



Sarah Tamura, PA-C, MPAS, MPH

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OBJECTIVE

I am a recently graduated, NCCPA certified physician assistant, actively looking to begin my career in Colorado. I am committed to providing quality healthcare and believe that compassionate, empathetic and team-based care is essential to the health and wellness of individuals as well as communities at large.

EDUCATION

RED ROCKS COMMUNITY COLLEGE Master of Physician Assistant Studies (Pi Alpha Inductee)	2018-2020
COLORADO SCHOOL OF PUBLIC HEALTH Master of Public Health – Community and Behavioral Health	2016 – 2018
UNIVERSITY OF COLORADO AT BOULDER Bachelor of Arts – Neuroscience/Psychology (Magna Cum Laude)	2010 – 2014
UNIVERSITY OF COLORADO AT BOULDER Bachelor of Arts – Molecular Cellular and Developmental Biology	2010 – 2014

GRADUATE CLINICAL EXPERIENCE – BY DATE

PEAK VISTA AND COMPASS HEALTH – COLORADO SPRINGS, CO AUGUST '19

BEHAVIORAL HEALTH

- Split rotation between Peak Vista Behavioral Health (inpatient) and Compass Health Systems (outpatient) facilities.
- Assisted in admission process of pediatric and adult patients presenting to inpatient facilities.
- Assisted supervising physician provide medication management of patients admitted to inpatient facility and enrolled in intensive outpatient programing (IOP).
- Participated in the care of patients seen for medication management in outpatient setting.
- 122 shift hours; 276 total patients.

ROCKY MOUNTAIN CANCER CENTERS – LONGMONT, CO SEPTEMBER '19

HEMATOLOGY ONCOLOGY

- Specialty rotation with Erin Wright, PA-C.
- Conducted history taking, physical exam and reviewed labs of hematology patients and oncology patients including those undergoing active treatment.
- Assisted in patient education of chemotherapies, immunotherapies, radiation and surgical treatment options.
- Observed nursing staff provide treatment and care in onsite infusion center.
- Observed consultations with genetic counselor Joshua Keyes, MS, CGC.
- 100 shift hours; 115 total patients.

SALUD FAMILY HEALTH CENTER – COMMERCE CITY, CO DECEMBER '19

FAMILY MEDICINE

- Family medicine rotation with multiple providers (primary preceptor Sona Graber, NP) at Salud Family Health Center in Commerce City (federally qualified health center) providing primary care and urgent care services to underserved and vulnerable populations.
- Assisted in routine care to pediatric populations including well child checks as well as routine prenatal care to obstetric patients.
- Participated in weekly Diabetes Education/Counseling Group Meetings.
- Assisted with procedures including pelvic exams, pap smears, long acting reversible contraceptive placement/removal, fetal heart tone assessments, cryotherapy, digital nerve blocks, nail avulsions.
- Staffed with other departments including pharmacy (Emily Kosirogi, Pharm-D) and behavioral health (Laura Baxter, LCSW) as part of the comprehensive care model.
- 155 shift hours; 217 total patients.

GRADUATE CLINICAL EXPERIENCE – BY DATE (CONTINUED)

UCHEALTH INTERNAL MEDICINE – COLORADO SPRINGS, CO

JANUARY '20

INTERNAL MEDICINE

- Internal medicine rotation with Amanda Jenkins, PA-C providing care to adult patients presenting to outpatient internal medicine clinic for variety of acute and chronic complaints.
- Obtained detailed history and physical exam and presented patients to supervising and consulting providers.
- Conducted adult wellness exams including annual well woman exams and pap smears.
- Developed appropriate assessments, treatment plans and follow up.
- Helped patients to complete recommended preventive health screenings and immunizations.
- 143 shift hours; 180 total patients.

OCCUPATIONAL MEDICAL PARTNERS – THORNTON AND AURORA, CO FEBRUARY '20

OCCUPATIONAL MEDICINE

- Rotation with multiple providers at busy occupational medicine practice with multiple locations in Denver Metro Area.
- Obtained injury focused history and physical exam and ordered initial diagnostic testing/imaging for patients presenting with new work-related injuries.
- Evaluated the status, response to treatment and progress of the injuries of patients in follow up appointments.
- Collaborated with physical therapy, occupational therapy, behavioral health and surgical services.
- Performed few laceration repairs and splinting.
- Conducted pre-employment and Department of Transportation physicals.
- 153 shift hours; 198 total patients.

