

# Saray Navarrete

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(806) 584-9577  
Frisco, Texas

## EDUCATION

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**Master of Science**, West Coast University, Richardson, TX  
Program: Physician Assistant Studies

**Bachelor of Science**, Texas Tech University, Lubbock, TX  
Major: Microbiology, Minor: Forensic Science, Chemistry

**Associate of Arts**, Odessa College, Odessa, TX  
Major: General Studies

### Awards & Achievements

- **Clinician of the Term**, West Coast University, 2022
- **Honors College Student**, Texas Tech University, 2018-2021
- **Wally Klein Scholarship**, Texas Tech University, 2018-2020
- **AT&T Scholarship**, Texas Tech University, 2018-2021
- **Summa Cum Laude**, Odessa College, 2018

## Clinical Rotation

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**Emergency Medicine** | Hospitals of Providence Transmountain | Dr. Goldstein | *El Paso, TX* | Jan 2023 – Feb 2023

- Performed incision and drainage, simple interrupted suture placement, local anesthetic, sterile technique, use of PPE, and wound care procedures.
- Dictated acute and emergent problem-focused notes and performed history and physical exams.
- Assisted in paracentesis, lumbar puncture, fluorescein dye exam, splinting and casting procedures.
- Used evidence-based medicine approach to evaluate, manage, and provide patient education.
- Created differential diagnoses and personalized management plans based on the evaluation of the patients.

**Women's Health** | Medical City McKinney | Dr. Pierce | *McKinney, TX* | Feb 2023 – Mar 2023

- Elicited accurate prenatal and gynecological medical history.
- Performed prenatal and gynecological problem-focused and comprehensive physical exams.
- Performed breast exams, pelvic exams, specimen collections, fetal heart sounds and doppler procedures.
- Assisted in cesarean sections, nexplanon placements, intrauterine device placement.
- Written and orally presented prenatal and gynecological notes.
- Delivered evidence-based patient education.
- Formulated differential diagnoses and designed therapeutic management plans.

**Pediatrics** | Pediatrics & Adolescent Clinic | Dr. Muhammad Uddin | *Richardson, TX* | March 2023 – Apr 2023

- Elicited history and performed physical exams for comprehensive and problem focused visits for infants, children, and adolescents.

- Formulated differential diagnoses based on history, physical exam, labs, and diagnostics.
- Applied an evidence-based approach to designing therapeutic management and giving patient education.
- Communicated findings of an encounter through note-taking and oral presentation methods.

**General Surgery** | Northshore University Health System | Jim Weston, PA-C | *Skokie, IL* | May 2023 – June 2023

- Interpreted preoperative lab and diagnostic studies.
- Performed surgical scrubbing, donning and doffing surgical gown and gloves, draping and prepping surgical patients.
- Performed wound closures with subcutaneous sutures, hand tying, and placing staples.
- Performed wound dressings, assisted in splinting, and assisted in wound cultures.
- Served as a first assist and second assist for orthopedic procedures including total joint surgeries and orthopedic trauma procedures.
- Communicated findings in post-operative notes, intra-operative notes, and post-operative oral presentations.

**Internal Medicine** | Medical City Fort Worth | Dr. Sanchez | *Fort Worth, TX* | June 2023 – July 2023

- Evaluated patients through accurate interpretation of lab results and diagnostic studies.
- Designed therapeutic management plans that considered costs, efficacy, contraindications, adverse effects, consults, and monitoring.
- Performed thorough oral presentations based on internal medicine encounters.
- Elicited pertinent medical history from acute and chronic care.
- Performed comprehensive and problem-focused physical exams based on the patient's age, acute care, or chronic care.

**Cardiology** | Baylor Scott & White The Heart Group | Dr. Kindsvater | *Frisco, Tx* | July 2023 – August 2023

- Elicited both acute and chronic medical history in clinic and inpatient settings.
- Performed problem-focused cardiology physical exams.
- Performed thorough oral presentations based on inpatient consults, new patients, and follow up encounters.
- Interpreted ECG and lab results of both acute and chronic encounters.
- Communicated findings in problem-focused new patients, follow-up patients, and inpatient consult notes.
- Designed therapeutic and diagnostic plans while considering costs, efficacy, timelines, contraindications, adverse effects, and acute or chronic care settings.
- Observed heart catheterizations, WATCHMAN device placements, implantable loop recorder placements, leadless pacemaker placements, transesophageal echocardiograms, and cardioversions.

**Advanced Topics** | Key Medical Care | Dr. Arze | *Rockwall, TX* | August 2023 – September 2023

- Elicited both acute and chronic medical history in inpatient settings.
- Performed problem-focused physical exams.
- Performed thorough oral presentations based on new patients and follow up encounters.

**Family Medicine** | Millenium Medical Care | Dr. Saleem & Dr. Khan | *Garland, TX* | September 2023 – October 2023

- Elicited both acute and chronic medical history in outpatient settings.
- Performed thorough oral presentations based on new patients and follow up encounters.
- Communicated findings in problem-focused and comprehensive notes.
- Performed injections, diabetic eye exams, foot exams, EKGs, ABI, and ear lavage.

## LICENSES AND CERTIFICATIONS

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- Basic Life Support for Healthcare Providers (BLS)
- Advanced Cardiovascular Life Support (ACLS)
- National Provider Identifier #11012022516283
- HIPAA Certification
- Opioid Training
- Human Trafficking Training

## WORK EXPERIENCE

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**Business Owner** | Saji No Filter, LLC. | *El Paso, TX* | Aug 2020 - Current

- Created a skincare business creating handcrafted, natural unisex skincare products
- Created the formulations for the skin care products sold by my business
- Graphically designed product labels and business cards
- Managed multiple social media platforms at once for the business
- Graphically designed the business website

**Medical Assistant** | Donya Pain & Primary Care Center | Dr. Ibrahim | *El Paso, TX* | Mar 2021 - Jan 2022

- Assessed vital signs, charted follow-up and new patients, started IVs
- Performed 3 Lead ECG monitoring during infusion therapy
- Provided patient education and discharge instructions
- Transported patients and assisted in pre-operational processes
- Assisted in procedures including RFAs, cortisone injections, Botox injection

**Assistant Teacher** | Christ the King ECDC | *Lubbock, TX* | Feb 2019 - Mar 2020

- Assisted in educational development of infants and adolescents
- Educated parents about developmental stages

## PROFESSIONAL MEMBERSHIPS

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- American Academy of Physician Assistants (AAPA)
- Texas Academy of Physician Assistants (TAPA)
- Society of Dermatology Physician Assistants (SDPA)
- Society of Emergency Medicine Physician Assistants (SEMPA)

## CONTINUED EDUCATION

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- Smiles for Life

## LEADERSHIP

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**Bridged Health** | *USA* | Jun 2021 - Aug 2021

- Director of Marketing

**Texas Tech University College of Arts and Sciences** | *Lubbock, TX* | May 2019 - Aug 2021

- Student Ambassador

**Latino Medical Student Association Plus** | *Lubbock, TX* | May 2019 - Aug 2021

- Director of Public Relations

## **COMMUNITY OUTREACH**

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**Remote Area Medical** | *Dallas, TX* | Dec 2022

- Assisted physicians in assessments, physical exams, and musculoskeletal manipulative treatments
- Practiced oral presentations and communication with supervising physicians
- Completed SOAP notes and patient health records
- Performed in a Spanish translator role between physicians and patients