership Committee member	05/25/2022 - Present
IH membership committee co-chair	06/10/2024 - 12/31/2024
Chair, IH section membership committee	01/02/2025 - Present
Association of Southeastern Minnesota Nurse Practitioners	
Member	05/2015 - Present
Obesity Action Coalition	
Member	05/25/2022 - Present
Obesity Medicine Association	
Member	10/12/2020 - Present

## Journal Responsibilities

### Journal Editorial Responsibilities

Clinical Obesity	
Ad-hoc Reviewer	09/04/2024 - Present

## Education Interests and Accomplishments

### Curriculum and Course Development

Metabolic Syndrome, Nutrition, and Obesity - Module 10 of Diabetes Intensive Training Module	03/23/2016
Reviewed and updated the diabetes intensive training module 10 regarding the	

treatment of obesity and metabolic syndrome.

Diabetes Intensive Training Program

Rochester, Minnesota

Epidemiology and Population Health

01/11/2021 - 05/07/2022

Graduate nursing course exploring epidemiologic principles as they apply to the determinants of health and disease surveillance in the population. Yearly refresh of the course is done to ensure that it is meeting standards of education for doctorate level nursing students.

Viterbo University

La Crosse, Wisconsin

Reactive Hypoglycemia after Bariatric surgery

11/22/2021 - Present

developed patient education handout for patients who were managing reactive hypoglycemia after bariatric surgery.

Rochester, Minnesota

Health Promotion across the life span

08/22/2022 - 12/09/2022

This course introduces health promotion and disease prevention while incorporating client-centered care that promotes health for a diverse population across the lifespan. This course introduces local, regional, national and global healthcare delivery models and examines their association with various health indicators, diverse populations and health equality. 20 master's level nursing students in class

Viterbo University

Health Promotion Across the Lifespan

08/28/2023 - 12/15/2023

This course introduces health promotion and disease prevention while incorporating client-centered care that promotes health for a diverse population across the lifespan. This course introduces local, regional, national and global healthcare delivery models and examines their association with various health indicators, diverse populations and health equality.

Viterbo University

La Crosse, Wisconsin

Health Promotion Across the Lifespan

08/28/2023 - 12/15/2023

This course introduces health promotion and disease prevention while incorporating client-centered care that promotes health for a diverse population across the lifespan. This course introduces local, regional, national and global healthcare delivery models and examines their association with various health indicators, diverse populations and health equality. 27 master's level nursing students in class

Viterbo University

La Crosse, Wisconsin

Health Promotion across the Lifespan

08/26/2024 - 12/13/2024

This course introduces health promotion and disease prevention while incorporating client-centered care that promotes health for a diverse population across the lifespan. This course introduces local, regional, national and global healthcare delivery models and examines their association with various health indicators, diverse populations and health equality. 37 Master's level nursing students in class

Viterbo University

## Teaching

Roux-en-Y Gastric Bypass and Diabetes

02/14/2013

1 hour live and recorded presentation for asynchronous education purposes presentation given in conjunction with an endocrinologist to approximately 30

NP/PA in the institution

NP/PA Grand Rounds

Rochester, Minnesota

Management of the Hospitalized Patient with Type 1 vs. Type 2 Diabetes

09/2015

1 hour live education regarding management of the hospitalized patient with diabetes and how the care is similar and different between type 1 and type provided to approximately 20 NP/PA in the hospital.

