

Ava Dawn Williams DNP, CRNP, FNP-BC: A Trailblazer in Patient-Centered Healthcare

Empowering Patients Through Compassionate, Personalized, and Innovative Care as Founder and Clinical Director of Family Preventive Care Wellness Center



Columbia, Maryland Oct 30, 2025 ([Issuewire.com](https://www.issuewire.com)) - Ava Dawn Williams, DNP, CRNP, FNP-BC, is a distinguished and entrepreneurial leader in modern healthcare. As the Founder and clinical director of

Family Preventive Care Wellness Center, she has successfully established and grown a primary care and telehealth practice, demonstrating her sharp business acumen alongside her clinical expertise.

With a focus on adults aged 18 and older, Dr. Williams is passionate about delivering comprehensive, patient-centered care. She is dedicated to creating a healthcare environment where every patient feels heard, respected, and actively involved in their treatment decisions. Dr. Williams takes the time to get to know each patient, listen to their concerns, and collaborate on developing personalized care plans that reflect their unique needs and preferences. Her approach fosters trust and enhances the overall patient experience, ensuring that individuals feel empowered in their healthcare journey.

Dr. Williams holds a Bachelor of Science in Nursing from Trinity University, a Master of Science in Family Practice Nursing from George Washington University, and a Doctor of Nursing Practice Degree from the same institution. Her extensive education has informed her commitment to improving patient outcomes through evidence-based practices and a strong emphasis on preventive care. With over a decade of experience as a Board-Certified Family Nurse Practitioner, Dr. Williams is dedicated to providing compassionate care to a diverse patient population.

Her commitment to improving patient outcomes is further demonstrated through her focused research. Dr. Williams's doctoral studies concentrated on reducing hospital admissions through patient-centered care and shared decision-making. Additionally, her postdoctoral research centered on addressing polypharmacy in older adults, and her current research explores innovative strategies for deprescribing medications to enhance the well-being of this vulnerable population.

In addition to her clinical expertise, Dr. Williams is a published author in peer-reviewed journals, contributing significantly to the advancement of nursing knowledge. Her recent publication, "Engaging Older Adults and Families Using the IDEAL Discharge Protocol: A Quality Improvement Initiative to Improve Outcomes and Reduce Readmissions," highlights her dedication to quality improvement in healthcare settings. Beyond her clinical work, she has held key regulatory and administrative positions, including serving as the Director of Licensure for the Maryland Board of Nursing, where she managed the licensure process for over 300,000 nurses.

Dr. Williams is an active member of several professional organizations, including the American Nurses Association, the American Association of Nurse Practitioners, and Sigma Theta Tau International Honor Society of Nursing at George Washington University. She embodies a blend of clinical excellence, strategic leadership, and a deep commitment to patient advocacy that defines the modern nurse.

Dr. Williams credits her success to the strong work ethic instilled in her by her parents. Her legacy is rooted in her patient-centered approach, which places patients and their families at the forefront of their care. She is determined to ensure that their needs, preferences, and values are respected and integrated into every treatment decision. Dr. Williams aspires to make a lasting difference by improving the quality of life for the geriatric population, advocating for a healthcare system that is inclusive, compassionate, and effective for all.

Learn More about Dr. Ava Dawn Williams:

Through her online profile, <https://todaysnurse.org/nurse/4152144> or through Family Preventive Care Wellness Center, <https://www.fpcwc.com/about/meet-dr-ava/>

Media Contact

Today'sNurse

*****@todaysnurse.com

Source : Dr. Ava Dawn Williams

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