

HEATHER NAJJAR, DNP, CRNP, FNP-C

Functional Wellness Practitioner | Family Nurse Practitioner | Clinical Leader
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PROFESSIONAL PROFILE

Dedicated and compassionate Nurse Practitioner with over 25 years of emergency, critical care, and home health leadership experience. Most recently serving as Chief Clinical Officer at CarePlus Home Health. Now launching a Functional Wellness practice focused on integrative, patient-centered care. Recognized for clinical excellence, mission work, and advancing whole-person health through education, expertise, and advocacy.

LICENSURE & CERTIFICATIONS

CRNP FNP-C

Maryland Licensure, DEA, Prescriptive Authority (2015 – Present)

Registered Nurse (RN): Maryland | 1992 – Present), DC | 1997 – 2015,

ACLS / BLS Certified | 1992 – Present

Certified Nurse Educator for Health Care Professionals | 2003 – Present

EDUCATION

Doctor of Nursing Practice

Shenandoah University | 2019

Master of Science in Nursing – Family Nurse Practitioner

Shenandoah University | 2015

Bachelor of Science in Nursing

Jacksonville State University | 1992

CLINICAL & LEADERSHIP EXPERIENCE

Functional Wellness Practitioner (Co-Founder)

Launching 2025

- Building a patient-centered practice offering functional, integrative care
- Focused on root cause medicine, lifestyle support, and prevention

Chief Clinical Officer / Director of Clinical Division
CarePlus Home Health, Rockville, MD | 2001 – 2024

- Led multidisciplinary teams delivering in-home clinical care across diverse populations
- Directed patient care operations, compliance, and provider training
- Implemented protocols to improve patient outcomes and satisfaction

Provider, Cardiology Services: *Suburban Hospital | 2018 – Present*

Family Nurse Practitioner
Valley Physician Enterprise / Valley Health, Luray, VA | 2015 – 2017

Critical Care & Emergency Nurse:
*Suburban Hospital / Washington Hospital Center / National Nursing Agency
| 1997 – 2009*

- ICU, ER, PACU, Cath Lab, Critical Care Transport
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CLINICAL MISSIONS & SERVICE

President, Graduate Class of 2015: Shenandoah University

International Medical Relief:
CRNP Volunteer, Haiti, India, Nepal, Bhutan | 2017 – Present

American Red Cross: Volunteer Family Nurse Practitioner | 2017

Image Counselor, Helping Heroes: Volunteer RN | 2010

PROFESSIONAL MEMBERSHIPS

American Academy of Nurse Practitioners | 2013 – Present

Nurse Practitioner Association of Maryland | 2013 – Present

International Council of Nurses: CN Representative to WHO, Geneva | 2015

Virginia Council of Nurse Practitioners | 2013 – 2019

Maryland Nurses Association | 1992 – Present

Sigma Theta Tau Honor Society:
Georgetown & Shenandoah Chapters | 1992 – Present

AWARDS & RECOGNITION

Outstanding Family Nurse Practitioner Award, Shenandoah University | 2015

Sigma Theta Tau Honor Society, Georgetown University | 1992 – Present

LEADERSHIP & EDUCATION INITIATIVES

President, Graduate Class of 2015: Shenandoah University

Faculty, Cardio-Revascularization Therapies Forum | 2000, 2001

Preceptor, Cardiac Cath Lab – WHC | 1998 – 2002

Joint Commission Prep Team – WHC | 1999 – 2002

Professional Nurse Council Member | 1996 – Present

SPEAKING ENGAGEMENTS & PRESENTATIONS

Guest Speaker, *Cardiovascular Health in Home Care Settings* – CarePlus Clinical Symposium, Rockville, MD (2023)

Panelist, *Women in Leadership: Nurse Practitioner Edition* – Maryland NP Association Annual Conference (2022)

Presenter, *Preventive Care & Functional Approaches to Chronic Disease* – Valley Health Community Health Series, Luray, VA (2016)

Faculty Speaker, *Cardio-Revascularization Therapies Forum* – National Nursing Education Event (2000, 2001)

Educational Presenter, *Critical Care Protocols & Cath Lab Efficiency* – Washington Hospital Center Internal CME Series (1999 – 2002)