

## Melissa Stein, MSN, APRN, FNP-BC: Advancing Specialized Cardiology and POTS Care at Health First Medical Group

Board-Certified Family Nurse Practitioner Combines Critical Care Experience, Compassionate Patient Advocacy, and Advanced Cardiovascular Expertise to Support Patients Across Florida



**Melbourne, Florida May 19, 2026** ([IssueWire.com](https://www.IssueWire.com)) - Melbourne, Florida — Melissa Stein, MSN, FNP, APRN, a bilingual Family Nurse Practitioner specializing in cardiology, continues to make a significant impact in cardiovascular healthcare through her dedication to patient-centered care, clinical

excellence, and multidisciplinary collaboration. Currently serving with Health First Medical Group in Melbourne, Florida, Stein brings more than a decade of nursing and critical care experience to her role in cardiology medicine.

In her current position as a Cardiology Nurse Practitioner, Stein provides comprehensive cardiovascular care, including patient assessment, diagnosis, treatment planning, and chronic disease management. Her expertise spans conditions such as hypertension, hyperlipidemia, heart failure, Postural Orthostatic Tachycardia Syndrome (POTS), and cardio-oncology-related complications. She is recognized for her ability to interpret diagnostic testing, including EKGs, stress testing, and echocardiograms, while delivering individualized treatment strategies designed to improve long-term patient outcomes.

Prior to joining Health First Medical Group, Stein held several advanced nursing roles within the Yale New Haven Health System and Milford Hospital in Connecticut. Her extensive clinical background includes service in surgical trauma intensive care, post-anesthesia care, pulmonary and medical-surgical units, and rapid response teams. Throughout her career, she has managed critically ill patients requiring advanced interventions such as ventilator support, hemodynamic monitoring, vasoactive medication administration, and post-cardiac surgical recovery care.

Stein is also widely respected for her commitment to patient education and advocacy. Fluent in Spanish, she effectively communicates with diverse patient populations and emphasizes preventive care, lifestyle modification, and family involvement in treatment planning. Her collaborative approach with physicians, surgeons, and interdisciplinary teams has contributed to high standards of care across both inpatient and outpatient settings.

Academically, Stein earned her Master of Science in Family Nurse Practitioner studies from Sacred Heart University, where she was inducted into the Sigma Theta Tau National Honor Society. She also holds a Bachelor of Science in Nursing from Texas Woman's University and a Bachelor of Arts in Spanish and Nutrition from the University of Houston, where she received the Outstanding Capstone Award for her work in Diabetes Management and Telemedicine.

Board-certified through both the AANP and ANCC, Stein maintains APRN and DEA licensure in the State of Florida, along with multi-state registered nurse credentials. With advanced certifications in ACLS and BLS, she remains committed to advancing cardiovascular healthcare through compassionate care, clinical leadership, and evidence-based practice.

### **Learn more about Melissa Stein:**

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/melissa-stein>

### **America's Best in Medicine**

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