

Meredith Napierala, PNP

Ozark Family-Centered Medical Home
General Leonard Wood Army Community Hospital

Accepting
New
Patients



Education:

- Masters of Science in Nursing, Texas Tech University Health Sciences Center

Certifications:

- Pediatric Nurse Practitioner, board certified by the Pediatric Nursing Certification Board

Specialty Experience:

- Primary Care Manager for children from newborn to age 17
- Six years as a pediatric emergency room Registered Nurse
- Two years as a Pediatric Nurse Practitioner working in both pediatric primary care and pediatric urgent care clinics

Reasons to see PNP Napierala:

- Well child exams
- Sports physicals
- Acute sick visits
- Chronic care management of asthma, ADD/ADHD, specialist referrals



Office Location:

Ozark Family-Centered Medical Home, 504 Eastlawn Ave., Suite D.,
Saint Robert, Missouri.

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What do you like most about your job?

PNP Napierala: "I've worked in pediatrics since I graduated nursing school. My mom is a Neonatal Intensive Care Unit nurse and as I grew up I saw her doing that and decided I wanted to take care of babies and kids. I enjoy working with the variety of ages—newborns and children up to age 17—and promoting preventive health measures. I like talking with kids about this because I can impact their future during well visits with conversations about healthy eating, sleeping and exercise. Teaching this during their growth and development helps prevent chronic issues as they get older. I also get to influence the family unit by coming up with a plan with their parents to guide treatment for the child."

What is the most fulfilling part of your job?

PNP Napierala: "Watching children as they grow up and being in a position to help them not only as a Primary Care Manager, but also in school with the knowledge and resources we have here is very important to me."

Where did you grow up?

PNP Napierala: "I grew up in San Antonio, Texas, and that's where my husband and I met and got married before we came here. He was a resident in San Antonio and is an Orthopedic surgeon here."

How do you spend your time when you're not working?

PNP Napierala: "Working out, sports, living a healthy lifestyle, shopping, traveling—I like the ocean, being in the water or hiking—and spending time with friends and family. We're close with our families—they'll come and visit and we'll go visit them. We like to take weekend adventures throughout Missouri. On weeknights we like to cook a lot at home and workout. We have two little kitties—Hazel and Baloo."