NP/PA Grand Rounds

Rochester, Minnesota

Essentials of General Care Nursing-Diabetes Live education regarding inpatient diabetes care of patients to 20 registered nurses. Mayo Clinic - Department of Nursing Rochester, Minnesota	06/2016 - 06/09/2016
Updated on Bariatric Surgery and Diabetes 45 minutes of livestream education provided to the 27 nurse practitioner and physician assistances on the diabetes consulting service. Diabetes Consulting Service practice committee update	03/26/2020
Obesity Management Obesity lecture given in asynchronous format for the Viterbo University D.N.P. nurse practitioner students. Viterbo University	02/2025 - Present

### Mentorship

Guider, Angela (Doctor of Nursing Practice Student) <b>Description:</b> Clinical advisor liaison between Mayo Clinic and Viterbo University; overseeing notes and addressing preceptor concerns and student needs to successfully complete DNP clinical rotation. Complete site visit each semester of the first year of clinical rotation <b>Current Status:</b> Registered Nurse <b>Outcome:</b> graduation from DNP program in May 2020	08/2018 - 12/2018
Wimmer, Lisa (Doctor of Nursing Practice Student) <b>Description:</b> Clinical advisor liaison between Mayo Clinic and Viterbo University; overseeing notes and addressing preceptor concerns and student needs to successfully complete DNP clinical rotation. Complete site visit each semester of the first year of clinical rotation <b>Current Status:</b> Registered nurse <b>Outcome:</b> graduation from DNP program in May 2021	08/2018 - 05/2019
Merrigan, Cecilia (Doctor of Nursing Practice Student) <b>Description:</b> mentoring DNP project: "Traumatic Birth Process and Postpartum Health Outcomes." Clinical advisor liaison between Mayo Clinic and Viterbo University; overseeing notes and addressing preceptor concerns and student needs to successfully complete DNP clinical rotation. <b>Current Status:</b> registered nurse <b>Outcome:</b> completion of DNP project and DNP graduation in May 2020.	01/2019 - 05/2020
Bartel, Heather (Doctor of Nursing Practice Student) <b>Description:</b> mentoring DNP project: "Traumatic Birth Process and Postpartum Health Outcomes." Clinical advisor liaison between Mayo Clinic and Viterbo University; overseeing notes and addressing preceptor concerns and student needs to successfully complete DNP clinical rotation. <b>Current Status:</b> registered nurse <b>Outcome:</b> completed DNP project and graduation in May 2020	08/2019 - 05/2020
Durham, Lindsey (Doctor of Nursing Practice Student) <b>Description:</b> mentoring DNP project: "Evaluation of an Interactive Nutrition and Lifestyle Program for Overweight and Obese Children" <b>Current Status:</b> Registered nurse <b>Outcome:</b> completion of DNP project and graduation in May 2020	08/2019 - 05/2020
White, Stephanie (Doctor of Nursing Practice Student) <b>Description:</b> mentoring DNP project: "Evaluation of an Interactive Nutrition and Lifestyle Program for Overweight and Obese Children" <b>Current Status:</b> Registered nurse <b>Outcome:</b> completion of DNP project and graduation in May 2020	08/2019 - 05/2020
Alexander, Lauren (Doctor of Nursing Practice Student) <b>Description:</b> Clinical advisor liaison between Mayo Clinic and Viterbo University; overseeing notes and addressing preceptor concerns and student needs to successfully complete DNP clinical rotation. Complete site visit each semester of the first year of clinical rotation	08/2019 - 05/2021

