

John Bonamer
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EDUCATION

University of Cincinnati College of Medicine, Cincinnati, OH M.D. Candidate	4/2024
University of Cincinnati College of Medicine, Cincinnati, OH Bachelor of Medical Sciences, <i>summa cum laude</i>	4/2018

MEDICAL SCHOOL PERFORMANCE SUMMARY

Preclinical Years:	7/2021
#1 Rank of 186 students (*see <i>Eugene B. Ferris Award Below</i>)	

Clinical Years:	
Earned Honors in All Clinical Rotations	7/2022
Acceptance into Alpha Omega Alpha (AOA) Honor Society	9/2022

HONORS & AWARDS

Eugene B. Ferris Award	1/2022
• Awarded by the University of Cincinnati College of Medicine	
• Awarded to class #1 ranked student after the preclinical years of medical school.	

Dean's List (all semesters), University of Cincinnati	4/2018
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East-to-West Iron Club Outstanding Research Award	12/2018
• Awarded by the East-to-West Iron Club	

Barbara A. Horwitz and John M. Horowitz Excellence in Undergraduate Research Award	4/2018
• Awarded by the American Physiological Society	

Univ. of Cincinnati College of Medicine Medical Sciences Research Symposium Winner	4/2018
• Awarded by University of Cincinnati College of Medicine	

Cell & Molecular Physiology Section Robert Gunn Student Travel Award	3/2018
• Awarded by the American Physiological Society	

Barbara A. Horwitz and John M. Horowitz Outstanding Undergraduate Abstract Awards	2/2018
• Awarded by the American Physiological Society	

Highest Achievement in Organic Chemistry, University of Cincinnati 4/2016

- Awarded by University of Cincinnati Department of Chemistry

Highest Achievement in General Chemistry, University of Cincinnati 4/2015

- Awarded by University of Cincinnati Department of Chemistry

GRANTS & FELLOWSHIPS

Orthopaedic Research Committee Medical Student Summer Program 5/2020

- Selected for grant by the Department of Orthopaedic Surgery at University of Cincinnati College of Medicine

Medical Student Summer Research Program Fellowship (MSSRP) 3/2020

- Selected for grant by the University of Cincinnati College of Medicine as sponsored by the NIH

Undergraduate Summer Research Fellowship (UGSRF) 4/2017

- Awarded by the American Physiological Society

Summer Undergraduate Research Fellowship for the Medical Scientist Training Program 3/2017

- Awarded by Univ. of Cincinnati COM and Cincinnati Children's Hospital Medical Center

RESEARCH EXPERIENCES

Orthopedic Surgery Medical Student Research Scholar 6/2022-Ongoing

University of Cincinnati College of Medicine Dept. of Orthopedic Surgery

Principal Investigator(s): Multiple (All attending orthopedic physicians at UCCOM)

- This annually reoccurring research position is offered, by the University of Cincinnati College of Medicine Dept. of Orthopedic Surgery, to one medical student who is between their third and fourth years of medical school. The position spans a duration of 1 academic year and is targeted at medical students who desire to match into orthopedic surgery. In this position I act as both a researcher and research coordinator who manages a multitude of attending, resident, and medical student research projects. The studies are mostly trauma based and are a mix of prospective and retrospective research studies.

Medical Student Summer Research Program Fellowship (MSSRP) 4/2017-7/2022

University of Cincinnati College of Medicine Dept. of Pharmacology and Systems Physiology Principal

Investigator(s): Bryan Mackenzie, PhD

- Listed as occurring from 2017-2022 as I have been a continued member of this laboratory since my undergraduate studies. The projects are all basic science in design and as such span many years. During my MSSRP fellowship I continued with the projects that were started prior to my enrollment into medical school.

- These basic science projects involve extensive bench work, live animal models, and radiotracer assays.
- The projects I worked on during my MSSRP fellowship included:
 - Oligomerization of ferroportin and the mechanism of autosomal dominance in ferroportin disease.” (**Primary focus during MSSRP*)
 - Ablation of Na⁺/H⁺ exchanger-3 prevents iron loading in the HFE mouse model of hereditary hemochromatosis.
 - Functional properties of mouse ferroportin, a cellular iron-export protein.
 - Heparin inhibits ferroportin in the *Xenopus* oocyte expression system via a calcium-dependent mechanism that does not involve endocytosis.
 - M-CSF supports medullary erythropoiesis and erythroid iron demand following burn injury through its activity on homeostatic iron recycling.

