

# KRYSTEN CARLSON, DMSC, MPAS, PA-C

## PHYSICIAN ASSISTANT

285 Pinecroft Avenue, Altoona, PA 16601 | [k.carlson623@gmail.com](mailto:k.carlson623@gmail.com) | (814) 312-6560

Versatile, highly motivated Doctorate-level healthcare professional with over eleven years of clinical medicine experience. Develops and implements strategic treatment plans to address symptoms and underlying causes with proactive approach. Demonstrated ability to build collaborative relationships with multidisciplinary healthcare teams to ensure delivery of optimal patient care. Excellent oral and written communication skills.

### Core Competencies

- Efficiency and productivity
- Exceptional oral and written communication skills
- Interpersonal with ability to work collaboratively as a team
- Critical thinking
- Capable of managing complex medical conditions
- Dependable and responsible
- Planning and coordination
- Organizational skills
- Self-motivated with attention to detail
- Multi-tasking abilities

### Education

#### ***Bachelor of Science / 2010***

Saint Francis University, Loretto, PA

#### ***Master of Physician Assistant Sciences / 2011***

Saint Francis University, Loretto, PA

Master's Thesis: "Adolescent Depression"

#### ***Doctor of Medical Science / 2021***

University of Lynchburg, VA

Doctoral Project: "A Clinical Review of Pancreatitis"

### Experience

## **Mount Nittany Medical Center**

*Hospitalist / October 2021—Present*

- Practice independently in a busy inpatient setting managing patients with acute and chronic diseases.
- Collaborate with multidisciplinary teams which includes specialists in cardiology, pulmonology, infectious disease, surgery, to establish the best surgical or pharmaceutical care plan.
- Formulate treatment plans based on individual patient needs to optimize patient care.
- Document timely and accurately in EHR (Meditech/Expanse)
- Provide education by use of oral or written communication skills regarding diagnoses and treatment to patients and families.

## **Penn Highlands Tyrone (Tyrone Hospital)**

*Hospitalist / June 2015—October 2021*

- Practiced independently in a small community hospital managing entire inpatient census with various acute and chronic medical conditions including COVID-19, congestive heart failure, atrial fibrillation, COPD, diabetes, and pneumonia.
- Performed PICC line insertions
- Formulate treatment plans based on individual patient needs in collaboration with other healthcare specialists including cardiology, pulmonology, infectious disease, renal, and surgery.
- Documented timely and accurately in EHR (Meditech)
- Managed call from the emergency department and medical unit regarding new admissions, consults, and patient needs/issues.
- Participated with other medical staff in hospital quality improvement projects.
- Counseled patients and families regarding diagnoses and treatment plan.

## **UPMC Altoona Walk-In Clinic**

*Walk-In Clinic PA / March 2018—July 2020*

- Practiced independently evaluating patients in a busy outpatient, walk-in clinic setting
- Used intake and screening instruments to conduct assessment of needs and to obtain complete medical history
- Performed simple procedures including suturing, splinting, incision and drainage, and wound care.
- Formulated treatment plans based on individual patient needs
- Drafted a patient/quality improvement project
- Ordered appropriate testing and referrals based on patient presenting problem(s).
- Prescribed pharmaceutical therapy in conjunction with other treatments according to specific personal medical conditions.
- Provided patient education and counseling in both oral and written format.

- Worked in direct collaboration with other physicians and referred patients accordingly to best support health care needs.
- Documented timely and accurately in EHR (Epic)

## **UPMC Altoona**

*Hospitalist / September 2012—November 2019*

- Practiced collaboratively as part of the hospital-medicine team managing complex acute and chronic medical conditions in a Level-1 Trauma Center
- Formulated treatment plans based on individual patient needs
- Provided patient education regarding diagnoses/plan to patient and families.
- Documented timely and accurately in EHR (Cerner)
- Demonstrated multitasking capabilities by managing call from the emergency department and medical floor for new admissions and medical consults.
- Responsible for entire inpatient census as well as new admissions while covering nightshift at UPMC Bedford Campus

## **Certifications**

NCCPA Certified Physician Assistant

State of Pennsylvania Physician Assistant Osteopathic License

State of Pennsylvania Physician Assistant Allopathic License

American Heart Association Basic Life Support

American Heart Association Advanced Cardiac Life Support

IHI Open School Basic Certificate in Quality and Safety

## **Professional Affiliations**

Medical Science Liaison Society (MSLS)

Society of Hospital Medicine (SHM)

Pennsylvania Society of Physician Assistants (PSPA)