<b>Current Status:</b> registered nurse	
<b>Outcome:</b> graduation from DNP program in May 2021	
Fraune, Marit (Doctor of Nursing Practice Student)	08/2019 - 05/2021
<b>Description:</b> Clinical advisor liaison between Mayo Clinic and Viterbo University; overseeing notes and addressing preceptor concerns and student needs to successfully complete DNP clinical rotation. Complete site visit each semester of the first year of clinical rotation	
<b>Current Status:</b> registered nurse	
<b>Outcome:</b> DNP graduation in May 2021.	
Marnholtz, Amanda (Doctor of Nursing Practice Student)	05/2020 - 12/2020
<b>Description:</b> Mentoring DNP project: "Respiratory Distress: Observation Scale: A project in the RCU."	
<b>Current Status:</b> Registered nurse	
<b>Outcome:</b> completion of DNP project and DNP graduation in May 2021.	
Radcliffe, Emily	08/2020 - 05/2021
<b>Description:</b> DNP student	
<b>Current Status:</b> Registered Nurse	
<b>Outcome:</b> Clinical advisor liaison between Mayo Clinic and Viterbo University; overseeing notes and addressing preceptor concerns and student needs to successfully complete DNP clinical rotation. Complete site visit each semester of the first year of clinical rotation Outcome	
Unruh, Marty (Doctor of Nursing Practice Student)	08/2020 - 05/2021
<b>Description:</b> DNP student	
<b>Current Status:</b> Registered Nurse	
<b>Outcome:</b> Clinical advisor liaison between Mayo Clinic and Viterbo University; overseeing notes and addressing preceptor concerns and student needs to successfully complete DNP clinical rotation. Complete site visit each semester of the first year of clinical rotation Outcome	
Ready, Samantha	09/2020 - 11/2020
<b>Description:</b> DNP, NP student	
<b>Current Status:</b> Registered Nurse	
<b>Outcome:</b> served as her clinical preceptor for 64 hours. Goal DNP graduation in May 2021	
Barre, Abby	01/2021 - 05/2022
<b>Description:</b> DNP student - mentor for DNP project	
<b>Current Status:</b> Registered Nurse	
<b>Outcome:</b> graduation from DNP school in May 2023	
Bohlman, Jenna	01/2021 - 02/2021
<b>Description:</b> DNP, NP student	
<b>Current Status:</b> Registered Nurse	
<b>Outcome:</b> acted as clinical preceptor for 60 hours. Graduation in May 2021	
Nagele, Jennifer (Doctor of Nursing Practice Student)	05/2021 - 05/2022
<b>Description:</b> Clinical advisor liaison between Mayo Clinic and Viterbo University; overseeing notes and addressing preceptor concerns and student needs to successfully complete DNP clinical rotation. Complete site visit each semester of clinical rotation	
<b>Current Status:</b> Registered Nurse	
<b>Outcome:</b> goal for student to graduate and become a nurse practitioner	
Prinsen, Katherine (Doctor of Nursing Practice Student)	05/2021 - 05/2022
<b>Description:</b> Clinical advisor liaison between Mayo Clinic and Viterbo University; overseeing notes and addressing preceptor concerns and student needs to successfully complete DNP clinical rotation. Complete site visit each semester of clinical rotation	
<b>Current Status:</b> Registered Nurse	
<b>Outcome:</b> graduation from DNP program	
Smith, Shelby (Doctor of Nursing Practice Student)	05/2021 - 05/2022
<b>Description:</b> Clinical advisor liaison between Mayo Clinic and Viterbo University;	

overseeing notes and addressing preceptor concerns and student needs to successfully complete DNP clinical rotation. Complete site visit each semester of clinical rotation

**Current Status:** Registered Nurse

**Outcome:** goal for student to become a nurse practitioner

Roisem, Abbey

01/2022 - 05/2023

**Description:** DNP student

**Current Status:** Registered Nurse

**Outcome:** mentoring DNP project completion - Survivorship Care Plans for Patients with Thyroid Cancer: A program evaluation

Jenne, Kaitlyn

08/2023 - 05/2025

**Description:** mentoring DNP project: "Assessment of tobacco cessation modalities prior to bariatric surgery"

**Current Status:** Registered nurse

**Outcome:** completion of DNP project in April 2025

Blazejak, Danielle

01/2025 - 12/2025

**Description:** DNP student working on her DNP project. I serve as her DNP project advisor

**Current Status:** Pediatric Surgery Nurse Practitioner

**Outcome:** Completion of DNP project by end of 2025

## Institutional/Departmental Administrative Responsibilities, Committee Memberships and Other Activities

### Mayo Clinic

Department of Education Administration

Mayo Clinic College of Medicine

Mayo School of Continuous Professional Development

Mayo Clinic Nutrition and Wellness in Health and Disease

Active Member

03/17/2022 - Present

Nutrition and Wellness CME course planning committee member

Department of Endocrinology, Advancing Team Collaboration in Patient Care

Champion

05/25/2021 - 02/01/2022

A. Objectives of Team (3-5) 1) Improve team communication to increase efficiency and patient/staff satisfaction 2) Incorporate team structure that matches complexity of patient need 3) Incorporate new team-based workflows

for siloed areas of the division 4) To leverage individual team members' skillsets for efficient and optimized care

