**Rachelle Perkins**

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**Education**

* University of Utah School of Medicine, Doctor of Medicine Aug 2016-present
  + Expected Graduation May 2020
  + USMLE Step 1: 234
  + USMLE Step 2 CK: 234
  + USMLE Step 2 CS: Pass
* University of Utah Bachelor of Science in Biology Aug 2009-May 2015
  + Minor in Nutrition
  + Minor in Political Science
  + Cumulative GPA 3.839
  + Dean’s List each semester
* Bingham High School Aug 2007-Jun 2009
  + Cumulative GPA 3.99, Top 20 in graduating class
  + Received Honors in Debate, Language Arts, National Honors Society, and Social Studies

**Research Experience**

* University of Utah Hospital with Troy Madsen, MD May 2017-Mar 2019
  + Assisted with chart review and database completion for analysis, assisted with completion of multiple abstracts and papers for presentation
* Tai Chi and Autism Study with Professor David Carrier Oct 2014-Feb 2015
  + Assisted with weekly participant observation and documentation at the Spectrum Academy, entered data and helped with data interpretation
* Lab Assistant to Professor Haitao “Mark” Ji May 2013- Aug 2013
  + Assisted with database completion for small molecules used to target the Wnt-beta-catenin pathway in cancer causing cells, attended weekly lab meetings and presentations, assisted with bacterial culture growth and processing

**Published Abstracts**

* Holt B, **Perkins R**, Carlson M, Steenblik J, Bossart P, Hartsell S, Madsen T (2018). *Observation Unit Utilization Among Geriatric Patients With Chest Pain* [Abstract]. *Academic Emergency Medicine*, *25*(S1), S56.
  + Comparison of older and younger patients with chest pain comparing observation unit usage and hospital admission, SAEM 2018
* Holt B, Agy C, **Perkins R**, Carlson M, Steenblik J, Bledsoe J, Hartsell S, Madsen T (2018). *Pleuritic Chest Pain as a Predictor of Pulmonary Embolism and Acute Coronary Syndrome in the Emergency Department* [Abstract]. *Academic Emergency Medicine*, *25*(S1), S72.
  + Evaluation of patient’s risk of PE and ACS when presenting to an emergency department with chest pain described as pleuritic, SAEM 2018
* Unger L, Smith A, Starnes A, **Perkins R**, Fuller M, Madsen T (2018). *Gender Disparities in Cardiac Catheterization Rates Among Emergency Department Patients With Chest Pain* [Abstract]. *Academic Emergency Medicine*, *25*(S1), S96.
  + Evaluation of cardiac catheterization rates for men and women presenting to the emergency department with chest pain, especially among patients without MI or positive stress test, SAEM 2018
* Carlberg M, Ojcius J, Glerum S, Madsen T, Fuller M, Hartsell S, **Perkins R** (2018). *Prevalence of Renal Dysfunction Among Observation Patients with Chest Pain and Impact on Patient Outcomes* [Abstract]. *Academic Emergency Medicine*, *25*(S1), S55.
  + The effect of renal dysfunction in patients with chest pain and emergency department observation unit placement, SAEM 2018
* Perkins R, Madsen T (2017). *Age-Related Hospitalization for Patients Presenting with Chest Pain* [Abstract]. Research Trainee Symposium: School of Medicine Research Programs combined with the Nineteenth Annual University of Utah Frank Tyler Fall Medical Student Research Symposium.
  + Comparison of older and younger patients with chest pain comparing observation unit usage and hospital admission

**Posters and Presentations**

* Perkins, Rachelle (2019). *Inclement Weather at Altitude* [Presentation]. Wilderness Medicine in the Alps Chamonix Mt. Blanc, France.
  + Clinical vignette and techniques for dealing with inclement weather at altitude. Discussion of frostbite and hypothermia recognition, stabilization, and treatment.
* Perkins, Rachelle (2019). *Fire-starting Techniques* [Presentation]. Wilderness Medicine in the Alps Chamonix Mt. Blanc, France.
  + Techniques for fire-starting in the wilderness
* Holt B, **Perkins R**, Carlson M, Steenblik J, Bossart P, Hartsell S, Madsen T (2018). *Observation Unit Utilization Among Geriatric Patients With Chest Pain* [Poster and Presentation]. *Academic Emergency Medicine*, *25*(S1), S56.
  + Comparison of older and younger patients with chest pain comparing observation unit usage and hospital admission, SAEM 2018
* Perkins R, Madsen T (2017). *Age-Related Hospitalization for Patients Presenting with Chest Pain* [Poster and Presentation]. Research Trainee Symposium: School of Medicine Research Programs combined with the Nineteenth Annual University of Utah Frank Tyler Fall Medical Student Research Symposium
  + Comparison of older and younger patients with chest pain comparing observation unit usage and hospital admission
* Dvorak T, Lindsley J, Locke A, Pyne A, **Perkins R** (2017). *Culinary Medicine: Teaching nutrition in an interprofessional hands on setting* [Presentation]. WGEA/WGSA/WOSR 2017.
  + Small group leader in applying culinary medicine theory, cooking techniques, and nutritional analysis, displaying the progression of the establishment of culinary medicine curriculum at the University of Utah School of Medicine

