



# Lan Mai

Content Writer. RN. BSN. MSN.

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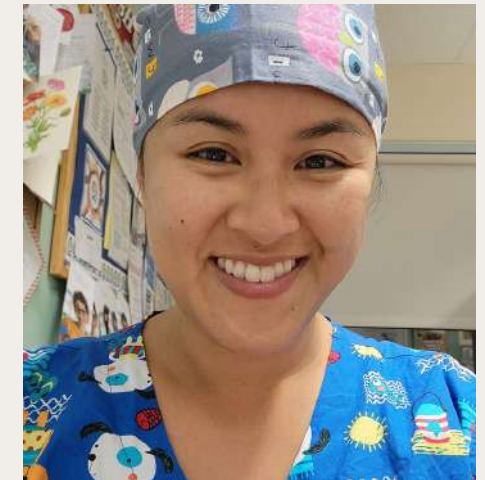


# Hello! I'm Lan Mai and I'm on a mission to make your healthcare organization a *trusted* resource.

As a writer, nurse, mom, educator, and military spouse (among other things), I deeply appreciate the need for a holistic approach to healthcare content that's every bit as dynamic as the patients you serve.

I partner with clinicians, hospitals, physical therapists, and other providers to create expert content that helps patients and families *thrive*, not just deal with their issues.

My content offers medical and human insights from someone who "gets" them, ultimately helping to build trust between you and your patients, making you a go-to facility and resource for all things health, wellness, and prevention.





# Content that resonates, educates, and elevates.

My holistic approach to blogs, case studies, newsletter articles, and spotlight blurbs starts with these three pillars:



## **Clarity**

Medicine is complicated, but that doesn't mean it should be confusing. As a nurse educator, I can distill complicated concepts into easy-to-understand information.

## **Relevance**

Healthcare evolves quickly. It's key to ensure information is up-to-date and useful. I crawl the latest research, trends, and discussions to bring fresh perspectives to my content.

## **Authenticity**

Content has to resonate with readers. That's how to get clicks, increase time on page, and ultimately create a trusting relationship. I bring a human touch, focusing on real issues facing today's patients and families.



# I write from the heart *and* experience...

**Proudly leveraging 10+ years in bedside nursing specializing in:**

- Pediatric Intensive Care Unit
- Cardiac Intensive Care Unit
- Adult Intensive Care Unit
- Adult & Pediatric Emergency Room
- Hospice Home Health
- Outpatient Surgery Center
- Infusion Center
- Travel Nurse

