

Sierra Teegarden

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556 W 156th St, 45
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EDUCATION

University of South Florida, Tampa, FL

Bachelor of Science, Major in Biomedical Science, Minor in Public Health

May 2016

CUNY York College, Jamaica, NY

Master of Science in Physician Assistant Studies

January 2023

PROFESSIONAL LICENSURE AND CERTIFICATION

Certification by the National Commission on Certification of Physician Assistant: Anticipated Jan 2023

New York State Physician Assistant License: Anticipated Jan 2023

ACLS & BLS Provider: Certified August 2021

NIH Stroke Scale – Test Group A: Certified Feb 2022

CLINICAL ROTATIONS

GERIATRICS

Metropolitan Hospital. New York, NY 01/03/22 – 02/04/22

- Managing ambulatory patients and inpatient consultations for patients greater than 65 years of age experiencing dementia, delirium, falls, incontinence, dizziness, polypharmacy, or frailty

INTERNAL MEDICINE

New York Presbyterian Queens. Queens, NY 02/07/22 – 03/11/22

- Stroke team: Assisting in stroke codes, administering NIH stroke scale, performing neurologic exam
- Participated in Rapid Response Team for patients with cardiac arrest and respiratory failure
- Evaluated and managed patients with multiple conditions including CHF, COPD, CAD, PNA, etc

EMERGENCY MEDICINE

Metropolitan Hospital. New York, NY 03/14/22 – 04/15/22

- Evaluated patients and presented findings, differential, and plan to attending including patients with unstable angina, arrhythmias, pulmonary embolism, acute intoxication/withdrawal, acute abdomen, etc
- Participated in Rapid Response Team

PEDIATRICS

Queens Hospital Center. Queens, NY 4/18/22 – 05/20/22

- Pediatric Emergency Room: Presented evaluation and management to attendings.
- NICU: Attended deliveries, participated in initial resuscitation, and performed new born examination

OBSTETRICS/GYNECOLOGY

Woodhull Hospital. Brooklyn, NY 05/23/22 – 06/24/22

- Inpatient consultations and management of emergent & urgent conditions such as PID, vulvar abscess, incomplete abortion, etc. Use of POCUS for various conditions.
- Second assist in cesarean deliveries and participation in vaginal births

PSYCHIATRY

Queens Hospital Center Queens, NY 06/27/22 – 07/29/22

- Performed initial and on-going psychiatric evaluations of patients admitted into the Psychiatric Emergency Room
- Monitored for signs of acute intoxication, withdrawal, and side effects of psychiatric medications such as EPS

FAMILY MEDICINE

CitiMed JFK. Queens, NY 08/29/22 – 09/30/22

- Performed initial evaluation and follow up management of acute and chronic injuries including comprehensive physical examinations with emphasis on musculoskeletal and neurologic components, ordering appropriate diagnostics and pharmacotherapy for pain relief
- Providing acute injury care including laceration repairs, splinting, and wound care (see below)

AMBULATORY CARE

Nao Medical. Astoria, NY 10/03/22 – 11/04/22

- Providing initial evaluation and presenting findings, differential diagnosis, and management plan to preceptor.
- Independently perform clinical and procedure skills including splints, lacs, wound management, I&D (see below)

SURGERY

New York Presbyterian Queens. Queens, NY 11/07/22 – 12/09/22

- To be completed

PRE-PA EXPERIENCE:

ScribeAmerica, Dade City, FL

December 2019 – February 2020

Medical Scribe Training Manager

- Completed SOAP note, placement of orders, ICD-10, and CPT codes, and reviewed medical records
- Onboarded new scribes, provided documentation training in family medicine, pediatrics, and OB/GYN

CLINICAL SKILLS & PROCEDURES PERFORMED:

- Cardiovascular/Pulmonary
 - Chest compressions
 - Performing EKG
 - Chest x-ray interpretation
 - Endotracheal suctioning
 - Tracheostomy suctioning
 - Endotracheal intubation* (Performed in skills simulation lab only)
- Ultrasound/POCUS
 - Venous access
 - FAST Exam
 - Shoulder dislocation
 - Abscess visualization
 - Doppler flow
- Vascular Access
 - Venipuncture
 - Peripheral IV line
 - Arterial Blood gas
- Musculoskeletal
 - Reduction of shoulder dislocations assist
 - Splinting
- Wound care / skin
 - Laceration repair – suturing & stapling
 - Instillation of local anesthesia/digital block
 - I&D of abscesses
 - Dressing changes
 - Administration of injections
 - Glucose finger stick
- Neuro
 - Lumbar puncture assist
 - Occipital Nerve block
 - NIH Stroke scale administration
 - Interpretation of non-contrast CT for stroke code
- Ophthalmologic
 - Tonometry
 - Fluorescein eye stain
 - Morgan lens irrigation
- OB/GYN
 - Breast exam
 - Pelvic exam – speculum & bimanual with Pap smear and cultures
 - I&D – Bartholin gland
 - IUD insertion & Removal
 - Pelvic & Transvaginal ultrasound
- GU
 - Urinary catheter insertion
 - POC Bladder scan
- GI
 - Placement of NG tube
 - Digit rectal exam w/ fecal occult blood sample
- HEENT
 - Cerumen removal
 - Foreign body removal from ear/nose

References Available Upon Request