Orthopaedic Research Committee Medical Student Summer Program

5/2020-7/2020

University of Cincinnati College of Medicine Dept. of Orthopedic Surgery

Principal Investigator(s): Henry Sagi, MD • The project I worked on was titled: ○ “Risk

Factors and Characteristics of Recalcitrant Osteomyelitis Following Appropriate Initial Surgical and Antibiotic Treatment”

- This summer project was a retrospective chart review of over 1000 patients which culminated in an abstract, a podium presentation at annual OTA conference, and an accepted manuscript.

Research Assistant and Fellow

4/2017-7/2020

University of Cincinnati College of Medicine

Bryan Mackenzie, PhD, Department of Pharmacology and Systems Physiology

- Oligomerization of ferroportin and the mechanism of autosomal dominance in ferroportin disease.
- Ablation of Na⁺/H⁺ exchanger-3 prevents iron loading in the Hfe mouse model of hereditary hemochromatosis.
- Functional properties of mouse ferroportin, a cellular iron-export protein.
- Heparin inhibits ferroportin in the *Xenopus* oocyte expression system via a calcium-dependent mechanism that does not involve endocytosis.

PUBLICATIONS & PRESENTATIONS

Accepted Manuscripts

1. Gill B., **Bonamer JP.**, Kuechly H., Gupta R., Emmert A.S., Kurkowski S., Hasselfeld K., & Grawe B.M. *ChatGPT is a Promising Tool to Increase Readability of Orthopedic Research Consents*. Journal of Orthopaedics, Trauma and Rehabilitation. Accepted 2023 Sept 10. In-Press.
2. Azucenas CR, Ruwe TA, **Bonamer JP**, Qiao B, Ganz T, Jormakka M, Nemeth E, Mackenzie B. *Comparative analysis of the functional properties of human and mouse ferroportin*. Am J Physiol Cell Physiol. 2023 Mar 20;324(5):C1110–8. doi: 10.1152/ajpcell.00063.2023.PMID: 36939203;
3. Johnson BM, Crawford Z, Harley J, **Bonamer JP**, Grawe BM. *A Comparison of Quantitative and Qualitative Shoulder Range of Motion with Patient Reported Outcomes*. J Shoulder Elbow Surg.

- 2023 Jul;32(7):1364-1369. doi: 10.1016/j.jse.2023.02.133. PMID: 36997153.
4. Shah NS, Kanhere A, Dowell E, Sabbagh RS, **Bonamer J**, Franklin A, Sanders D, Sagi HC. *Risk Factors and Characteristics of Recalcitrant Osteomyelitis Following Initial Surgical and Antibiotic Treatment*. J Orthop Trauma. 2023 Sep 1;37(9):423. doi: 10.1097/BOT.0000000000002616. PMID: 37053120.
 5. Noel JG, Ramser SW, Pitstick L, **Bonamer JP**, Mackenzie B, Seu KG, Kalfa TA, Cancelas JA, Gardner JC. *M-CSF supports medullary erythropoiesis and erythroid iron demand following burn injury through its activity on homeostatic iron recycling* Sci Rep. 2022 Jan 24;12(1):1235. doi: 10.1038/s41598-022-05360-2. PMID: 35075211