KIOWA COUNTY HOSPITAL DISTRICT – EADS, CO

MARCH-APRIL '20

INTERNAL MEDICINE

JUNE '20

- Rotation with Dawn Back, PA-C providing care to patients in Kiowa County, CO.
- Helped to deliver comprehensive care to patients in variety of settings including the Eads Medical Clinic (outpatient clinic), as well as acute care, long-term care, and emergency departments of Weisbrod Memorial Hospital (critical access hospital).
- Created appropriate assessments, treatment and follow up with the guidance of supervising and consulting providers.
- Assisted with and independently performed procedures including pelvic exams, pap smears, long acting reversible contraceptive placement/removal, venipuncture/IV placement, cryotherapy, digital nerve blocks, nail avulsions, skin biopsies, incision and drainages, casting and splinting.
- 460 shift hours; 404 total patients.

LIFE CARE CENTER OF AURORA – AURORA, CO

JULY '20

INPATIENT MEDICINE

- Inpatient medicine rotation with Gagandeep Singh, MD providing 24/7 care to patients living in skilled nursing and long-term care settings.
- Participated in daily rounding with Dr. Singh and medical team.
- Worked to complete history and physical exam of new admissions through combination of patient interview and examination as well as in depth chart/record review.
- Assisted in the continuation and evaluation of ongoing care of established patients.
- Developed appropriate assessments, treatment and follow up under the supervision of Dr. Singh.
- Collaborated with nursing staff, nutrition services, social work, physical therapy and occupational therapy and worked to coordinate referrals to additional specialists.
- 120 shift hours; 72 total patients.

HEART OF THE ROCKIES REGIONAL MEDICAL CENTER, SALIDA CO

AUGUST '20

EMERGENCY DEPARTMENT

- Rotation in emergency medicine completed at the Heart of the Rockies Regional Medical Center, a Critical Access Hospital serving multiple rural/mountain counties in Colorado.
- Independently obtained history, performed problem focused physical exam, created appropriate differential diagnosis and ordered initial diagnostic testing/imaging of urgent/emergent presentations in adult and child populations.
- Presented patients and to supervising and consulting providers.
- Developed appropriate assessment, plan/treatment and follow up with the guidance of supervising providers.
- Collaborated with nurses, medics, ER techs, rad techs and other hospital staff.
- Performed procedures including laceration repairs, digital nerve blocks, incision and drainages, epistaxis management, and splinting.
- 179 shift hours; 162 total patients.

GRADUATE CLINICAL EXPERIENCE – BY DATE (CONTINUED)

UCHEALTH CARBON VALLEY URGENT CARE – FIRESTONE, CO

SEPTEMBER '20

URGENT CARE

- Rotation with Kristen Mangione, PA-C at busy urgent care in Firestone, CO.
- Conducted history taking, physical exam assessment and developed differential diagnosis, ordered diagnostic testing/imaging and created assessments and plans for review.
- Consulted with various specialists using UCHHealth's DocLine.
- Coordinated patient transfers to hospital/other facilities for higher level of care if and when indicated.
- Performed procedures including ear lavages, strep testing, mono testing, influenza immunization, epistaxis management, laceration repairs, digital nerve blocks, incision and drainages, and splinting.
- 97 shift hours; 80 total patients.

DENVER HEALTH NEUROLOGY – DENVER, CO

OCTOBER '20

NEUROLOGY

- Specialty rotation with Molly Matthews PA-C at Denver Health Neurology.
- Participated in the evaluation and care of patients presenting for neurologic complaints in both inpatient and outpatient settings.
- Staffed subspecialty clinics including epilepsy clinic and multiple sclerosis.
- Helped to monitor and manage care of patients admitted to the hospital epilepsy monitoring unit (EMU) for scheduled multi day EEG studies.
- Shadowed residents and attendings on the hospital neurology consult service.
- Observed robotic assisted stereotactic EEG lead placement surgery.
- 132 shift hours; 92 total patients.

TRAUMA AND ACUTE CARE SURGERY – AURORA, CO

OCTOBER '20

SURGERY

- Surgical rotation with trauma and acute care surgery (TACS) team at the University of Colorado Hospital at Anschutz.
- Hospital rounding with TACS team including attendings, residents and advanced practice providers.
- Performed evaluation of pre- and post-operative patients.
- Observed surgical procedures including exploratory laparotomy, small bowel resection, laparoscopic appendectomy and wound debridement.
- Staffed with providers of the TACS consult team; responded to trauma alerts and activations from the ER.
- 55 shift hours; 36 total patients.

