

# Gina (Bean) Davidson

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**I am a returning Respiratory Therapy Technician who wants to help my fellow healthcare workers and community recover from COVID19 while having better long-term outcomes. I am currently studying to take the RRT boards and expect to pass in 2021Q4. I currently hold the credentials CRTT (licensed expired)**

## Respiratory Therapy Experience

- 10 years working in a MICU as a CRTT / Intubation, Aline insertion, Bronchoscopy assist, Cath Lab assist, Cricothyroidotomy assist, ventilator management, all respiratory care needs
- 6 years working in Pediatric Trauma ED as a CRTT - call team member
- Served in Trauma ED call team for 9 years
- Trained junior therapists for 5 years on CC/ED skills
- Participated in drug trials and documentation
- Integral part of Code Team - ACLS/PALS certified (expired)
- +5 years working as a home health care technician – delivering, training, set up of oxygen equipment. Delivering respiratory care via CPT, home ventilator care, and various respiratory home healthcare needs

## Hospital Experience

- 10 years working at level II hospitals performing respiratory roles
- 3 years working at level I hospitals while in clinical rotations, contract CRTT, and prn rotations.
- administrative duties included – audits, training, certifications, compliance standards, and equipment care, and documentation

## Management and Sales Experience

- 15 years leadership in the adjacent field of health and wellness via design
- 10 years managing two design centers at Ethan Allen with 19 people that grew to \$10M in revenue in 2016
- Created and completed multi-faceted projects under timeline restraints, delivery and installation constraints, and city or HOA compliance (from \$500-\$500,000 projects)
- CEU qualified trainer for ASID

## Other Medical Experience

- Studying environmental psychology and using it as part of interior design methodology to ensure that the environments designed for clients benefit their long-term health
- Studying the effects of B-12 and cofactor deficiency on PTSD patients and working with experts to understand proper short term and long-term care for our communities
- Working with multiple university and government institutions to create standards of care, medical guidelines, and better testing. Creating healthcare professional education for B12 and cofactor use in recovery of COVID19 long-haul, post-intensive care syndrome (PICS), autoimmune syndromes, and ARDS +

## Creative Experience

- 20 years as an interior design consultant and artist / creating for residential and commercial clients around the world
- 10 + years as a professional artist / Featured Artist at multiple local and state shows, worked with diverse stakeholders in healthcare, schools, universities, governments, camps, infirmed, and disadvantaged and recovering communities

## EMPLOYMENT HISTORY

- 2018 – Present – Artist, Residential/Commercial Designer, and community B12 and cofactor advocate/spokesperson. Designing lifestyle for health and wellness within the community.
- 2007 – 2017 – Design Center Manager - Ethan Allen Orlando FL
- 2004 – 2007 – Design Consultant - Ethan Allen Altamonte Springs
- 1994 – 2004 – Artist - Designs, Murals, Faux Finish, Portraits, and Fine Art
- 1998 – 2003 – CRTT prn at multiple hospitals and home health companies
- 1990 – 2000 – Respiratory Therapist CRTT- Lakeland Regional Medical Center

