

# RACHEL HESS PA-C, MAS

rachel.hess@cuanschutz.edu

719-648-4143

Louisville, CO 80027

## SUMMARY

Physician Assistant currently serving as Instructor of Clinical Medicine with the CU CHA/PA program, interested in dedicating 0.1 Clinical FTE to work with APP staff in the Newborn Nursery. Can apply knowledge from 20+ years experience delivering clinical care in bilingual Family Practice, Community Health, and Inpatient settings. Dedicated to patient education and advocacy, team communication, and student mentoring.

## SKILLS

- NCCPA Board Certified, 2001-present
- Current Colorado State Physician Assistant License
- Current DEA License
- Current BLS / ACLS Provider Certifications
- Current NRP Certification
- Credentialed with Centura Hospital Group, 2016-2023
- Centering Pregnancy / Parenting Group Facilitator, 2015-present

## EXPERIENCE

### **INSTRUCTOR OF CLINICAL MEDICINE** | 04/2023 to Current

#### **University of Colorado, Anschutz Medical Campus - Aurora, CO**

- Core faculty member in a highly competitive and respected PA program.
- Course Director of Endocrinology and Reproductive Medicine.
- Co-director of Gastroenterology and Foundations of Medicine courses.
- Responsible for student-facing lecturing and small-group facilitation.
- Develop innovative teaching strategies to engage students and facilitate content retention.
- Perform monitoring and evaluation of current program educational practices.
- Evaluate and interview prospective applicants in the admissions process.
- Develop and employ assessments to confirm students are meeting milestones for didactic content and professional conduct measures.
- Mentor advisees through the program experience, including readiness for clinical internships and post-graduate practice.
- Contribute expertise assisting with program development and faculty support.
- Participate in workshops through the PA Education Association to improve educational skills.

### **PHYSICIAN ASSISTANT** | 10/2014 to 03/2023

#### **Clinica Family Health - Boulder, CO**

- Bilingual (English / Spanish) Primary Care Provider in demanding community health practice. Experienced in Family Practice, Pediatrics, Psychiatry, OB/GYN care and in-office procedures.
- Committed to patient communication, education and advocacy.
- Fostered positive clinical and social outcomes with challenging client load including patients experiencing homelessness and new immigrant populations.
- Monitored adherence with medical plans and use a variety of teaching methods and communication strategies to improve compliance.
- Provided comprehensive and accurate documentation of encounters in the Epic and NextGen EMR systems.
- Maintained a high level of productivity, often leading clinic metrics for patients seen while providing high standard of care.
- Managed postpartum maternal care and neonatal inpatient care for Clinica clients in the Centura Hospital system. Responsible for assessment, care and disposition for mothers and infants in the perinatal period. Research OB and medical history to identify and minimize risks for complications or readmissions.
- Provider with the Clinica Home Visit Team, duties included ability to communicate

complex medical concepts and plans to patients and caregivers. Coordinate care between PCP and community resources.

- Instrumental in creating curriculum and facilitating novel group visits for Pregnancy, Parenting, Diabetes care, and Pain Management.
- Experienced preceptor of Primary Care Medicine for PA, NP, MS3 and MS4 students.

**ADJUNCT FACULTY MEMBER | 10/2019 to 03/2023**

**Rocky Vista University - Parker, CO**

- 10+ year experience precepting PA and DO students in their clinical rotations.
- Developed and implemented a step-up program, allowing students to transition from observer to practitioner during each rotation.
- Engaged students with opportunities to apply their didactic knowledge to form skills in targeted history-taking, generating differential diagnoses and proposing treatment plans.
- Taught students skills for physical exams and in-office procedures.
- Created lesson plans and develop instructional materials covering important topics of primary care.
- Focused on the role of health providers to recognize social determinants of health and lower barriers to care.
- Conducted weekly one-on-one debriefs to evaluate progress towards learning objectives and identify ongoing challenges.
- Performed thorough and transparent end-of-rotation evaluations.
- Assisted students and graduates with letters of recommendation and job placements.
- Member of the RVU PA Program Curriculum Committee, representing the clinical preceptor perspective. Aids the Committee in developing tools for preceptor evaluations and for promoting diversity initiatives.

EDUCATION AND  
TRAINING

**Johns Hopkins University - Baltimore, MD**

**Master of Applied Science - Humanitarian Health**

**05/2021**

- 3.85 GPA
- Coursework including Management and Leadership, Health Needs and Service Provision, and Administration of Global Health Programs.
- Completed coursework in Statistics and Epidemiology.
- Actively collaborated with faculty and cohort-peers including staff from Johns Hopkins, USAID, MSF, FEMA and the UN.
- Designed model programs for service provision of Health Services, Mental Health Services, and Water/Sanitation in low-resource settings.

**University of Colorado Health Sciences Center - Aurora, CO**

**Physician Assistant**

**05/2001**

- Mastered coursework in anatomy, physiology, pharmacology, psychosocial aspects of health care, epidemiology, clinical medicine.
- Program with special emphasis on family practice and pediatrics.
- Clinical rotations in family practice, pediatrics, OB/GYN, emergency medicine, general surgery and endocrinology.
- Spearheaded student-led program for independent study of Medical Spanish.

**University of Colorado, Colorado Springs - Colorado Springs, CO**

**Pre-Medicine, 1998**

- 4.00 GPA
- President: Science Club
- Outstanding Student Awards in Biology, Chemistry and Organic Chemistry

**Colorado College - Colorado Springs, CO**

**Bachelor of Arts**

- 3.65 GPA