



RN Educator Frequently Asked Questions

Laurie Ehlers, RN Educator • Lawrence University



What is the RN Educator's role?

The RN Educator's role is a collaborative and personalized program that focuses on improving health and wellness. It builds an individual's capacity to achieve short and long-term health, lifestyle, and fitness goals. Participants interact one-on-one with their RN Educator during appointments. Whether you're working toward general wellness or a more specific health related issue, a RN Educator will focus on helping improve your life. The RN Educator focus is on lifestyle management and not intended for acute or urgent health care concerns.

Why should I participate?

Your health is your most important asset. Working with an experienced RN Educator gives you resources and support to help you be your best self. You may also want to work with a RN Educator if:

- You're lacking motivation. A RN Educator can offer inspiration and help you build confidence.
- You need someone on your side. Your RN Educator is like a knowledgeable friend and professional resource that is there to listen, ask questions, and help keep you on track.
- You need extra support. The RN Educator can enhance and support other wellness programs you participate in, such as diet programs or fitness classes.

How does a RN Educator fit into my medical care team?

A RN Educator is a member of your larger health care team. A RN Educator is not a doctor or nurse Practitioner - they do not diagnose conditions or prescribe/change dosage of medications. A RN Educator helps with behavior change, lifestyle modification, disease management and education.

How much time will a RN Educator appointment take?

The time you devote to seeing the RN Educator is at your discretion. Communication between you and your RN Educator will be as often as needed, and will be determined on an individual basis.

How do I schedule an appointment with the RN Educator?

Schedule an appointment through the blocked segments on her Outlook calendar. The RN Educator will be available: Tuesdays from 8 AM – 4:30 PM, and Wednesdays from 3PM - 5 PM.

What is disease management?

Most chronic diseases such as Type II Diabetes, heart disease, obesity, heartburn, and musculoskeletal pain can be managed with proper self-care and medical care. Complications of these diseases can be avoided and often reversed. The RN Educator will provide new ways to treat chronic disease through group and individual visits, lifestyle management, and other interventions.