## Comfortable in crisis, disaster resilience, and unpredictable working conditions

### SHOWS, COMMUNITY INVOLVEMENT, PUBLIC SPEAKING, LECTURES, SEMINARS, AND EVENTS

- Judge for Parade of Homes- Orlando 2021 preliminary and grand judging
- Your Brand. Your Culture. Your Bottom Line. 7/2020 PROGRAMS & STRATEGIC INITIATIVES ORLANDO REGIONAL CHAMBER
- Judge for GOBA (Greater Orlando Builders Assoc.) Major Achievement Awards 2019 and 2020, Judge for Parade of Homes- Orlando 2018-2020, Jacksonville POH 2018, Ocala POH 2018
- Coffee with a Cause: Building Communications and Connections 6/2020 PROGRAMS & STRATEGIC INITIATIVES ORLANDO REGIONAL CHAMBER
- "COVID Quarters" May and June 2020 EAGO
- The data of design 10/2019 Gillstrap and Associates
- The data of design 7/2019 EAGO
- The Future of Design 1/2019 Home and Garden show OCCC
- Design Goals explored -Jones Homes -Twin Lakes Seminar 1/2019
- "How a coffee table can change your life" WOAMTEC 8/2018
- "How a coffee table can change your life" EAGO 8/2018
- Art is Fashion - Orlando Museum of Art 2018
- Pernicious Anaemia/B12 Deficiency - Support Group
- 2018 Orlando Home and Garden Show
- Seminole County - Run with a HERO
- Orlando spotlight WMFE
- Adjectives Holiday Market (2017)
- Board of Directors Winter Park Design Program OCPS (2016)
- UCF- STEM program speaker (2016)
- Pecha Kucha Speaker Doctor Phillips Performing Art Center (2016)
- Home and Garden Shows at the OCCC (2007-2017)
- CEU certified Ethan Allen Trainer- Design Center training for Licensed Designers (2007-2017)
- Southern Women's Home Show First Place Display (2014-2016)
- Spotlight Stage Presenter (2014-2016)
- Festival of Trees - Orlando Museum of Art (6-year participant)
- March of Dimes Raffle (County Courthouse 1996)
- Gamblers Sale (AUI Dec 1996)
- "Enjoy" One Man (woman) Show (Joffrey's May 1997)
- St. Joseph's Children's Hosp.- Silent Auction (1997)
- Resource Center for Women Clearwater Auction (1997)
- Bunco Bash - Crisis Center of Hillsborough FL (1998)
- sHotel (1998)
- Live Performance at Java and Cream (1997-1998)
- Artful Toys (1998)
- Art Amore - St Joseph's Hospital Foundation (1998)

### TEACHING & SUPERVISION:

- Trainer for junior CRTT and RRT therapists
- CEU qualified trainer for ASID (2007-2017)
- Worked with UF college of design interns
- Winter Park Tech Design program mentor and brief board member
- Ethan Allen tech panel 2015/16– corporate headquarters
- Ethan Allen regional DCM tech and program trainer
- Board Member - EAGO 2020 term

## SKILLS AND KNOWLEDGE:

**Expert Skills:** Sharing, Team Building, Coaching, Creativity, Communication, Training, Problem Solving, Running Profitable retail locations, Sales, Color Theory and Blending, Interior/Exterior Lighting Design, Saving Lives, Research, Extensive list of Faux Finish's, 3-D Home Architect, Google Sketch Up, Dream Draper, Interiors Plus, and grasping new computer technology.

Recruiting, developing, and motivating a team. Setting team and individual goals to meet annual objectives. Provide ongoing feedback and leadership to a multimodal team. Conducting performance evaluations

**Great Skills:** Comedic timing, Construction, Corel Draw and Adobe Photoshop.

**Intermediate Skills:** Aldus Freehand, Aldus Pagemaker, Aldus Photostyler, and Quark Xpress. Knowing when to stop talking about B12 and cofactors

## EDUCATION:

Ongoing continuing education and collaboration with universities, governments, and groups – focus on human centered design and B12/cofactor deficiencies- UCF, Rollins, Seminole State, CDC, Massimo A. Hilliard, Ph.D. Queensland Brain Institute University of Queensland,+

1994 - Associate of Applied Science - Commercial Art -National Education Center -Tampa Technical Institute

1990 - Certified Respiratory Therapist - By National Board of Respiratory Care - Erwin Technical Center

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References Available Upon Request

Abstract- Business Development

Our community needs to understand vitamin B-12 deficiency now,  
COVID19 will not let us wait.

