

SYDNEY A. PLUM, MSN, APRN, FNP-C



FAMILY NURSE PRACTITIONER

Sydney Plum is a board-certified Family Nurse Practitioner with a strong foundation in both academic and private practice settings. She brings multiple years of experience in comprehensive pain management to patients in the Richmond area. She gained her Bachelor of Science in Nursing from James Madison University and then went on to work in the Pediatric CVICU at Vanderbilt University Medical Center in Nashville, TN. While obtaining her Master of Nursing from the University of Alabama at Birmingham, Sydney was a travel nurse in Washington DC and Nashville, TN. With 5+ years of nursing experiencing in critical care, she combines advanced clinical knowledge and evidence-based treatments to help manage her patients with a wide range of acute and chronic pain conditions. She is focused on giving compassionate, patient-centered care that focuses on improving functionality and the quality of life of each patient. She believes there is not one singular pathway to treat pain, focusing on treating the whole patient using integrative therapies, interventional procedures, and restorative therapies. She continues to be interested in the ever-changing world of neuromodulation and what the future may bring for chronic pain patients.

Born and raised in the Shenandoah Valley of Virginia, Sydney enjoys spending her free time exploring what Richmond has to offer. You can find her lifting at the gym, trying new restaurants with friends, or spending time with her nephews and fur baby, Bourbon. She loves watching college softball and rooting for her Pittsburgh Steelers.

In Pain? We Can Help.

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