



Dr. Angela Golden, is a current fellow and past president of the American Association of Nurse Practitioners. Her tenure as the president of the AANP gives her a unique and overarching perspective of the multifunctional role of the Nurse Practitioner. For the past 24 years, Angie has had her own practice—NP from Home, LLC—where she provides clinical services in a family practice setting and for the past 7 years a subspecialty obesity practice, NP Obesity Treatment Clinic. Dr. Golden has a great deal of experience in leadership positions and clinical practice. She has authored peer-reviewed articles and book chapters covering a range of health topics including health policy. She has presented nationally and internationally with an emphasis on health policy, leadership, and various clinical topics, particularly, obesity.

#### **Interview Abstract:**

Dr. Golden initially began her nursing career in acute care working in emergency and critical care nursing. After moving to Arizona, she became a nurse practitioner and set up her independent practice in rural Arizona. She became active in AANP, first as a state representative then served on the AANP Board of Directors. She served as President of AANP from 2012 until 2014. She obtained her DNP from Arizona State University focusing on evidence-based practice and policy. She is an advocate for full practice authority in all states.

#### **Bio Sketch:**

Dr. Golden received her BSN at Ball State University in Muncie, Indiana, her Master's degree as an Family Nurse Practitioner at Northern Arizona in Flagstaff, Arizona and her Doctor of Nursing Practice from Arizona State University in Tempe, Arizona where her emphasis was evidence-

based practice and policy. Dr. Golden first began her nursing career as an emergency and critical care nurse in a variety of settings. She also was a flight nurse for 10 years serving a Chief Flight Nurse for one of the first non-hospital-based programs in the US. She also worked as a nurse in home care and in a school. After becoming a family nurse practitioner, she set up an independent practice in rural Arizona, NP from Home. In recent years, she has set up an independent NP Obesity Treatment Center and works at a local community Urgent Care Center. She became involved in AANP first as an Arizona state representative, completing a term vacancy. She then served two terms as Arizona's state representative and was elected to AANP's Board of Directors. She served as President from 2012-2014. She was inducted as a Fellow in the American Association of Nurse Practitioners in 2009. She is a sought-after speaker on NP practice and obesity nationally and internationally. She has authored numerous peer-reviewed articles and books.

Keywords: leadership, policy, obesity, rural health, entrepreneurship

Angela Golden  
Interview  
AANP Oral History Project

## **Interview: Angela Golden DNP, FNP-C, FAANP**

**Date:** 2022

**Education:** Doctor of Nursing Practice, Arizona State University, MS (FNP) Northern Arizona University, MNED University of Phoenix, BSN Ball State University

**Certifications;** FNP-C

**Short Bio:**

Dr. Angela Golden, is a current fellow and past president of the American Association of Nurse Practitioners. Her tenure as the president of the AANP gives her a unique and overarching perspective of the multifunctional role of the Nurse Practitioner. For the past 24 years, Angie has had her own practice—NP from Home, LLC—where she provides clinical services in a family practice setting and for the past 7 years a subspecialty obesity practice, NP Obesity Treatment Clinic. Dr. Golden has a great deal of experience in leadership positions and clinical practice. She has authored peer-reviewed articles and book chapters covering a range of health topics including health policy. She has presented nationally and internationally with an emphasis on health policy, leadership, and various clinical topics.

**When did you become an NP? What was the motivation?**

I became a nurse practitioner in 1998. My motivation centered around what my next professional steps were going to be as my family moved to a rural community. Prior to that I was a flight nurse, and that role is one of a great deal of independence. I would be leaving that position to move and trying to decide what my next steps would be. Throughout my own healthcare journey many times or taking my children to a pediatric nurse practitioner. I could see the value of that role especially moving to a rural community. I began to explore further education, as I already had a master's in nursing education. I was fortunate to find Northern Arizona University's program as it had a focus on rural health.

**What experiences did you bring into the role?**

Most of my nursing experience revolved around acute and critical care. I worked in level two and level one emergency rooms, many different critical care units including neonatal intensive care, open-heart units, adult and pediatric critical care. For 10 years prior to becoming a nurse practitioner, I was a flight nurse, eventually serving as the Chief Flight Nurse for one of the first non-hospital-based program in the country. I also had some other unique opportunities in nursing; for three years I was a school nurse. I also did home health including during the early years of the AIDS epidemic, specializing in care for this population, and pediatric hospice pain management care.

**Did you experience any challenges? How were they resolved?**

I was fortunate to become a nurse practitioner in Arizona just as full practice was passed. I only had one year of any type of restricted practice where we had to have 1000 hours of practice

before we could prescribe without oversight. Because I was fairly new in the role I was not involved in the advocacy for full practice.

There have been other challenges of course, one was opening my own practice without having any real education on how to run a business. That challenge required a lot of my own education outside of advance practice nursing, as at that time there weren't many nurse practitioners who were teaching other nurse practitioners about running a business.

**Are there any experiences that you would like to talk about?**

One of the greatest experiences I have had as a nurse practitioner is in leadership. Just before graduating from my NP program, I joined AANP and then was provided the opportunity to step in as the Arizona state representative to complete someone else's term. I then ran for that state position and served for two more terms, during this time I learned the value of advocating for my profession and the importance of leadership within the profession. AANP offered me the opportunity to further my leadership opportunities by serving on the board of directors and eventually as the president. Serving as the president of AANP allowed me an opportunity to travel through the United States, learn about all the unique things that nurse practitioners were doing for their communities, and help move the profession forward by serving with a phenomenal Board of Directors.

**What was most challenging in your career/ most important?**

Most challenging for me in my profession was moving from the acute care, critical care areas into outpatient patient care. It also became the most important patient care position in my career. We had moved to a very rural community and the opportunity to serve my neighbors as their healthcare provider of choice was remarkable.

**Is there anything you would want to change?**

Two things I would change. The first would be for all nurse practitioners to understand the value of belonging to their national organization. To allow that organization to have their voice as part of advocacy, education, research, and leadership. The second thing I would change is for full practice authority to become the national norm for all 50 states and the territories. As an additional item I hope yet see all barriers removed that prevent nurse practitioners from providing care to their patients.

**What do you see as pivotal moments in the past years?**

Most pivotal moments in the past 23 years of being a nurse practitioner include seeing so many more states earn full practice authority through the advocacy of those living in that state as well as seeing nurse practitioners become the provider of choice for so many patients. Many of these patients would not have had access to primary care if not for the nurse practitioners offering healthcare in their communities.

**What advice would you give to new nurse practitioners?**

The best advice I have for a new nurse practitioner is to recognize the horizon is bright. Fewer and fewer barriers are preventing patients from receiving care from us. I would encourage each new nurse practitioner to look for new opportunities and new ways to provide that care to patients. Always looking for ways to collaborate with other professionals on an equal standing.

Find a mentor who will support you, who will help you find your path to the professional that you want to be.

**What do you see as the role of Nurse Practitioners in the next 25 years?**

The role of the nurse practitioner in the next 25 years, if I had a crystal ball, would include full practice authority for every nurse practitioner. I also think that there are roles that are going to come available for nurse practitioners that we don't even see possible at this time. The reason I believe that is it as I look over the past 25 years, I see how many areas where nurse practitioners have created new roles, new experiences, and new ways to care for patients and communities that were simply unheard of or not thought of in the past.