

Diane Helm, FNP-C: Founder And Lead Nurse Practitioner Of Care First Medical And Care First Functional Wellness In VA

Integrating Urgent Care, Primary Care, and Functional Medicine to Deliver Whole-Person, Root-Cause Healthcare



Woodbridge, Virginia Jun 4, 2026 ([Issuewire.com](https://www.issuewire.com)) - Diane Helm, FNP-C, is the Founder and Lead Nurse Practitioner of Care First Medical and Care First Functional Wellness in Woodlawn, Virginia, where she provides comprehensive, patient-centered care that bridges urgent care, primary care, and functional medicine. Through her practices, she is dedicated to treating the whole person—combining evidence-based medical treatment with personalized wellness strategies designed to address both

immediate health concerns and long-term well-being.

Her clinical philosophy is grounded in listening, education, and empowerment, ensuring that patients play an active role in their own health journey. Rather than focusing solely on symptom management, Diane emphasizes sustainable wellness and root-cause healing, helping patients achieve lasting improvements in quality of life.

“What I enjoy most about practicing medicine is taking care of people and guiding them toward better health,” Diane said. “There’s nothing more rewarding than seeing patients recover, regain their strength, and improve their quality of life. Being able to combine clinical expertise with compassionate care allows me to make a meaningful difference in each person’s well-being, and that is truly the heart of why I chose this profession.”

With extensive experience in nursing and advanced practice care, Diane founded Care First Medical with a clear mission: to deliver better healthcare by prioritizing people over paperwork and conversations over prescriptions. She believes that meaningful healing begins when patients feel heard, respected, and supported—not rushed through appointments or offered quick fixes that fail to address underlying causes.

Her approach to functional medicine reflects this philosophy. Diane takes the time to investigate root causes of illness, empowering patients to take control of their health rather than relying solely on medications to suppress symptoms. This integrative model allows her to combine primary care, urgent care, and functional medicine into a cohesive system that supports long-term wellness outcomes.

In addition to traditional medical services, Diane expands her care model by offering complementary therapies such as massage therapy, Reiki, and detoxification, further reinforcing her commitment to whole-person healing and individualized care plans.

Diane’s clinical foundation is built on years of experience in high-acuity and hospital settings. She began her nursing career at Wake Forest Baptist Health, Moses Cone, and High Point Regional Healthcare, where she developed expertise in critical care and cardiac nursing. She later advanced into supervisory and educational roles, mentoring clinical staff, leading certification programs, and upholding standards of excellence in patient care delivery. Her colleagues consistently recognize her professionalism, compassion, and leadership, describing her as a trusted mentor who fosters collaboration and elevates team performance across clinical environments.

Diane earned both her Bachelor of Science in Nursing and Master of Science in Nursing as a Family Nurse Practitioner from South University. She holds certifications, including Critical Care Registered Nurse (Adult) and CPR Heartsaver Instructor. In addition to her clinical responsibilities, she is actively engaged in service and professional leadership, having participated in medical missions to St. Vincent and the Grenadines, Peru, and Guatemala, and is currently serving her third term as Vice President of the North Carolina Nurse Practitioners Association–Greensboro Chapter.

Outside of her professional work, Diane is deeply committed to family, community, and service. She has been recognized in *Who’s Who* for her accomplishments and continues to balance her clinical leadership with meaningful personal and community engagement.

Whether treating acute conditions, guiding long-term wellness journeys, or contributing to global health outreach, Diane Helm’s work reflects a consistent dedication to compassionate, patient-centered care. Through Care First Medical and Care First Functional Wellness, she continues to advance a healthcare

model rooted in education, empowerment, and holistic healing.

Learn more about Diane Helm:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/Diane-Helm>, or through her profile on Care First Medical, <https://www.carefirstmedical.com/about>

America's Best in Medicine

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