Department of Surgery Education Committee

Member

11/22/2022 - Present

member of the DOS NP/PA education committee

General Surgery

Member

05/2012 - Present

Bariatric surgery workgroup

Obesity Specialty Council

Member

09/14/2020 - Present

Chair of Subcommittee - Pre/Post Bariatric Surgery Labs Member of telemedicine subcommittee

### Mayo Clinic in Rochester

Department of Endocrinology, Diabetes Consulting Service, Practice Committee

Member

07/2010 - 03/01/2019

Department of Endocrinology, Diabetes Consulting Service, Quality Committee

Member

01/01/2014 - 07/31/2019

Scheduling Committee

Department of Nursing

<b>Department Committees</b>	
Nurse Clinical Practice Committee	
Member	01/2008 - 06/2010
Pediatric Nursing Practice Committee	
Member	01/2006 - 06/2010
Co-Chair	05/2007 - 05/2008
Chair - Past	05/2008 - 05/2009
Registered Nurse Preceptor Departmental Forum	
Preceptor	09/2008 - 06/2010
<b>Division Committees</b>	
Summer III Clinical Coach Workgroup	
Member	06/2006 - 08/2006
<b>Department of Surgery</b>	
General Surgery	
Bariatric Program Patient-Family Advisory Workgroup	
NPPA Representative	05/01/2017 - 01/01/2019
Patient, family and staff advisory board for bariatric surgery at Mayo Clinic. One of the founding members of the group and continue as a NP representative.	
<b>Mayo Clinic in Rochester</b>	
Department of Endocrinology, Diabetes Consulting Service, Research Committee	
Member	07/2010 - 07/2012
Department of Endocrinology, Nutrition Outpatient Core Group	
Member	05/2012 - 02/01/2022
Pediatric Education Research and Continual Improvement	
Member	01/2006 - 06/2010
Pediatric Orthopedic Clinical Leader	
Member	01/2008 - 06/2010
<b>Activities at Other Institutions</b>	
<b>ASMBS</b>	
Membership committee member	07/18/2022 - Present
IH membership committee	
Member and Co-Chair	06/10/2024 - Present
membership committee co-chair	

## **Presentations Extramural**

### **National or International**

#### **Invited**

Post bariatric surgery follow-up for the PCP 250 attendees - live and virtual presentation. Audience was MDs, APPs, nurses, dietitians. 22nd annual nutrition and wellness in health and disease course NRMC San Diego, California	10/16/2022 - 10/18/2022
Post Bariatric Surgery Common Complications 150+ physicians, NP/PA, dietitians in the audience (both in person and online) Mayo Clinic Nutrition and Wellness 2023 Conference Rochester, Minnesota	09/28/2023 - 09/30/2023
Weight Management: Weight Loss Medications and Bariatric Surgery 3rd Annual Gastroenterology and Hepatology Advanced Practice Providers Virtual Education Day across all Mayo Clinic Gastroenterology and Hepatology practices Mayo Clinic Gastroenterology APP enterprise wide group	11/12/2024



Rochester, Minnesota

Post bariatric surgery assessment for the primary care provider 09/19/2025  
 The majority of attendees are physicians which is important given the lack of physician training in nutrition and wellness. Most attendees practice in primary care settings and include dietitians and advanced practice clinicians.  
 2025 Mayo Clinic Nutrition and Wellness Course  
 Rochester, Minnesota