Manuscripts Under Review

1. Kuechly, H., Kurkowski, S., **Bonamer, J.P.**, Johnson, B.M., Smith, R., Shah, N.S., Thomson, C., Roca, A., Meyer, J., & Laughlin R. *Mobilization After Operative Fixation in Patients Treated with Endobutton Device versus Transfixation Screw for Syndesmotic Disruption*. [Manuscript under review]. In: Journal of Orthopaedics, Trauma and Rehabilitation
2. Johnson, B.M., **Bonamer, J.P.**, Thomson, C., Figueras, J., Shah, N.S., Sabbagh, R.S., Keuchly, H., Newyear, B., Narendran, N., & Grawe, B.M. *Negative Pain Thoughts Questionnaire (NPTQ-SF) Scores and Outcomes After Arthroscopic Meniscectomy* [Manuscript Under Review]. In: The American Journal of Sports Medicine
3. Kuechly, H., Kurkowski, S., **Bonamer, J.P.**, Newyear, B., Johnson, B.M., & Grawe, B.M. *Does a Short Handout Decrease Post-Operative Opioid Use and Alter Disposal Habits?* [Manuscript Under Review]. In: Journal of Opioid Management
4. Notorgiacomo G, **Bonamer J**, Ross P, Stern P. *The Single Assessment Numeric Evaluation (SANE) for Elective Hand Surgeries: A Prospective Cohort Study*. [Manuscript under review]. In: Journal of Bone and Joint Surgery
5. Johnson B, Shah N, **Bonamer J**, Grawe B. *Prehabilitation for Anterior Cruciate Ligament Reconstruction Does Not Improve Short-Term Outcomes, Lead to Faster Recovery, or Increase Return to Sport: A Matched Cohort Study*. [Manuscript under Review]. In: American Journal of Sports Medicine
6. Johnson B, Shah N, **Bonamer J**, Grawe B. *Patient Priorities and Expectations Regarding Shoulder Surgery (PRESS) and Associated Outcomes: A Prospective Study*. [Manuscript under Review]. In: American Journal of Sports Medicine
7. Emmert AS, Johnson BM, **Bonamer JP**, Gupta R, and Grawe BM. *Return-to-Sport Rates Following ACL Reconstruction with Quadriceps Tendon Grafts: A Systematic and Critical Analysis Review*. AJSM. (manuscript under review).

Accepted Abstracts

1. Matar R, Ross PR, Swenson A, Emmert AS, **Bonamer J**, Johnson B, and Stern PJ. *Complications of Distal Radius Bridge Plating*. In: Orthopaedic Trauma Association 39th Annual Meeting; 2023 October 18–October 21; Seattle, WA: OTA. Abstract nr TBD.
2. Johnson B, Pierrie S, **Bonamer J**, Sagi H. *Continuous Passive Movement Machine for Adjunctive*

Pain Control in Intraarticular Knee Fractures. In: Orthopaedic Trauma Association 39th Annual Meeting; 2023 October 18–October 21; Seattle, WA: OTA. Abstract nr TBD.

3. Crawford Z, Stout J, **Bonamer J**, Johnson B, Guanciale A. *Prospective Cohort Study of Culture Positive Clostridium acnes in Degenerative Disc Disease*. In: Global Spine Congress 2023; 2023 May 31-June 3; Prague, Czech Republic: GSC; 2023 May 111 p.
4. Crawford Z, **Bonamer J**, Johnson B, Gilday S, Parr B, Sturm P. *Impact of Patient Characteristics on Successful Lengthening of Magnetically Controlled Growing Rods in Early Onset Scoliosis*. In: European Paediatric Orthopaedic Society Annual Meeting 2024; 2024 March 29 – April 1; Krakow, Poland: EPOS; Abstract nr TBD
5. Shah N, Kanhere A, Sabbagh R, **Bonamer J**, Doyle M, Frederickson M, Sagi HC. *Risk Factors and Characteristics of Recalcitrant Osteomyelitis Following Appropriate Initial Surgical and Antibiotic Treatment*. In: Orthopaedic Trauma Association Annual Meeting 2021; 2021 October 20 – October 23; Fort Worth, Texas: OTA; 2021 October 57 p.
6. Ruwe AT, Qiao B, **Bonamer J**, Azucenas C, Ganz T, Nemeth E, Mackenzie B. *Hepcidin inhibits ferroportin in the Xenopus oocyte expression system via a calcium-dependent mechanism that does not involve endocytosis*. In: Experimental Biology 2020; 2020 April 2 – April 5; Philadelphia, Pennsylvania: FASEB J: 34: 892.6638, 2020
7. Azucenas C, **Bonamer J**, Ruwe AT, Qiao B, Ganz T, Nemeth E, Mackenzie B, *Functional properties of mouse ferroportin, a cellular iron-export protein*. In: Experimental Biology 2019; 2019 April 6 – April 9; Orlando, Florida: FASEB J 33: 824.28, 2019
8. Stone S, Ruwe AT, **Bonamer J**, Azucenas C, Shawki A, Mackenzie B. *Ablation of Na⁺/H⁺ exchanger-3 prevents iron loading in the Hfe mouse model of hereditary hemochromatosis*. In: Experimental Biology 2019; 2019 April 6 – April 9; Orlando, Florida: FASEB J 33: 825.2, 2019
9. **Bonamer J.**, Ruwe AT, Qiao B, Vieth K, Ganz T, Nemeth E, Mackenzie B. *Oligomerization of ferroportin and the mechanism of autosomal dominance in ferroportin disease*. In: Experimental Biology 2018; 2018 April 21 – April 25; San Diego, California: FASEB J 32: 750.14, 2018

