Karen Lake  
PhD, RNC, CNP

Practice Philosophy:

Karen Lake is an Assistant Professor at the College of Nursing with a Nurse Practitioner practice at the MSU Women’s HealthCare. She has been a nurse for over 30 years and a certified Women’s Health Nurse Practitioner for over 20 years. She holds a PhD in nursing.

Lake works in all areas of women’s health, including obstetrics, gynecology, and menopause. Lake’s nursing practice echoes that of Florence Nightingale, who felt that nursing put patients in the best possible condition for nature to “act upon them”. She feels this theory is applicable to Nurse Practitioners who educate and support patients, putting them in the position that allows nature (the environment, which is the patient’s world) to act upon them.

Lake uses open communication and interviewing skills to help patients, thereby helping them improve their quality of life.