### Oral

Exploring Successful Strategies for Smoking Cessation Post-Bariatric Surgery 06/17/2025  
 Senior author of project presented at ASMBS IH abstract session  
 American Society of Metabolic and Bariatric Surgery

### Poster

Impact of Patient Attrition from Bariatric Surgery Practice on Clinical Outcomes 07/23/2017  
 American College of Surgeons Quality and Safety Conference

Impact of Patient Attrition from Bariatric Surgery Practice on Clinical Outcomes 09/13/2017  
 Internal Medicine Review for Nurse Practitioners, Physician Assistants, and Primary Care Physicians

Nurse Practitioner led Telephone Intervention to Improve Attrition After Bariatric Surgery 09/11/2019 - 09/13/2019  
 Internal Medicine Review for Nurse Practitioners, Physician Assistants & Primary Care Physicians  
 Rochester, MN

Nurse Practitioner led Telephone Intervention to Improve Attrition After Bariatric Surgery 11/05/2019  
 Obesity Week 2019

Improvement in Post Bariatric Surgery Co-morbidities Documentation 08/21/2020 - 08/24/2020  
 American College of Surgeons Quality and Safety Conference  
 Minneapolis, Minnesota

### Regional

#### Invited

Diabetes Medications 04/03/2017  
 1.5 hour lecture given to 15 2nd year doctorate level nurse practitioner students.  
 Augsburg University  
 Rochester, Minnesota

Prescription Weight Loss Medications: can they help your patient lose weight? 07/15/2020  
 1 hour livestream lecture given to all family medicine providers (physicians, NP, PA, pharmacy and nursing staff) and recorded for future review.  
 Mayo Clinic Family Medicine speaking series  
 Rochester, Minnesota

Prescription weight loss medications: can they help your patient lose weight? 09/18/2020  
 1 hour livestream presentation to over 100 APRN nurses.  
 Minnesota APRN Coalition  
 Burnsville, Minnesota

Prescription weight loss medications: can they help your patient lose weight? 10/01/2021  
 virtual lecture to approximately 60-70 nurse practitioners and nurse practitioner students. Course was also recorded for review in the future  
 Fall 2021 MNNACNS Virtual Conference  
 Rochester, Minnesota

Prescription weight loss medications: can they help your patient lose weight? 10/01/2021  
 1 hour lecture given to 50-60 clinical nurse specialists (CNS) and CNS students  
 MN National Association of Clinical Nurse Specialists (NACNS) fall conference

Rochester, Minnesota

Preoperative Evaluation of the Bariatric Surgery Patient  
presentation to the residents and fellows for general surgery on the preoperative  
clinic evaluation prior to bariatric surgery  
Rochester, Minnesota 09/12/2022

Culinary Medicine 10/27/2022  
Introduction to culinary medicine and understanding its role in medicine today.  
NPPA leadership forum - approximately 50 NPPA leaders from the enterprise 45  
minutes  
Rochester, Minnesota

Weight management in 2024: Weight Loss Medications and Surgery Updates 01/18/2024  
Gastroenterology APP Education Meeting

### Oral

Bariatric Surgery and Diabetes 05/03/2013  
1 hour lecture given to approximately 75 registered nurses who are interested in  
diabetes.  
AADE, Panning for Gold: Nuggets to Enhance your Practice  
St. Paul, Minnesota

Nurse Practitioner led Telephone Intervention to Improve Attrition After Bariatric 03/06/2019  
Surgery  
Doctoral public defense at Viterbo University  
La Crosse, Wisconsin

Introduction to Culinary Medicine 09/23/2022  
1 hour presentation to approximately 20 NP/PA and nursing staff in Endocrine and  
General Surgery regarding culinary medicine and how to utilize it in the clinic as well  
as a cooking demonstration  
Rochester, Minnesota

Post Bariatric surgery care for the PCP 02/08/2023  
30-40 NP and PA at the virtual presentation  
Mayo Clinic Rochester  
Rochester, Minnesota

### Poster

Survivorship Care Plans for Patients with Thyroid Cancer: A Program Evaluation? 04/28/2022  
program evaluation of the survivorship care plans for patients at Mayo Clinic. I was  
the project advisor.  
Viterbo University.