Abstracts Under Review

1. Crawford Z, Emmert AS, **Bonamer J**, Johnson B, Grawe E, and Guanciale A. *Analysis of Perioperative Clinical Characteristics and Surgical Outcomes of Patients Developing Surgical Site Infections in the Post-COVID-19 Pandemic Era*. [abstract under review]. In: American Academy of Orthopaedic Surgeons 2024 Annual Meeting; 2024 February 12–February 16; San Francisco, CA: AAOS. Abstract nr TBD
2. Shah N, Rybka K, Johnson B, Buchan J, **Bonamer J**, Pierrie S, Sagi HC. *Functional outcomes and gait analysis with surgical resection of heterotopic ossification following to acetabular fracture surgery*. [abstract under review]. In: American Academy of Orthopaedic Surgeons 2024 Annual Meeting; 2024 February 12–February 16; San Francisco, CA: AAOS. Abstract nr TBD
3. Crawford Z, **Bonamer J**, Emmert AS, Johnson B, Beltran M. *Reoperation in Extremity and*

Pelvic Fractures: An analysis of Risk Factors and Hemoglobin A1c [abstract under review]. In: American Academy of Orthopaedic Surgeons 2024 Annual Meeting; 2024 February 12–February 16; San Francisco, CA: AAOS. Abstract nr TBD

4. **Bonamer J**, Crawford Z, Stout J, Kurkowski S, Emmert AS, Johnson B, and Guanciale A. *A Prospective Analysis: Indolent Cutibacterium Infection in Primary Discectomy Patients* [abstract under review]. In: American Academy of Orthopaedic Surgeons 2024 Annual Meeting; 2024 February 12–February 16; San Francisco, CA: AAOS. Abstract nr TBD
5. Pierrie S, **Bonamer J**, Johnson B, Emmert AS, and Beltran M. *Open reduction and cabling is a safe and effective adjunct to intramedullary nailing of spiral femur fractures.* [abstract under review]. In: American Academy of Orthopaedic Surgeons 2024 Annual Meeting; 2024 February 12–February 16; San Francisco, CA: AAOS. Abstract nr TBD
6. **Bonamer J**, Ellis J, Kurkowski S, Johnson B, Emmert AS, and Beltran M. *Buttress Fixation of the Posterior Malleolar Fragment (PMF) is Safe and Permits Early Weightbearing After Trimalleolar Fracture.* [abstract under review]. In: American Academy of Orthopaedic Surgeons 2024 Annual Meeting; 2024 February 12–February 16; San Francisco, CA: AAOS. Abstract nr TBD
7. Johnson B, **Bonamer J**, Sagi H. *A Scoring System for Predicting Unplanned Postoperative ICU Transfer in Geriatric Patients with Fractures of the Hip.* [abstract under review]. In: American Academy of Orthopaedic Surgeons 2024 Annual Meeting; 2024 February 12–February 16; San Francisco, CA: AAOS. Abstract nr TBD
8. **Bonamer J**, Gill BS, Kurkowski S, Gupta R, Emmert AS, Crawford Z, Johnson B, Grawe B. *ChatGPT is a Promising Tool to Increase Readability of Orthopaedic Research Consents.* [abstract under review]. In: American Academy of Orthopaedic Surgeons 2024 Annual Meeting; 2024 February 12–February 16; San Francisco, CA: AAOS. Abstract nr TBD
9. Kurkowski S, **Bonamer J**, Johnson B, Smith R, Fernandez A, Meyer J, Laughlin R. *Mobilization After Operative Fixation in Patients Treated with Endobutton Device versus Transfixation Screw for Syndesmotic Disruption* [abstract under review]. In: American Academy of Orthopaedic Surgeons 2024 Annual Meeting; 2024 February 12–February 16; San Francisco, CA: AAOS. Abstract nr TBD
10. Kurkowski S, **Bonamer J**, Gerak S, Thimmesch M, Harley J, Grawe B. *Staff Presence and Operating Room Efficiency in Total Shoulder Arthroplasty* [abstract under review]. In: American Academy of Orthopaedic Surgeons 2024 Annual Meeting; 2024 February 12–February 16; San Francisco, CA: AAOS. Abstract nr TBD
11. Catlett S, Kurkowski S, Huertas A, **Bonamer J**, Beltran M. *Intra-articular Floating Knee Injuries Have High Rates of Arthrofibrosis and Need for Reoperation* [abstract under review]. In: American Academy of Orthopaedic Surgeons 2024 Annual Meeting; 2024 February 12–February 16; San Francisco, CA: AAOS. Abstract nr TBD
12. Kurkowski S, **Bonamer J**, Johnson B, Kuechly H, Newyear B, Grawe B. *Predictors of Surgical Outcome in Patients Undergoing Meniscectomy* [abstract under review]. In: American Academy of Orthopaedic Surgeons 2024 Annual Meeting; 2024 February 12–February 16; San Francisco, CA: AAOS. Abstract nr TBD

