

Derek Free Biography



Introduction:

Derek Free is a Nurse Practitioner working with Sentara Medical Group's Pulmonary and Critical Care Specialists Division across the Southside Hospitals. He has earned a Doctor of Nursing Practice in Nursing Administrative Systems from the University of Tennessee Chattanooga, a Master of Science in Nursing Adult Gerontology and Acute Care from Walden University, and his Associates Degree in Nursing from Ohio University. In addition to his clinical role, he serves as Adjunct Faculty to Regent University's RN-MSN and Nurse Practitioner tracks. Derek is passionate about Nursing Professional Development and serves on the American Association of Critical Care Nurses Nominations Committee and focuses on creating Healthy Work Environments in Critical Care.

Full Biography:

Derek Free comes to Hampton Roads from Chillicothe, Ohio. Derek has been in the critical care environment since 2005 working his way from ICU Unit Secretary to Critical Care Technician, Registered Nurse, Nurse Practitioner, and Doctor of Nursing Practice. His early career interest in Nursing was sparked by an NP mentor early in life who introduced him to the American Association of Critical Care Nurses (AACN) National Teaching Institute's annual Critical Care Symposium. Since those early days, Derek has found a passion for educating new nurses, building critical care nursing competencies, organizing an annual critical care conference, working as Adjunct Faculty for Ohio University and Regent University, and more. Derek's doctoral work focused on combining Nursing Theory with Business Theory to integrate three of the AACN's six Healthy Work Environment Standards into a multidisciplinary approach to increase skilled communication, meaningful recognition, and true collaboration to increase Nursing Empowerment for Organizational Goal Attainment, job satisfaction, and decrease attrition. Derek focuses on building relationships across professions to bridge the gap between transitions to practice and onboarding. He has served on the Board of Directors for the

American Red Cross of South-Central Ohio as Vice President and the Director of the Mission's Committee Services to the Armed Forces, Ambassador to the Chillicothe/Ross County EPIC Young Professionals Organization, and the Nominations Committee of the national AACN. He lives in Chesapeake, VA and is married to Katie Free who works as an ICU Nurse at Sentara Virginia Beach General Hospital and with the Sentara College of Nursing's Critical Care Transition to Practice system wide integration. Derek and Katie are members of River Oak Church in Chesapeake where he plays drums on the worship team and participates in international missions. He has a two year old son, and one on the way!