

Amanda M. Farina, APRN, FNP-BC: Founder and Family Nurse Practitioner at Personalized Wellness LLC



Newark, Delaware Aug 12, 2026 ([Issuewire.com](https://www.issuewire.com)) - Combining More Than 17 Years of Nursing Experience with Preventive Care, Women's Health, Hormone Optimization, Lifestyle Medicine, and Personalized Telehealth Services

Amanda M. Farina, APRN, FNP-BC, is a Board-Certified Family Nurse Practitioner with more than 17 years of nursing experience and 14 years as an advanced practice provider. Throughout her career, she has remained dedicated to delivering compassionate, evidence-based, and patient-centered care across a wide range of healthcare settings, including specialty practice, home health, long-term care, pediatrics, and telehealth.

Known for her clinical expertise, thoughtful communication style, and commitment to patient education, Amanda focuses on helping individuals better understand the *why* behind their symptoms while empowering them to make informed, confident decisions about their health. Her approach centers on building trusting relationships, listening closely to each patient's concerns, and creating personalized care plans that support long-term wellness and improved quality of life.

Amanda is the Founder and Owner of Personalized Wellness LLC, a telehealth practice established in 2025 in Newark, Delaware, where she serves as a board-certified Family Nurse Practitioner. Through her practice, she delivers evidence-informed, patient-centered care focused on preventive medicine, women's health, hormone optimization, lifestyle medicine, and personalized wellness strategies tailored to each patient's unique needs.

Amanda believes that optimal health begins with understanding the whole person. By evaluating nutrition, lifestyle, laboratory findings, hormone health, symptoms, and each patient's unique goals, she develops personalized, evidence-informed care plans that address the root contributors to health concerns while supporting disease prevention, long-term wellness, and meaningful improvements in overall health.

At Personalized Wellness LLC, Amanda emphasizes the importance of education and partnership between patients and providers. She believes that understanding one's health is one of the most powerful tools for creating lasting change and works to ensure every patient feels informed,

supported, and confident throughout their healthcare journey. Rather than simply treating symptoms, she partners with patients to help them understand the factors contributing to how they feel and develop realistic, sustainable strategies that support lifelong wellness while ensuring every patient feels heard, understood, and empowered throughout the process.

"What I enjoy most about practicing medicine is helping people feel supported, understood, and never alone in what they are experiencing," says Amanda. "I find it especially meaningful when patients leave a visit feeling more reassured, empowered, and hopeful than when they arrived. Creating that sense of comfort and relief is always at the heart of my approach to care."

She adds, "I deeply value taking the time to listen, understand each patient's unique concerns, and guide them through their healthcare journey in a way that feels personal, thoughtful, and supportive. I strive to create a safe and welcoming environment where patients feel comfortable being open and vulnerable, knowing they will be heard with compassion, treated without judgment, and genuinely cared for every step of the way."

Before founding Personalized Wellness LLC, Amanda served for more than 13 years as a Board-Certified Nurse Practitioner at Christiana Spine Center, where she developed extensive expertise in spine care, musculoskeletal conditions, and chronic pain management. In this role, she evaluated and treated patients with acute and chronic neck, back, joint, and nerve-related conditions while interpreting diagnostic imaging and laboratory results, conducting pre-procedure evaluations, and collaborating with multidisciplinary healthcare teams.

Her ability to establish meaningful relationships with patients through education, follow-up care, and individualized treatment plans became a defining aspect of her clinical practice. She remains passionate about helping patients navigate complex health concerns with compassion, clarity, and confidence while empowering them to become active participants in their own healthcare.

Earlier in her career, Amanda gained valuable experience as a Family Nurse Practitioner providing home-based assessments throughout Delaware and as a Registered Nurse caring for medically complex pediatric patients in home settings. She also served as a Staff Nurse and Charge Nurse in acute care environments, managing complex medical-surgical patients, and worked in skilled nursing and rehabilitation settings supporting individuals with advanced healthcare needs.

Amanda earned her Bachelor of Science in Nursing from Thomas Jefferson University in Philadelphia, Pennsylvania, after completing undergraduate studies at Neumann University in Aston, Pennsylvania. She later earned her Master of Science in Nursing with a Family Nurse Practitioner concentration from Thomas Jefferson University. She is board certified as a Family Nurse Practitioner through the American Nurses Credentialing Center (ANCC) and maintains active APRN and RN licensure in Delaware, Pennsylvania, New Jersey, Connecticut, and Vermont.

Through her dedication to preventive healthcare, women's health, hormone optimization, chronic disease prevention, and patient empowerment, Amanda continues to make a meaningful impact by helping individuals better understand their health and create sustainable, personalized paths toward lifelong wellness. Her work reflects a steadfast commitment to compassionate, patient-centered care and to ensuring every individual feels heard, supported, and empowered throughout their healthcare journey.

Learn more about Ms. Amanda M. Farina:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/providers/amandamarie-farina> or through her website, <https://www.personalizedwellnessllc.com>

America's Best in Medicine

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

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Source : Ms. Amanda M. Farina

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