Sarah A. Rashid

***Objective*:**

Seeking a position as an Internal Medicine Hospitalist with the ambition to help improve people's quality of life while aiming to decrease the mortality rate. I aspire to practice medicine through compassion, honesty, professionalism, knowledge, humility and confidence.

***Education and Training*:**

Internal Medicine Residency, 2015-2018

West Anaheim Medical Center - Anaheim, California

Osteopathic Doctor of Medicine, 2011-2015

Arizona College of Osteopathic Medicine - Glendale, Arizona

Master of Arts in Biomedical Sciences, 2010-2011

Midwestern University - Glendale, Arizona

Bachelor of Science in Biology with emphasis in NPB, 2005-2009

University of California, Davis - Davis, California

***Professional Work Experience*:**

- **Hospitalist, 07/22 -Present**

  Doctors Hospital of Manteca - Manteca, California

  - Managed an average of 15 patients per shift, overseeing acute care, chronic disease management, and discharge planning
  - Maintain thorough documentation in Cerner, ensuring compliance with regulatory and hospital standards

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- Collaborated with multidisciplinary teams, including specialists, nurses, and case managers, to optimize patient care

- **Nocturnist/Hospitalist, 8/18 - 05/22**

  Doctors Medical Center of Modesto - Modesto, California

  - Developed a sense of comfort and trust with my patients with great bedside manner
  - Utilized evidence-based protocols to treat my patients with honor and compassion
  - Involved in admitting 10-17 patients nightly from all walks of life
  - Typed 3-4 detailed H and P per hour
  - Run codes/ acls
  - Family meetings via phone or zoom
  - Medical management of patients with chronic and acute medical conditions
  - Ordering and interpreting labs and imaging studies
  - Creating orders and prescriptions
  - Setting up palliative care and social services when necessary
  - Inpatient pain management
  - Rounding on and discharging patients
  - Practicing preventative medicine and recommending diet and exercise as well as yearly advised vaccines and time sensitive tests such as colonoscopy, egd, prostate check and mammograms
  - Attend multiple cme throughout the year to keep up with innovative medical treatments

- **Intern/Assistant, 05/10 - 05/11**

  Asera Care Hospice - Stockton, California

  - Provided palliative care and support to individuals and families during last stages of illness, the dying process and bereavement period
  - Unprejudiced listening and supportive conversing skills
  - Read books to patients and performed activities such as playing board games, creating art projects, watching television or listening to music
  - Took patients to supervised outings, enhancing their mood and providing companionship
  - Valued patient's wishes in the health decision making process, respecting their autonomy

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- **Intern/Assistant, 09/08 - 01/09**

Davis Oral and Maxillofacial Surgery Center - Davis, California

- Directed patients to respective rooms and documented patient's vitals and weight
- Organized and setup medical equipment for patient rooms
- Sterilized surgery instruments
- Assisted doctor with surgical procedures such as tooth extractions, dental implants and TMJ disorders

License and Certifications:

- Osteopathic Physician and Surgeon California License, 05/2017
- ACLS and BLS Provider, Exp. Date 06/2019
- AOBIM certified, 09/2018

***Membership and Honorary/Professional Societies*:**

- AOA

Core Strengths:

- Excellent interpersonal and communication skills with a compassionate, personable, ethical and informative approach with patient, family members and staff
- Advanced experience with diagnosis and treatment of sepsis, pneumonia, pulmonary embolism, CHF, delirium tremens, STEMI, NSTEMI, diabetic ketoacidosis protocols as well as management of other advanced disease states
- Team player well versed in ensuring patient safety and satisfaction through multiple methods including effective communication with nurses and staff, proper handoff, disease education and discharge instructions to home, LTAC, Subacute care or SNF
- Excel in the integration of healthcare with multiple providers including social workers, case managers, medical coders, dietitians, speech therapists and physical therapists through effective communication and goal-oriented outcomes
- Experience with Electronic Medical Record systems including Epic and Practice Fusion
- Basic skills in ultrasound guided thoracentesis, paracentesis and intubations with vent management
- Proficient in time management, answering nursing calls, running ACLS codes, admitting a high volume of patients per 24-hour call spanning over 150 shifts

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- Multilingual: Farsi (advanced), English (advanced), Urdu (basic), Spanish (beginner)

Research Experience:

Research Assistant under Dr. E. Hull, Midwestern University, Glendale, AZ (2010-2011)

The Effects of Fibroblast Growth Factor (FGF) on Keratoctye Motility in Zebra Fish Transgenic Epithelial Wound Healing

- Alter expression levels of FGF and FGF receptor using inducible transgene
- Assay level of FGF signaling using Western Blot technique
- Conduct cell-sheet motility assays
- Perform literature searches and write article summaries
- Bioinformatics data base searches and sequence analysis
- Prepare journal club

***Volunteer Work*:**

- **TOPS For Kids,** 05/2012 – Phoenix, Arizona
  - Provided sports physicals for high school students
  - Motivated students to pursue career in medicine
  - Created a safe environment of confidentiality, open communication and professionalism
  - Advised to be proactive about one's health with yearly checkups, avoidance of tobacco products and benefits of physical fitness

- **Western Career College tutor,** 06/09-02/10 - Antioch, California

  - Tutored students from medical assisting and nursing programs
  - Organized group study sessions for students to interact and exchange information
  - Created study tools such as worksheets, flashcards and interactive games to enhance student learning experience
  - Taught students time management skills with creation of student calendar

- **MSA/ASA Support Drive for underprivileged families,** 10/07-05/08

  - Along with 15 other group members raised money to help less privileged families with purchase of prescription medication
  - Helped non-English speaking families seek ways of low-cost medical care by providing information about

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state and national medical programs

- Collected donations for kids in third world countries in need of artificial limbs

References:

Fariborz Shams, DO

West Anaheim Medical Center Program Director and Chief of Staff - Anaheim, California

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