Manager, Leader,  
Environmental  
Designer, Community  
B12 and cofactor  
Advocate



## Objectives

Community associated with adverse effects, morbidity, and delayed physical and psychological recovery from COVID19 including, long-haul, post-intensive care syndrome (PICS), autoimmune syndromes, and ARDS. Looking for specific guidelines in the assessment and management of disorders like these induced by high physiologic stress. Reviewed existing tools for the assessment of acute and long-term disorders for Health Care Professional's (HCP's) and community affected by COVID19. Examined evidence on B12 and cofactor testing. Identified capacity gaps, treatment, and methodological considerations that can be used for detrimental care in all parts of the community.

## Method

A scoping review based on literature searches and communication as below:

- National Center for Biotechnology

- Mayo Clinic
- PubMed
- Allied Health Literature
- Community Pernicious Anemia (PA) forums
- sourced Medical Textbooks
- Sally M. Pacholok, R.N., B.S.N., Jeffrey J. Stuart, D.O. authors of Could It Be B12? An Epidemic of Misdiagnoses
- Pat Kornic Pernicious Anaemia/B12 Deficiency Support Group
- Dr. Kirti Kalidas, MD
- Joel Kimmons, PhD - Nutritional Epidemiologist Centers for Disease Control and Prevention
- Kiminobu Sugaya, Ph.D. Professor of Medicine Head of Neuroscience Chair of Multidisciplinary Neuroscience Alliance Chair o Institutional Review Board Burnett School of Biomedical Sciences College of Medicine University of Central Florida,
- Albert Mir, Medical Practitioner graduated in Barcelona (UAB),

: - eligibility criteria done as a community advocate and soon to be practitioner - not acted as per current scoping review guidelines.

## Findings

Overall, multiple assessment tools were identified having been developed in diverse PA community conversation, literature on systemic organ and tissue involvement, and global impact. The identified tools and needs assess principally: a need for CDC guidelines, standards of care across disciplines, insurance coding, university curriculum, sourcing, and education of Health Care Providers. Universities, CDC, HCP's, and The International Society on Thrombosis & Haemostasis have reported various validity and reliability metrics. It is unclear if tools are available to educate large groups quickly enough to affect current ARDS pt's and Post COVID long haul groups, based on the need for systemic healthcare education concerning B12 and cofactors impact. COVID19 recovery + is systemic and will require a multidisciplined approach. <https://www.lifestylesbybean.com/b-12-why-the-urgency>

## Conclusion


Available tools have global sourcing and treatment limitations worth considering in future work. Given the high prevalence of morbidity in B12 and cofactor deficient survivors, rigorously implementing the solutions available for multi symptom assessment and tx in the vulnerable population is a practice and investigation priority. #CHESTchat -American College of Chest Physicians expresses a need for Rapid Design and Implementation of Post-COVID-19 Clinics.

## Relevance to clinical practice

These results have strong implications for the selection and implementation of B12 and cofactor education needs in the medical and residential community. Significantly improving patient-centered clinical outcomes and humanizing community care experiences. Design and Implementation of Post-COVID-19 Clinics combined with the latest B12 and cofactor deficiency education amongst health care providers is the area of relevance.

## Keywords

- [B12 and cofactor deficiency](#)
- [Community Assessment](#)
- [Critical care](#)
- [Leader](#)
- [Stress induced deficiencies](#)
- [Tools from PA](#)
- [Reliability](#)
- [Validity](#)
- [ARDS](#)
- [Long haul, post covid19 syndrome](#)



**Fibrin formation and ARDS**

**Nutritional Deficiencies can be created by stress. B12 deficiencies increase fibrin.**

**In ARDS the stress in a B12 and cofactor deficient body =** Swelling at the Alveolar Capillary (AC) membrane. B12 and cofactor deficient patients create a thicker Hyaline membrane due to increased fibrin. Increased inflammation and clotting.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC344667/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4901834/>  
<https://www.sciencedirect.com/science/article/pii/S0306987720332655?via%3Dihub>

Cellular level swelling also attributed to B12 and cofactor (s)

<https://www.lifestylesbybean.com/b-12-why-the-urgency>

Question

What is ARDS?

Answer

Severe pulmonary congestion. Reaction to the respiratory tract to high levels of physiologic stress.