**Published Papers**

* Madsen T, **Perkins R**, Holt B, Carlson M, Steenblik J, Bossart P, Hartsell S. (2019). *Observation Unit Utilization Among Geriatric Patients With Chest Pain*. *Critical Pathways in Cardiology 18(1):19-22, March 2019.*
  + Comparison of older and younger patients with chest pain comparing observation unit usage and hospital admission
* Carlberg M, Ojcius J, Glerum S, Madsen T, Fuller M, Hartsell S, **Perkins R** (2019). *Prevalence of Renal Dysfunction Among Observation Patients with Chest Pain and Impact on Patient Outcomes* [In Press]. *Critical Pathways in Cardiology.*
  + The effect of renal dysfunction in patients with chest pain and emergency department observation unit placement
  + To be published within the next 6 months
* Perkins, Rachelle (2017). “The Precision of Medicine” [Art Piece]. Rubor, Volume 5, 2017.
  + Calligraphy piece published, literary magazine University of Utah Health Sciences

**Leadership and Teaching Experience**

* UCrew Jul 2018-present
  + Provided mentorship and support to medical students
* Academic Coach Jul 2017-present
  + Provided mentorship and tutoring to medical students.
* IPE Diabetes Pro Bono Clinic Clinical Team Dec 2016-Jul 2018
  + Participated in monthly meetings, organized pro bono clinic projects, participated as a member of clinical treatment team
* Trauma Interest Group President Dec 2016-Jul 2017
  + Organized membership and organized presentations on pertinent topics.
* Anatomy Academy Aug 2016-Dec 2016
  + Taught anatomy and STEM subjects to elementary school students.
* Teaching Assistant Aug 2015-Dec 2015
  + Professor Davide Ponzi Human Physiology University of Utah
* Teaching Assistant Aug 2012-Dec 2014
  + Professor David Temme Principles of Biology University of Utah
* Teaching Assistant Jan 2013-May 2014
  + Professor David Temme Human Physiology University of Utah
* Teaching Assistant Jan 2013-May 2013
  + Professor Haitao “Mark” Ji Organic Chemistry University of Utah

**Volunteer Experiences**

* Midvale Clinic Aug 2016-May 2018
  + Volunteered at a low income clinic for under and uninsured patients, provided primary care to patients, staffed patients with attending physician, provided follow up and provided referrals to specialists as needed.
* Midvale Diabetes Night Pro Bono Clinic Aug 2016-May 2018
  + Volunteered in diabetes clinic, acted as the lead provider on an interdisciplinary team including, medical, PA, dietetics, nursing, physical therapy. Staffed patients with attending physicians, provided education and medical care.
* Midvale Diabetes Clinic Nutrition Education Nov 2016
  + Volunteered with a multidisciplinary team of doctors, medical students, registered dieticians, and physical therapists helping teach nutrition and health eating and activity to newly diagnosed diabetic patients.
* Maliheh Clinic Sept 2016
  + Volunteered as a medical student at the Maliheh free clinic, worked with a team of medical students and volunteer physicians, gave physical exams, wellness check ups and comprehensive medical care to under and uninsured patients in the Salt Lake City area, staffed patients with attending physicians, made referrals to free and low cost specialty physicians, obtained no and low cost prescription medications.
* Book Club at the Road Home Utah Volunteer Aug 2015-Aug 2016
  + Volunteered weekly reading books to homeless children at the Road Home in downtown Salt Lake City
* ESL Tutor for Adult Learners at the Guadalupe School Oct 2014-Aug 2016
  + Volunteered as an English tutor for adult learners at the Guadalupe School in Rose Park, Utah. Taught weekly lessons to beginner and intermediate students learning vocabulary, parts of speech, reading and writing.
* Bountiful Baskets Food Co-Op Volunteer Oct 2014-Aug 2016
  + Volunteered and participated in a local food co-op, supporting small local growers of produce, help organized and distribute fresh produce to participants weekly.
* Teens Night Out at the Road Home Utah Volunteer Oct 2014-Apr 2015
  + Volunteered to take homeless youth out for weekly activities. Participated as a mentor and support for homeless youth.
* Knitting for Newbies and Knitting Necessities Sept 2013-Apr 2014
  + Made infant, child, and adult beanies for newborns at the hospital and for the homeless shelter in down town Salt Lake City.
* Mountain View Elementary School 5th Grade Math Tutor Jan 2013-Apr 2013
  + Volunteered weekly with a local elementary school tutoring and teaching math to at risk students.

**Employment**

* Medical Assistant Jun 2007-Aug 2016
  + Dr. Greg Roberts Oral and Maxillofacial Surgeon DDS
* Health Care Aide Oct 2013-Nov 2014
  + Resource Nursing Department University of Utah Hospital
* Personal Care Aide Apr 2013-Oct 2013
  + Sarah Daft Assisted Living Home

**Scholarships, Honors, Awards**

* “The Precision of Medicine” Summer 2017-present
  + Trio of original calligraphy pieces featured in the Eccles Health Sciences Library
* “The Precision of Medicine” Feb/Winter 2018
  + Caduceus calligraphy piece featured in the Illuminations SOM Alumni Association Magazine
* NIH Research Grant Summer 2017
  + Participated in the Medical Student Research Program at the University of Utah School of Medicine.  This program is supported by an NIH Training Grant, Title:  Short-Term Training: Students in Health Professional Schools, Funding Source: NIH/NHLBI, Grant #: T35 HL007744, PI: Andrew Weyrich
* Dean’s List University of Utah Fall 2009-Spring 2015
  + Honors for achieving >3.5 GPA each semester
* University of Utah Honors at Entrance Scholarship Aug 2009-May 2013
  + Full ride scholarship to the University of Utah, undergraduate degree

**Interests**

* Trying new restaurants, cooking, reading, board games, movies, indoor and outdoor rock climbing, cycling, backpacking, hiking, running, yoga, snowboarding, snowshoeing, cross country skiing, painting figurines, drawing, DIY car and house projects, and travel

**Professional Memberships**

* American Medical Association
* Utah Medical Association
* Emergency Medicine Residents Association
* American College of Emergency Physicians
* Society for Academic Emergency Medicine