

Efrat LaMandre

FNP-C, PhD



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[My Portfolio](#)

Education History



2019-2022: *PhD in Integrative Medicine | Quantum University*

2009-2013: *Rutgers Master's Degree in Nursing, FNP UMDNJ*

2002-2006: *Nursing Degree | Trinitas School of Nursing*

1992-1995: *B.A. English Literature, Summa Cum Laude Baruch College, CUNY*

Work Experience



2014 - Current

[EG Healthcare Family Medical Practice](#)

- Staten Island, NY, Owner, Clinician Pediatric, Adult and Geriatric Primary Care, LGBTQ+ Affirming Care.

2018 - Current

[The Knew Method](#)

- Staten Island, NY, Founder, CEO National Integrative Medicine Company.

2018 - Current

[Hawk Scribes](#)

- Staten Island, NY Founder, CEO Medical Scribe Company.

2018 - Current

[EG Prep](#)

- Staten Island, NY Founder, Facilitator Education Company for Nurse Practitioner.

2018 - Current

[Wagner College](#)

Staten Island, NY Adjunct Professor.

Publications



It's NOT In Your Head: Your Body Doesn't Feel Good But You Don't Know Why (2021)

Author: Efrat LaMandre | Publisher: Gwn Publishing | ISBN: 979-8985974652

Professional & Community Service Activities



Chair, Staten Island Hospital Board of Trustees
Past-president of the New York Nurse Practitioner Association

Other Activities



Host/Founder of Nationally Acclaimed Podcast entitled *"The Knew Method by Dr. E"*.
Host/Founder of YouTube Chanel entitled *"@DrEfratLaMandre the NP with a PhD"*.
Educational Videos presented on various Social Media channels with viewership over 20 million.

Poster / Podium Presentations



NCNP 2024 Spring Virtual Event

- Title: **Beyond The lab Results: Reveal the Mystery of Patients with Normal Labs but Persistent Symptoms**

NCNP 2023 Fall Virtual Event

- Title: **Approach to the Patient With a Chief Complaint of Chest Pain**

NCNP 2023 Fall Virtual Event

- Title: **Inflammation Unmasked: Empowering Clinicians to Go Beyond Treating the Symptoms of Chronic Illness and Get to the Root Cause**

Poster Presentation at the 2023 Doctor of Nursing Practice Annual Conference

- Title: **Pilot Study: Improving Clinical Decision-Making Skills:2-Day Workshop for NP students, a Focus on Underserved Communities**

Speaker Presentation 2023 Lippincot Nursing Annual Conference

- Title: **How to Create and LGBTQ Affirming Practice and Workplace**

Speaker Presentation: 2023 Lippincot National Conference for Nurse Practitioners

- Title: **Inflammation Unmasked: Empowering clinicians to go beyond treating the symptoms of chronic illness and get to the root cause.**

(Extensive list of speaking upon request)

Professional Memberships



Member, New York Nurse Practitioner Association
Member, AANP, Entrepreneur and DEI communities
Member, Associations of the Clinicians of the Underserved

TV Appearances



- [June 12th, 2024](#) - FOX 5 DC - Helpful tips to relax
- [June 12th, 2024](#) - Great Day DC WUSA9 - Gardening for wellness
- [June 8th, 2024](#) - News Nation - Easy tips to boost your health
- [June 4th, 2024](#) - ABC 22 - Keeping minds sharp
- [May 23rd, 2024](#) - WLBT3 - Career and influence
- [May 15th, 2024](#) - CBS KSEE - Advice for mental health
- [May 9th, 2024](#) - WEWS CBS - Spring gardening and health
- [May 1st, 2024](#) - FOX 5 - How to manage stress
- [April 30th, 2024](#) - FOX 5 - Tips to handle stress
- [April 14th, 2024](#) - CBS NY - Advice for stress
- [April 9th, 2024](#) - Scripps News - Understanding stress
- [April, 5th, 2024](#) - FOX 19 NOW - Managing stress
- [March 23rd, 2024](#) - WAFF 48 - How to sleep better
- [March 22nd, 2024](#) - KTXL FOX 40 - Unlocking better sleep
- [March 14th, 2024](#) - WRAL NBC - Habits for restful nights
- [March 13th, 2024](#) - CBS News - Secrets to better sleep
- [March 10th, 2024](#) - CBS News - How to get enough sleep
- [February 29th, 2024](#) - CBS News - Navigating medical care for a rare disease
- [February 28th, 2024](#) - ABC 7 News - Treating and diagnosing rare diseases
- [April 21st, 2023](#) - Pix11 News - Combating and preventing stress
- [March 25th, 2023](#) - Waff News - How to sleep better
- [March 15th, 2023](#) - Pix11 News - Finding the root cause of autoimmune disorders