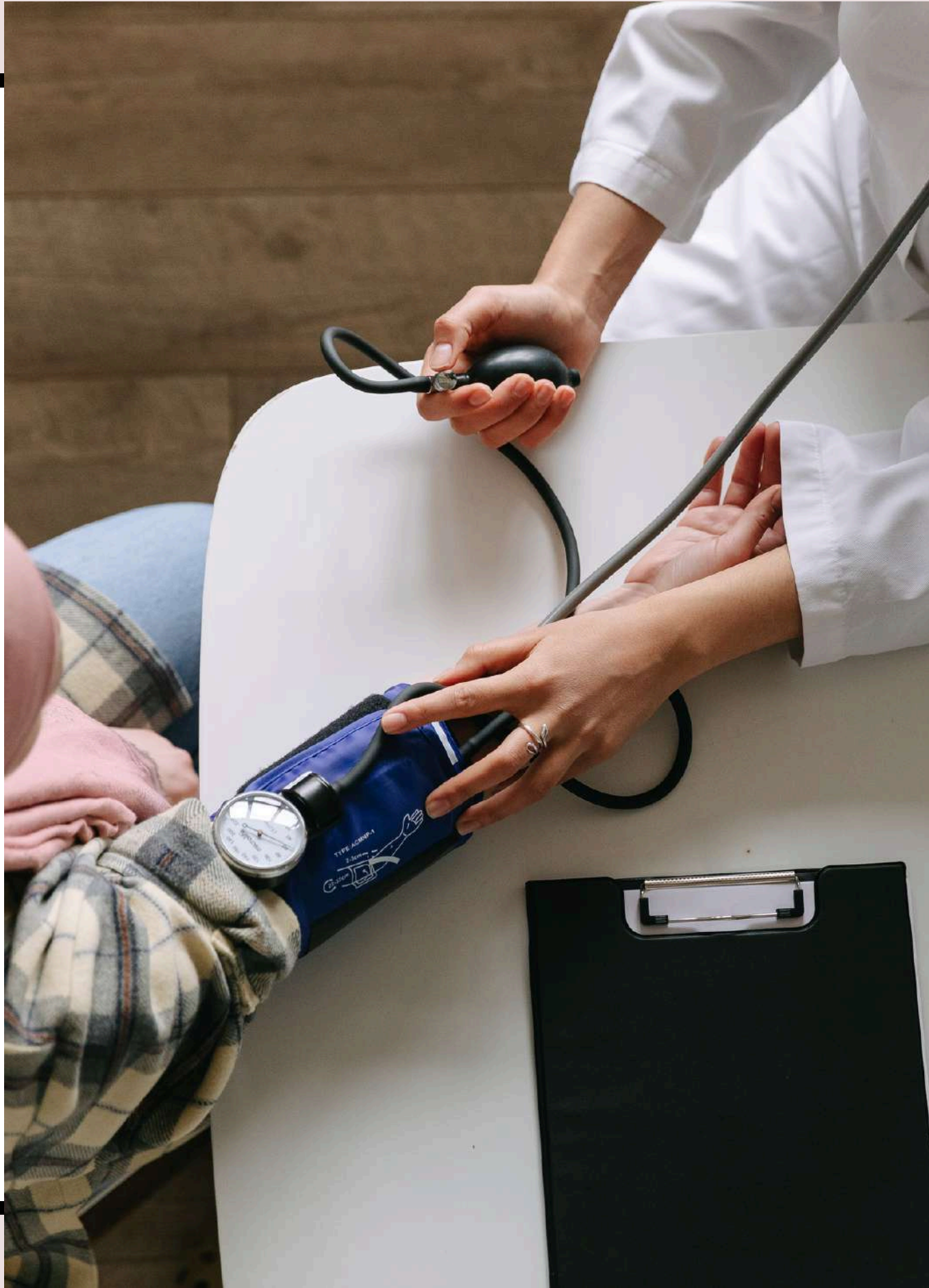


**Master of Science in Nursing  
Education**  
Chamberlain University  
Chicago, IL



**BS, Registered Nurse**  
Midwestern State University  
Wichita Falls, TX





# Content samples



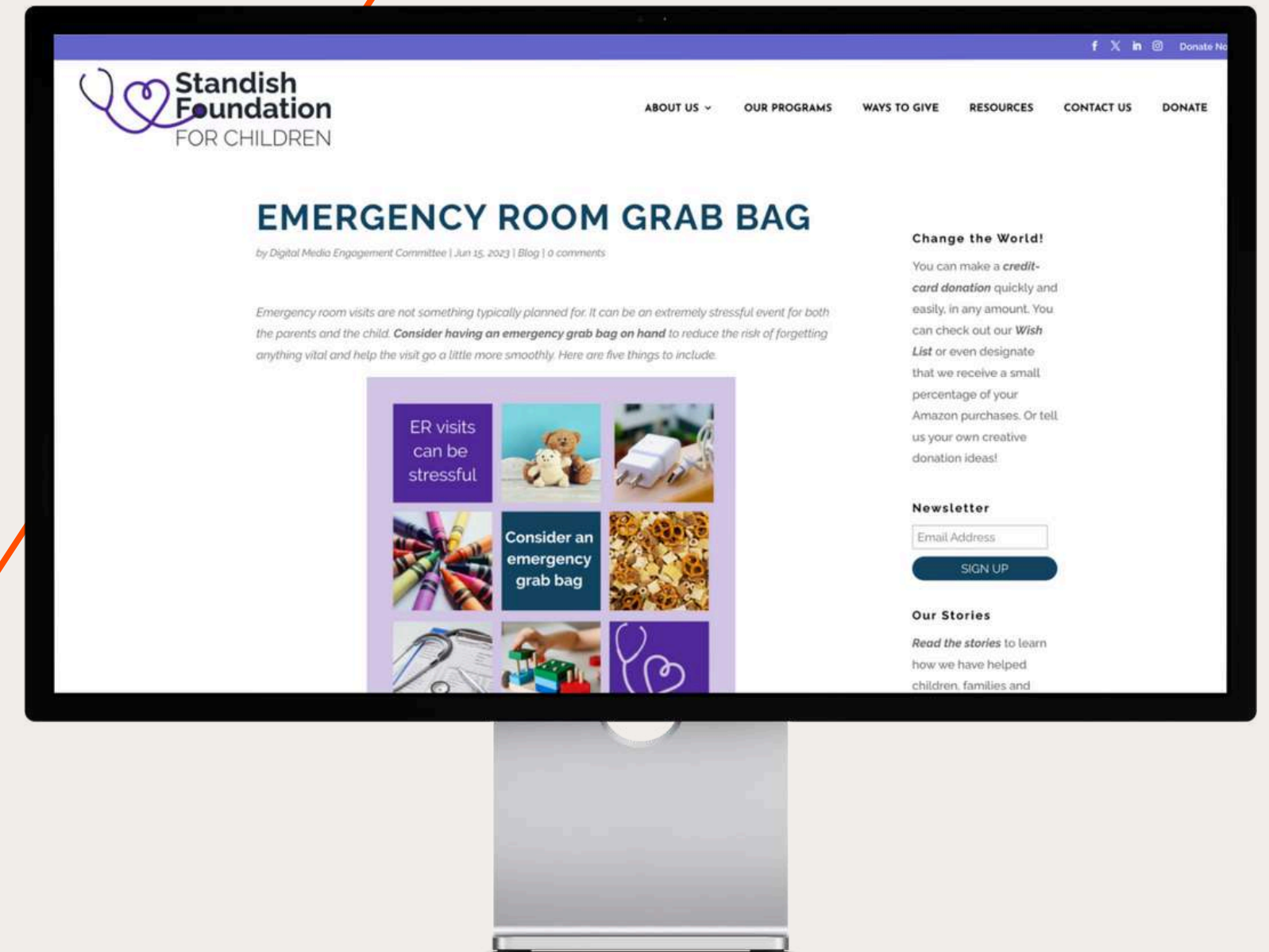
# Emergency Room Grab Bag

**Company name** Standish Foundation for Children

**Industry** Healthcare

**Call to action** Content feedback survey

**Role** Content ideation, content writing



[READ BLOG](#)

# ER Grab Bag

Emergency room visits are not something typically planned for. It can be an extremely stressful event for both the parents and the child. Consider having an emergency grab bag on hand to reduce the risk of forgetting anything vital and help the visit go a little more smoothly. Here are five things to include.

## 1. Documentation

Prior to treating a child, providers need to know two things in order to quickly assess and safely treat the patient: the reason for the child's visit and their past medical history. A comprehensive medical history list in the grab bag will alleviate trying to find all the documentation on a phone or remembering details during this stressful event. This list should include vaccinations, current medications, known allergies, and past medical diagnoses and/or surgeries.

Keep this document up to date by asking for a summary from check-ups at the pediatrician's office. A visit summary usually includes current height, weight, known allergies, treatments, a brief medical history, vaccinations, and a summary of the visit. After every check-up put the updated visit summary in the emergency grab bag and shred the old one. This way the document is always up to date. [...]

[FULL BLOG](#)