LICENSE AND CERTIFICATION

NCCPA Certified Physician Assistant (ID: 1161196): Expires 12/2022

Colorado Physician Assistant License (ID: PA-0006666): Expires 1/31/22

ACLS Certification: Expires 7/2021

PALS Certification: Expires 7/2021

BLS Certification: Expires 7/2021

PREVIOUS WORK EXPERIENCE

CERTIFIED AMERICAN HEART ASSOCIATION INSTRUCTOR // INDEPENDENT INSTRUCTOR

DENVER, CO

Feb '15 – August '20

- Worked to instruct and certify individuals in AHA HeartSaver CPR, First Aid and Basic Life Support.

STAR SPINE AND SPORT // MEDICAL ASSISTANT

GOLDEN, CO

June '15 – Feb '20

- Responsible for taking/recording patient vitals and provide hands on support to providers during procedures including ultrasound and fluoroscopy guided steroid, platelet rich plasma and stem cell injections.
- Helped to schedule and coordinate new patient appointments by checking insurance eligibility and obtaining previous health records.
- Assisted with clinical coordination of clinical trial NCT03122119 (April '17 – February '20).

PREVIOUS WORK EXPERIENCE (CONTINUED)

DENVER DERMATOLOGY CONSULTANTS // MEDICAL ASSISTANT

THORNTON, CO

Feb '14 – May '15

- Responsible for patient intake as well as chart dictations for patient encounters.
- Helped to provide hands on support to providers by assisting with multiple procedures including MOHS micrographic surgery, skin biopsies as well as cosmetic procedures.

COMMUNITY HEALTH // PEER EDUCATOR AND HIV TESTER/COUNSELOR

UNIVERSITY OF COLORADO AT BOULDER - BOULDER, CO

May '12 – Dec '13

- Helped to promote student wellness by providing education and support around the health issues that impact students on campus.
- Worked to organize and staff free flu shot clinics for students across campus.
- Performed free and confidential HIV testing and counseling to students on campus.

PROFESSIONAL AFFILIATIONS

American Academy of Physician Assistants (AAPA)

Colorado Academy of Physician Assistants (CAPA)

REFERENCES (ADDITIONAL REFERENCES MAY BE PROVIDED UPON REQUEST)

Dawn Back, PA-C, MSOL, Medical Operations Officer

Kiowa County Hospital District
1211 Luther Street
Eads, CO 81036
Office Phone: 719-438-2251
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Dawn.Back@KCHD.org

Erin Wright, PA-C

Rocky Mountain Cancer Centers – Longmont
2030 Mountain View Ave., Suite 210
Longmont, CO 80501
Office Phone: 303-684-1900
Cell Phone: 785-691-6337
erinbyrneswright@gmail.com

Kristen Mangione, PA-C

UCHealth Firestone Urgent Care
5965 Firestone Blvd.
Firestone, CO 80504
Office Phone: 720-652-7055
Kristen.Mangione@uchealth.org

Marion Wells, MHS, PA-C

Red Rocks Community College
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PUBLICATIONS AND PROJECTS

PUBLICATIONS:

- Broadhead DY, Douglas HE, Bezjian Wallace LM, Wallace PJ, **Tamura SY**, Morgan KC, Hemler DE. Use of Ultrasound-Guided Platelet-Rich Plasma Injection of the Sacroiliac Joint as a Treatment for Chronic Low Back Pain. *Military Medicine*. 2020;185(7-8):e1312-e1317. doi:10.1093/milmed/usz398
- Wallace PJ, Bezjian Wallace LM, **Tamura SY**, Prochnio KW, Morgan KC, Hemler DE. Effectiveness of Ultrasound-Guided Platelet-Rich Plasma Injections in Relieving Sacroiliac Joint Dysfunction. *Am J Phys Med Rehabil*. 2020;99(8):689-693. doi:10.1097/PHM.0000000000001389

GRADUATE PROJECTS:

- **MPAS candidate capstone project:** Physician Assistant Program, Red Rocks Community College, Summer 2020
A systematic review examining the experiences, needs, barriers and challenges that informal caregivers face in providing care to patients with dementia.
Faculty Advisor: Marion Wells, MHS, PA-C, Physician Assistant Program, Red Rocks Community College
- **MPH candidate capstone project:** Colorado School of Public Health, Fall 2017-Spring 2018
Survey development, administration and quantitative data analysis conducted to evaluate the efficacy of the Hunger Free Colorado Food Resource Hotline to improve the food security status of individuals referred to this program.
Preceptor: Maryann McLendon, MBA, Food Assistance Program Manager, Hunger Free Colorado
Faculty Advisor: Betsy Risendal, PhD, Department of Community and Behavioral Health Colorado School of Public Health University of Colorado at Anschutz Medical Campus