

Francesca V. Paragas, AGNP-C, Certified Adult-Gerontology Nurse Practitioner

Get to know Certified Adult-Gerontology Nurse Practitioner, Francesca V. Paragas, who serves patients in Virginia.



New York City, New York May 23, 2023 ([Issuewire.com](https://www.issuewire.com)) - Francesca is a certified adult-gerontology nurse practitioner in Virginia. Her passion for serving others and making a difference began as a child.

“I know that as I further my career in nursing my knowledge, skills, philosophy, and principles will continue to grow. With this, I plan on providing care and serving others to the best of my ability as a nurse practitioner,” she expressed.

After graduating with her high school diploma from the Health Sciences Academy of Bayside High School in June of 2012, Francesca earned her Bachelor of Science in Nursing degree from Old Dominion University in May 2016. She received her Masters in November 2022 with a concentration in Adult-Gerontology Primary Care Nurse Practitioner at Walden University.

Before beginning the program, she knew nursing was a career she wanted to pursue. She always found

healthcare and the sciences fascinating ever since she was young. Her mother, a family physician, inspired her to pursue a healthcare career. The moment she knew that she wanted to become a nurse was when she traveled to the Philippines to see her grandmother. Her grandmother helped raise Francesca as a child, so seeing her in critical care was an extremely emotional experience. Through it all, the memories Francesca has in the hospital consisted mainly of the nurses who not only cared for her grandmother but also for her and her family. The nurses provided emotional, physical, and spiritual support. At that moment, she knew she wanted to positively impact other lives as the nurses in the Philippines have impacted hers.

Gerontology is the study of the social, cultural, psychological, cognitive, and biological aspects of aging. A Certified Adult-Gerontology Nurse Practitioner (AGNP-C) is a nurse practitioner who specializes in continuing and comprehensive healthcare for adults across the lifespan from adolescence to older aging adults.

Among her philanthropic endeavors, Francesca served as a volunteer with the Philippine Medical Associations. Francesca has participated in multiple medical mission trips at her mother's hometown in Olongapo, Philippines, to those without healthcare access.

Francesca now works alongside her mother, Dr. Florence V. Paragas, who is the sole owner of Primary Care Physicians of Hampton Roads. Her sister, Dr. Angelica V. Paragas, is currently a Family Medical Resident at Eastern Virginia Medical School and plans to join the practice as a provider in the mere future. Francesca not only serves as a provider but continues to also serve as a mentor and preceptor to medical and nurse practitioner students.

"It is essential for providers to understand patients are also humans. Humans can be flawed, misunderstood, and scared. The rapport between patients and providers is so critical for success. I am here to listen, support, and provide my best knowledge to help others reach an optimal health status," she stated. Francesca's diligence, knowledge, and passion for health allow her to provide her patients with the utmost high-quality of care.

Learn More about Dr. Francesca V. Paragas:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/85018848-Francesca-Paragas-Nurse> or through her website, <https://nursingfrancescaparagas.weebly.com/about-me.html>

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