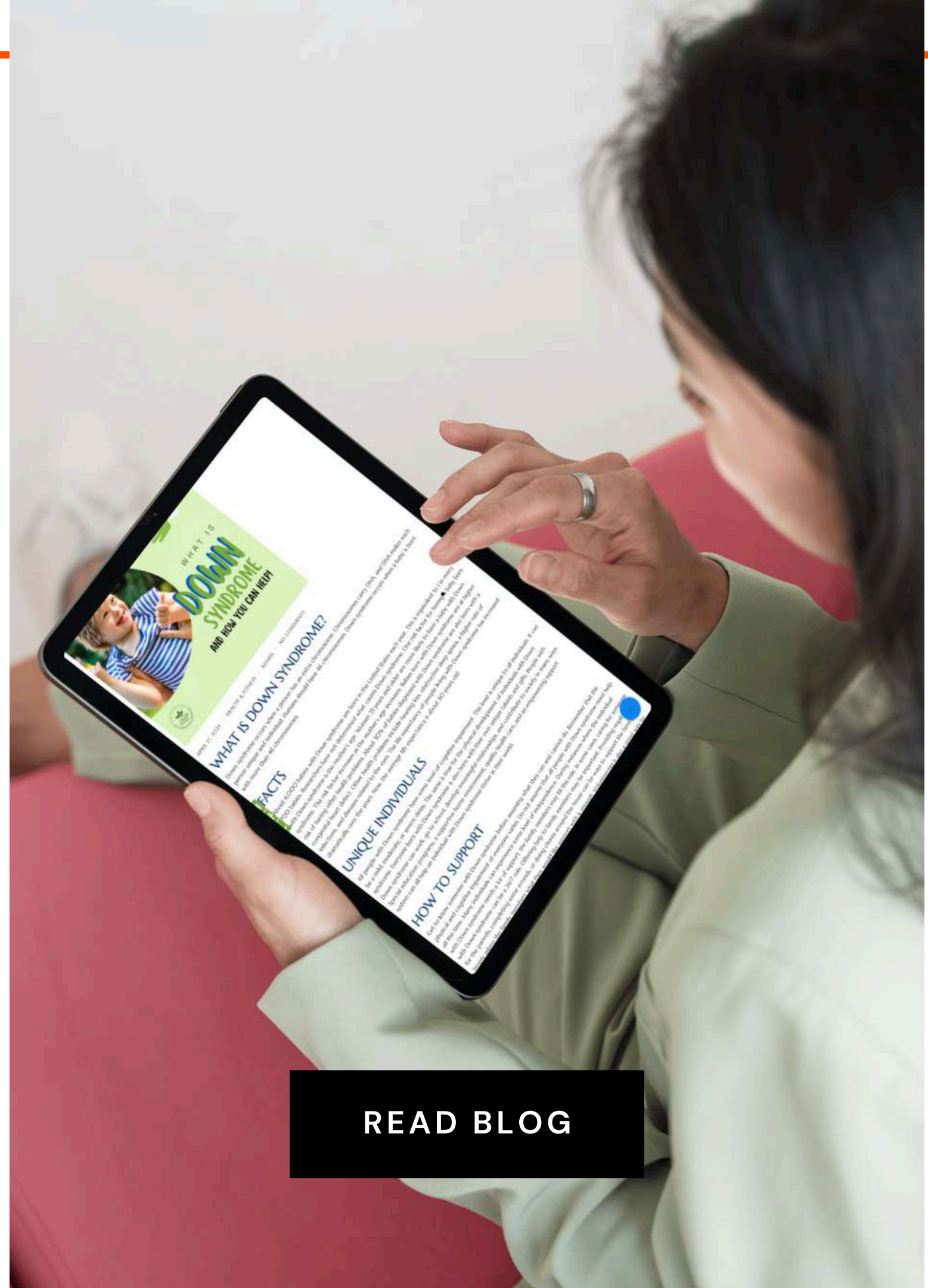


# Down Syndrome and How You Can Help!

**Company name** Shifa Healthcare

**Industry** Healthcare

**Role** Content writer



[READ BLOG](#)

# Down Syndrome

*and how you can help!*

## UNIQUE INDIVIDUALS

All people with Down syndrome have some level of cognitive impairment. This level is unique to all individuals. It can be a mild, moderate, or severe delay. The same is true for the physical development of individuals with Down syndrome. Everyone born with Down syndrome is also born with their own unique talents and gifts. People with Down syndrome can work, go to school, develop meaningful relationships, and contribute to society in many ways. Special education programs, a supportive home environment, quality health care, and an empowering support system can all help an individual with Down syndrome thrive in their world.

## HOW TO SUPPORT

Get to know someone with Down syndrome before assuming what they can and cannot do. Remember that the physical and cognitive impairment of everyone varies. Do not assume that all people with Down syndrome need help all the time. Many individuals can experience some level of independence. During instances where the individual with Down syndrome needs a lot of support, the family members may fill this role. In some cases, caring for someone with Down syndrome can be a 24/7 role. Offering help to family members may be important. [...]

[FULL BLOG](#)



# 5 People Who Support Your Mental Health

<b>Company name</b>	Shifa Healthcare and Community Services
<b>Industry</b>	Healthcare
<b>Call to action</b>	Make an appointment
<b>Role</b>	Content writer



[READ BLOG](#)

# 5 People

## *Who Support Your Mental Health*

Mental health is as important as physical health. It is more than okay to ask for help. There are many different resources available. Find the right one for you and take care of your physical, mental, and spiritual well-being. Here are 5 places or people you can turn to for help with your mental health.

### **Therapist**

Find the right therapist for you. Therapists can be found through referrals from your primary care provider, online, or through your health insurance. Since the COVID-19 pandemic, virtual therapy has become more widely used. This has made therapy more accessible. Therapists are not all the same. Each therapist has their own methodology and personality. Find a therapist that you connect and feel comfortable with. It is okay if you meet with a couple of therapists before finding the one that is right for you. Therapy is about you and for you. [...]

[FULL BLOG](#)



# A peek at more work



*I work with healthcare marketing and education officers to develop content that helps support the clinic or hospital's goals to provide supplemental content promoting good well-being—especially between visits.*



## **Heart Health Awareness Month | Shifa USA**

An educational resource with healthcare tips to maintain a healthy heart and where to find help.

[Read here.](#)



## **Hear Us Out | Shifa USA**

An educational resource to raise awareness about hearing and speech issues.

[Read here.](#)



## **Cervical Cancer Awareness Month | Shifa USA**

An educational resource to help the understanding in the general public for this healthcare issue.

[Read here.](#)



## **Annual Check-ups | Shifa USA**

An educational resource to support the need for routine checkups with a CTA to schedule an appointment.

[Read here.](#)



## **Women's Health Matters | Mosaics Texas**

An educational resource to drive preventative care appointments with specific care categories.

[Read here.](#)



## GET IN TOUCH

You can email or reserve a spot on my calendar to discuss your content calendar and content needs. I'm looking forward to meeting you!

**E-mail**                      MailNurseWriter@gmail.com

**Website**                     ultimate-conquest.com

**Calendly**                    Align on your content needs [here](#).