## Clinical Practice, Interests, and Accomplishments

My clinical practice interest has focused on obesity, bariatric surgery, weight loss medications and lifestyle  
modifications to improve patients who have obesity overall health. I am currently expanding our practice by adding  
video follow up options for post bariatric surgery care.

## Research Interests and Accomplishments

My research interests have focused on the management of the patient with obesity and its associated  
complications. I am most interested in the follow up of patients who have undergone bariatric surgery for the  
treatment of obesity. My current research efforts have focused on attrition after bariatric surgery and improvement  
of follow up care after bariatric surgery.

## Quality Initiatives

### Quality

Silver Quality Certification Exam - project pending 08/16/2019 - Present

**Other**

Mayo Clinic Bariatric Surgery Information Session information session for patients who are interested in bariatric surgery. Providers are on a panel for question and answer session Rochester, Minnesota	09/2018
Mayo Clinic Bariatric Surgery Information Session information session for patients who are interested in bariatric surgery. Providers are on a panel for question and answer session Rochester, Minnesota	11/2018
Mayo Clinic Bariatric Surgery Information Session information session for patients who are interested in bariatric surgery. Providers are on a panel for question and answer session Rochester, Minnesota	12/2018
Mayo Clinic Connect weight management blog editor newly developed connect blog focused on all areas of weight management and options for medical care at Mayo Clinic for weight management with planned publication by spring 2020. I serve as one of three editors for the blog ensuring regularly postings by writing blog posts, developing topics for posts, recruiting other writers for posts, and reviewing blog posts. Mayo Clinic Rochester, Minnesota	04/2020 - 02/2022

## Bibliography

### Peer-reviewed Articles

1. **Jurgensen J.** Vision changes after bariatric surgery Clinical Advisor. 2017; 20: (1)55-7.
2. **Jurgensen JA,** Reidt W, Kellogg T, Mundi M, Shah M, Collazo Clavell ML. Impact of Patient Attrition from Bariatric Surgery Practice on Clinical Outcomes. *Obes Surg.* 2019 Feb; 29 (2):579-584 PMID: 30386971 DOI: 10.1007/s11695-018-3565-5

### Non-Peer-reviewed Articles

1. Wagner ,. Registered Nurse Perceptions of Nursing Diagnosis. NA. 2009.
2. **Jurgensen JA.** Weak and dizzy spells in a patient afer gastric bypass surgery Clinical Advisor. 2015.
3. **Jurgensen JA.** Management of the Healthy Status Post Roux-en-y Gastric Bypass Case Study Clinical Advisor. 2015.
4. **Jurgensen JA.** Achieving sustained weight loss in an obese patient Clinical Advisor. 2015.
5. **Jurgensen JA.** Odorous Stools, Laboratory Abnormalities After Gastric Bypass Surgery Clinical Advisor. 2016.

### Book Chapters

1. **Jurgensen, Julia#,** Sharma ,#. Chapter 5: The Role of the Advanced Practice Provider, Social Worker, and Physical Therapist in the Management of the Bariatric Patient. In: *SAGES Manual of Bariatric Surgery* edition 3. 2025.

### Audio/Video/CD-ROM/etc.

1. **Jurgensen , Julia.** Mayo Clinic Talks Obesity Edition Online CME Course Mayo Clinic Talks Podcast. 2023; Episode 6:

### Forthcoming

1. **Jurgensen ,#,** Schmidt , Tara#. Mayo on Nutrition Weight Loss Maintenance Mayo on Nutrition Podcast 2025.

\* Indicates the primary author was a mentee of this author.

# Indicates the authors contributed equally.