

Rozina A. Ladak, DNP, APRN, FNP-C

San Antonio, Texas | jinnahrozina1@gmail.com | [LinkedIn](#)

PROFESSIONAL SUMMARY

Doctorally prepared nurse practitioner with extensive experience in neurology and headache medicine, acute and post-acute care, neuroscience progressive care, home health, and hospice. Provides comprehensive assessment, diagnosis, treatment planning, medication management, patient education, care coordination, and procedural headache therapies for adult and older-adult patients.

CLINICAL EXPERTISE

Headache medicine • Migraine and post-traumatic headache • OnabotulinumtoxinA chemodenervation • Occipital nerve blocks • SPG blocks • Differential diagnosis • Medication management • Patient education • Interdisciplinary care • Quality improvement

PROFESSIONAL EXPERIENCE

Veterans Health Administration | San Antonio, TX |

May 2019 - Present

Nurse Practitioner, Neurology Outpatient Headache Clinic

- Evaluate and manage adult and older-adult veterans with migraine, tension-type, cluster, post-traumatic, and chronic daily headache disorders.
- Order and interpret diagnostic studies, establish diagnoses, and initiate or adjust pharmacologic treatment plans.
- Perform onabotulinumtoxinA chemodenervation, occipital nerve blocks, and sphenopalatine ganglion blocks.
- Coordinate longitudinal care with neurology, primary care, and interdisciplinary teams and provide patient education on prevention, medications, triggers, and self-management.
- Led a 2022 quality-improvement initiative examining recorded music during chemodenervation visits, later presented at the American Headache Society 65th Annual Scientific Meeting.

TeamHealth | San Antonio, TX |

2016 - 2020

Nurse Practitioner, Acute and Post-Acute Care

- Managed medically complex adult and geriatric patients across acute and post-acute settings, including chronic disease management, preventive care, and follow-up.
- Performed comprehensive assessments, developed treatment plans, reviewed clinical data, and coordinated referrals and interdisciplinary care.
- Managed common cardiac, respiratory, neurologic, endocrine, infectious, wound, and musculoskeletal conditions within practice.

Earlier clinical experience: Complete Care Home Health and Hospice, Nurse Practitioner (2016 - 2019) • Medical Center Plano, Neuroscience Progressive Care RN (2012 - 2016) • Dallas Medical Center, RN (2011 - 2012) • MacNeal Hospital, RN (2009 - 2010) • Aga Khan University Hospital, RN (2001 - 2007)

EDUCATION

Doctor of Nursing Practice, Leadership and Management Grand Canyon University	2023
Adult-Gerontology Acute Care Nurse Practitioner, Postgraduate Program Walden University	2023
Master of Science in Nursing, Family Nurse Practitioner Texas Woman's University	2015
Bachelor of Science in Nursing Aga Khan University	2001

LICENSURE & CERTIFICATION

Texas Advanced Practice Registered Nurse (APRN), active • Family Nurse Practitioner (FNP-C) • Advanced Headache Diagnosis and Management, Thomas Jefferson University • BLS • ACLS

RESEARCH, QUALITY IMPROVEMENT & PRESENTATIONS

- Music therapy and chemodenervation injection anxiety, South Texas Veterans Health Care System, quality-improvement project, 2022; scientific abstract presented at the American Headache Society 65th Annual Scientific Meeting, 2023.
- The Effectiveness of Individualized Music Therapy for Dementia Patients in Reducing Agitation, DNP capstone project.
- Ali TS, Karmaliani R, Salam A, Ladak R, et al. Hygiene practices during menstruation and its relationship with income and education of women in Hyderabad, Pakistan. Pakistan Journal of Women's Studies, 2006.

PROFESSIONAL AFFILIATIONS

American Association of Nurse Practitioners (AANP) • American Association of Neuroscience Nurses (AANN)