Practice Philosophy:

Dr. Keilman has been a practicing Gerontological Nurse Practitioner (GNP) since 1989 and teaching nursing since 1985. Her theoretical approach to advanced practice is holistic care of unique human beings (Rogers/Parse) in providing health promotion/wellness (Pender), care (Watson), empowerment, and comfort (Kolcaba) within a cultural (Campinha-Bacote), and environmental (Nightingale) context.

Aging is viewed from an optimal perspective (Brummel-Smith) where vulnerability and frailty are transcended through full and appropriate utilization of community resources and mattering. The ethnic/cultural heritage and mind-body-spirit connection is recognized, honored, respected, and addressed in delivery of safe, interprofessional, quality care.

Dr. Keilman uses a compassionate, empathetic, empowering person-centered approach in her collaborative, team-based (interprofessional) practice where age appropriate evidence-based guidelines and protocols are utilized to achieve the highest possible positive outcomes and quality of life (QOL) for patients/residents. Nonpharmacological interventions such as behavior modification, lifestyle changes, education, and enhancing therapeutic coping strategies are first-line management approaches. Each practice encounter is a therapeutic opportunity and is approached with joy, hope, humor, compassionate intention and realistic optimism; each human being is treated with dignity and respect. Clinical practice is based on sound ethical principles and advocacy.

The unique plan of individualized care is mutually determined based on patient/resident/family goals and desired outcomes including rehabilitation, comfort, palliation, and Hospice care. The family (however that is defined by the individual) is the unit of care. The ultimate goal is for the individual to achieve optimal function, engagement, and QOL that is defined by their uniqueness, belief system, life’s journey, wishes/needs and informed choices and developed from their personal story.