1. Introduction- Hi my name is Bean, it's nice to meet you.

### 1. Vitamin B12 Deficiency in COVID-19 Recovered Patients: Case Report

[https://pesquisa.bvsalud.org/global-literature-on-novel-coronavirus-2019-ncov/resource/en/covidwho-934728?fbclid=IwAR1Xsg51V4QfVZnOUPpTWOFbIMhaayZgC6WZokL8kVfWUS\\_US51n2er37VeE](https://pesquisa.bvsalud.org/global-literature-on-novel-coronavirus-2019-ncov/resource/en/covidwho-934728?fbclid=IwAR1Xsg51V4QfVZnOUPpTWOFbIMhaayZgC6WZokL8kVfWUS_US51n2er37VeE)



### 2. vitamin-d-and-b12-levels-a-clue-to-severity-of-respiratory-covid-19-covid19

[https://www.hca.nhs.uk/planning-and-improving-research/application-summaries/research-summaries/vitamin-d-and-b12-levels-a-clue-to-severity-of-respiratory-covid-19-covid19?fbclid=IwAR3GIC7TNZ5M4V9af7TIZRRT2vRD.kq9fw5JTHI13S5yShx\\_gfU95KLOCY](https://www.hca.nhs.uk/planning-and-improving-research/application-summaries/research-summaries/vitamin-d-and-b12-levels-a-clue-to-severity-of-respiratory-covid-19-covid19?fbclid=IwAR3GIC7TNZ5M4V9af7TIZRRT2vRD.kq9fw5JTHI13S5yShx_gfU95KLOCY)



### 3. \*Advanced B12 and cofactor therapy – ASAP\*

<https://www.lifestylesbybean.com/b-12-why-the-urgency>



### 4. COVID19 ARDS -Fibrin formation

#### B12 deficiencies increase fibrin.

At the Alveolar Capillary (AC) membrane B12 and cofactor deficient pt's create a thicker Hyaline membrane. This image shows how fibrin affects ARDS, Long-haul neurological manifestations, clotting, psych, and vessel involvement result from this deficiency.

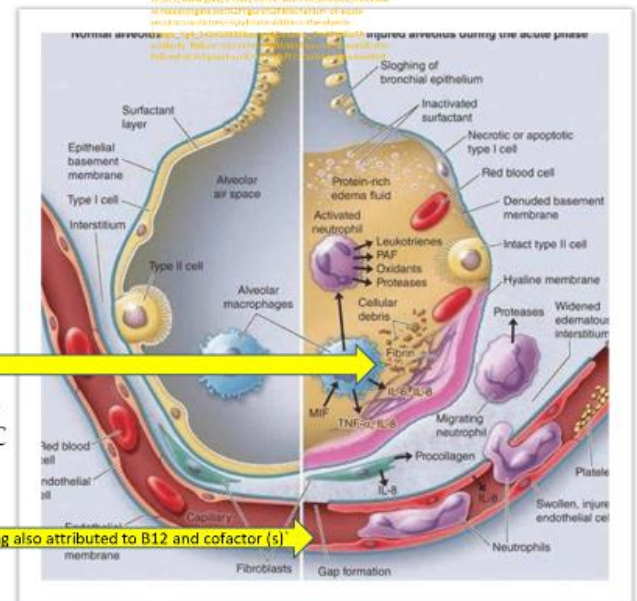
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC344667/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4901834/>  
<https://www.sciencedirect.com/science/article/pii/S0306987720332655?via%3Dihub>

Cellular level swelling also attributed to B12 and cofactor (s)

[https://mcpiqojournal.org/article/S2542-4548\(19\)30033-5/fulltext](https://mcpiqojournal.org/article/S2542-4548(19)30033-5/fulltext) Mayo clinic- the faces of a cobalamin deficiency.



## Fibrin formation



<https://www.lifestylesbybean.com/b-12-why-the-urgency>  
[https://twitter.com/bean\\_b12](https://twitter.com/bean_b12)