

Clara Culpepper

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EDUCATION

University of Texas Southwestern Medical Center May 2021 - Dec 2023
Master of Physician Assistant Studies, Anticipated December 2023
Dallas, TX

Appalachian State University Aug 2017 - May 2020
Bachelor of Exercise Science, Pre Health-Track, Magna Cum Laude
Boone, NC

PROFESSIONAL COURSEWORK

CLINICAL TRAINING

Surgery, Veterans Association Hospital of Dallas (General/Oncology Surgery) **4 weeks**

- Prepared patients medically for oncology and general surgery by optimizing nutritional and metabolic deficits
- Assisted in procedures including cholecystectomies, liver resections, pancreaticoduodenectomy, appendectomies, inguinal and umbilical hernias, breast tissue biopsies
- Effectively managed wound complications (infections, dehiscence, evisceration)
- First-assist experience with the Da Vinci Robot

Critical Care Elective, UTSW Clements University Hospital **4 weeks**

- Evaluated and treated critically ill patients within the Medical ICU.
- Assisted in procedures including central lines, arterial lines, intubation, thoracentesis, and more
- Effectively managed ARDS, septic shock, acute blast crisis
- Worked closely with palliative care in developing and carrying out care goals

Obstetrics & Gynecology Inpatient, UTSW Clements University Hospital **2 weeks**

- Observed and assisted in vaginal and cesarean deliveries.
- Encountered surgical procedures: hysterectomies, myomectomies, tubal ligations, ovarian cyst removals, endometrial biopsies, and colposcopies.
- Assisted in the management of patients experiencing postpartum hemorrhage

Obstetrics & Gynecology Outpatient, Texas Regional Women's Health **2 weeks**

- Performed gynecological exams, pap smears, and bimanual exams while attending to patient comfort
- Aligned recommended contraceptive counseling with patient preference, lifestyle, and budget
- Routine management of obstetric patients, including gestational diabetes and preeclampsia
- Performed workup of patients with common problems such as infertility using knowledge of the menstrual cycle physiology, puberty, and menopause

Emergency Medicine, UTSW Clements University Hospital, Parkland Hospital **4 weeks**

- Interpreted labs and imaging into sound clinical decision-making and recognized what lab results were red flags and needed further work up
- Formulated differential diagnoses ranging from the most life-threatening to the most benign condition
- Skills performed: suturing, injections, reducing fractures, IV placement, urinary catheter placement, laceration repair, incision and drainage, splinting, full neurological exams, pelvic exams, fluorescein staining with Woods lamp, and wound care
- Participated in trauma workup

Psychiatry, Dallas County Jail **4 weeks**

- Conducted thorough and specific psychiatric histories and mental status examinations
- Demonstrated proficient knowledge of medication classes, indications, and associated risks used for managing acutely psychotic or depressed patients
- Assessed ethical challenges such as evaluating decision-making capacity in patients
- Learned how court-ordered psych treatment is carried out within the jail system.

Internal Medicine Inpatient, UTSW Clements University Hospital, Parkland Hospital **8 weeks**

- Rounded daily with the internal medicine teaching team, clinically reviewed patient charts, and conducted appropriate interventions
- Held end-of-life discussions with terminal patients and their families
- Effectively managed patients presenting with common conditions like acute decompensated heart failure, COPD exacerbations, stroke, and liver failure
- Performed multiple thoracentesis and paracentesis

Family Medicine, Coppell Associates of Family Medicine **8 weeks**

- Educated patients, family members, and caregivers on their chronic condition
- Collaborated with tenured healthcare professionals to deliver quality care
- Devised optimal first-line treatment options for patients with common chronic conditions such as hypertension, diabetes, asthma, depression, and anxiety

Internal Medicine Outpatient, We Care Clinic **8 weeks**

- Optimized health care services and applied primary, secondary, and tertiary prevention of chronic conditions and diseases
- Counseled patients on the importance of nutrition, sleep, fitness, and other lifestyle-modifying behaviors in promoting health outcomes
- Performed appropriate problem-focused and problem-oriented histories and physical exams for outpatient care

Infectious Disease, Baylor Scott and White Memorial Hospital, Temple, TX **4 weeks**

- Used antibiotic stewardship in the selection of antibiotics – based on culture data, susceptibility charts, patient clinical picture, and comorbidities
- Rounded daily with the infectious disease team and created treatment plans to manage sepsis, osteomyelitis, tuberculosis, neurosyphilis, ESBL urinary tract infections, endocarditis, and more
- Created a treatment regimen for patients with HIV according to their lifestyle and comorbidities

Pediatrics, Dallas Pediatrics & Infectious Disease **4 weeks**

- Performed detailed history and physical exams on pediatric patients
- Educated families on the importance of the immunization timeline with regard to personal beliefs
- Effectively managed common outpatient pediatric conditions: URI, otitis media, strep pharyngitis, conjunctivitis, exanthems, asthma, and much more
- Accurately performed pediatric annual physicals

PROFESSIONAL LICENSURE & CERTIFICATIONS

California Physician Assistant License	Pending
National Commission of Certification of Physician Assistants	Pending
Basic Life Support (BLS)	Expires: Jun 2024
Advanced Cardiac Life Support (ACLS)	Expires: Jul 2024
American Academy of Addiction Psychiatry Medication Assisted Treatment Waiver	Expires: Nov 2024

CLINICAL EXPERIENCE

Medical Scribe, Scribe.ology, We Care Clinic (Rheumatology)	May 2020 – April 2021
Medical Technician, Deerfield Ridge Assisted Living & Memory Care	Aug 2018 – April 2020

ACADEMIC PROJECTS

Graduate Research Project: Evidence-Based Medicine in the Primary Care Setting	July 2023
Undergraduate Emergency Medicine Internship, Caldwell Memorial Hospital	Jan-May 2020

LEADERSHIP EXPERIENCE & ACTIVITIES

UT Southwestern Physician Assistant Class Secretary	Sep 2021 – Aug 2022
Appalachian State University, Health Professions Advisor, Pre-PA	Aug 2018 – May 2020
Appalachian State University, Global Brigades, President	May 2019 – May 2020

PROFESSIONAL AFFILIATIONS

Texas Academy of Physician Assistants, Member

Jun 2021 - Present

SCHOLARSHIPS, HONORS & AWARDS

UT Southwestern School of Health Professions

Dallas Woman's Club Foundation Scholarship, Recipient

Apr 2022, May 2023

Appalachian State University

Academic Excellence Scholarship

Aug 2017

REFERENCES

Laura Mattingly, PA-C

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Laurette Dekat, MPH, MD

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Ayesha Kanwal, MD

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