

DR. KESSA MAURAS, DPM

510-435-3097 • kmauras@gmail.com

CURRENT POSITION:

THE PODIATRY INSTITUTE OF THE SOUTH AT THE VASCULAR AND VEIN INSTITUTE OF THE SOUTH
PODIATRIST, GRENADA, SENATOBIA AND OXFORD, MS MARCH 2023 – PRESENT

- Identifying peripheral arterial disease in patient population for appropriate testing / intervention
- Wound and infection management, radiographic assessments
- Soft tissue minimal incision procedures, biopsies, grafts
- Communicating with podiatric / vascular team regarding the care of patients in N. Central MS
- Marketing podiatric services to North Central MS
- Managing and training staff on podiatric protocols

PAST POSITIONS:

THE FOOT AND ANKLE CLINIC AT CARDIOVASCULAR SOLUTIONS OF CENTRAL MISSISSIPPI
PODIATRIST, CLEVELAND AND CLARKSDALE, MS JANUARY 2022 – FEBRUARY 2023

- Wound healing, infection management, radiographic interpretation
- Minimal incision procedures, biopsies, plastic skin procedures
- Amputation prevention, custom orthotics and bracing
- High-risk foot care, fall-risk assessments, dermatological conditions
- Fracture care, musculoskeletal disorders, biomechanics, work injuries
- Aiding patients in lifestyle modifications for positive health outcomes
- Presented at regional nurse's conference, "Podiatry in MS Delta"

Mt. Hood Podiatry, Private practice Hood River, OR 2012 – 2021

- Sports Medicine and elective forefoot surgery
- Wound healing, limb salvage, diabetic foot care and diabetic shoe program
- Custom orthotics, fall risk and custom bracing program
- In-office procedures, general podiatric care
- Laser therapy and in-house podiatric products program
- Managed staff, inventory, social media and website
- Participated in local hospital staff meetings and local events
- Presented at Family Medicine Residency, "The Reliability of Lab Values in DM patients"

Bronx-Lebanon Hospital Center, Bronx, NY August 2011- December 2011
Attending, Department of Orthopedics

LICENSURE/CERTIFICATION:

- Mississippi License: Active May 18, 2021 - present
- Board Certified, American Board of Podiatric Medicine
- Basic Life Support, 2022

TRAINING/EDUCATION:

Wyckoff Heights Medical Center, Brooklyn, NY

PM&S-36 Residency, 7/2008 – 6/2011

Emphasis: Trauma and Wound care

- Managed the podiatric residency service team during multiple occasions
- Editor Podiatry Department Scientific Posters
- Lectured during weekly educational meetings

New York College of Podiatric Medicine, New York, NY

Vilex Sponsored Surgical Mini Fellowship, 2009 – 2010

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Boston Medical Center, Boston, MA

- Residency Research Externship, 2010
- First-place winner, Foundation for Podiatric Medicine Residency Research Competition, 2010

St. John's Episcopal Hospital, Far Rockaway, NY

PM&S-24 Residency, 6/2006 - 6/2008

- Chief Resident, led in-patient rounds with attending physicians and residents
- Organized cadaver suture and dissection workshops
- Facilitated weekly journal club discussions

California School of Podiatric Medicine at Samuel Merritt College, Oakland, CA

Doctor of Podiatric Medicine, May 2006

- APMA Educational Foundation Scholarship Recipient, 2005
- Foundation for Podiatric Medical Excellence Scholarship Recipient, 2005
- Special Olympics Healthy Athletes Health Professions Student Grant, 2005
- Co-editor of the National Foot & Ankle Review, 2004 – 2005
- American Podiatric Writer's Club, 2004 – 2005
- Second-place winner, AAWP Call for Case Presentations 2004 National Conference, 2004
- Fourth – year core clinical year: Madigan Army Medical Center / VA Tacoma, WA, 2005-2006
- Participated in wound healing/limb salvage cases in the Limb Preservation and vascular service

Hartwick College, Oneonta, NY

Bachelor of Arts: Biology (Minor: Latin American Caribbean Studies), 1998

PRESENTATIONS:

- Podiatry in the MS Delta, Eliza Pillars RN of MS Convention, Biloxi, MS April 30, 2022
- The Reliability of Lab Values in DM patients. Providence Hood River Rural Family Medicine Residency Program presentation. Hood River, OR April 12, 2018
- The Post Residency Employment Search, July 7, 2011
- Research Presentation: The Reliability of Laboratory Values in Diabetic Patients, June 30, 2011
- Pyoderma Gangrenosum, January 25, 2010; July 16, 2009
- Hospital Documentation, September 11, 2008; April 2, 2009
- A Pediatric Case: Hemihypertrophy and Macroductyly, February 5, 2009
- Reflex Sympathetic Dystrophy: A Case Report, December 11, 2008
- Research Project Proposal: The Reliability of Laboratory Values in DM Patients October 29, 2008
- LisFranc's Fracture Dislocation, October 23, 2008
- Transmetatarsal Amputation, April 26, 2007

PUBLICATIONS/ SCIENTIFIC POSTER PRESENTATIONS:

- "The Use of Non-contact Ultrasound in Pyoderma Gangrenosum," Poster Presentation APMA National Conference, and the Diabetic Limb Salvage (DLS) Conference, 2009.
- "The Reliability of ESR and WBC in DM Patients," 2008 DLS conference, Washington, DC, 2008.
- Mauras, Kessa. Comminuted Crush Injury to the Distal Phalanx of the Hallux: A Case Presentation. National Foot & Ankle Review. Vol 10 (1): 15-16, 2004 – 2005.
- Abstract Reviews Published in the 2004 Compendium of Podiatric Medicine and Surgery. Vol. 24 (6), 53-60, 473-476, 2003.

School and Community Activities

- Co-editor of the National Foot & Ankle Review, 2004-2005
- Associate Editor for the National Foot & Ankle Review, 2003-2004
- Member of the American Podiatric Writer's Club, 2004-2005
- America Reads Tutor, Garfield Elementary School, Oakland, CA 2003-2004
- Microbiology Course Education Committee, 2003
- Committee Member, CSPM Class of 2006 White Coat Ceremony, 2002
- Americorps Volunteer, Seattle, WA 1998-1999

LANGUAGES: Fluent in Spanish

HOBBIES: Gardening, hiking, running, the arts, using whole food eating for optimum health