13. Kurkowski S, **Bonamer J**, Shah N, Grawe B. *Ultrasound and Outcomes of Rotator Cuff Repair with New Acellular Human Allograft at 6-Months Post-Surgery* [abstract under review]. In: American Academy of Orthopaedic Surgeons 2024 Annual Meeting; 2024 February 12–February 16; San Francisco, CA: AAOS. Abstract nr TBD
14. **Bonamer J**, Figueras J, Johnson B, Shah N, Thompson C, Kurkowski S, Harley J, Emmert S, Grawe B. *Not All Forms of Preoperative Opioid Education Are Successful at Decreasing Post-Operative Use: A Prospective, Randomized Controlled Trial*. [abstract under review]. In: Mid-America Orthopaedic Association Annual Meeting; 2024 April 10- 14; Bonita Springs, Florida: MAOA. Abstract nr TBD.
15. Johnson B, **Bonamer J**, Kurkowski S, Marquardt O, Murphy M, Nissen S, Le S, Grawe B. *Sex Differences in Rotator Cuff Repair*. [abstract under review]. In: Mid-America Orthopaedic Association Annual Meeting; 2024 April 10- 14; Bonita Springs, Florida: MAOA. Abstract nr TBD.
16. Catlett S, Johnson B, **Bonamer J**, Kurkowski S, Taneja A, Grawe B. *Machine Learning Approach to Predicting Rotator Cuff Repair Outcomes*. [abstract under review]. In: Mid-America Orthopaedic Association Annual Meeting; 2024 April 10- 14; Bonita Springs, Florida: MAOA. Abstract nr TBD.
17. **Bonamer J**, Pierrie S, Reddy E, Emmert AS, Beltran M. *Increased Complication and Reoperation Rate in Obese Polytrauma Patients Undergoing Fracture Surgery Compared to Matched Control*. [abstract under review]. In: Mid-America Orthopaedic Association Annual Meeting; 2024 April 10- 14; Bonita Springs, Florida: MAOA. Abstract nr TBD.

TEACHING EXPERIENCE

Supplemental Instruction Leader (SIL) Mentor, University of Cincinnati

8/2017-4/2018

- See teaching experience below for definition of Supplemental Instruction Leader (SIL). In this role I was responsible for teaching faculty-selected students to become SILs. This role included designing and leading a 40-hour training-week of 55 new prospective SILs before the start of each semester. Once the semester was underway, this teaching role evolved more into a mentorship role where I led weekly progress meetings with individual SILs. I would review teaching pedagogies, evaluate the SILs' collaborative learning strategies, lesson plans, and then provide them one-on-one constructive feedback.

SIL for Organic Chemistry, University of Cincinnati

8/2016-4/2018

- Functioned as a TA for organic chemistry I & II; hosted twice weekly 90-minute classes and once weekly office hours for undergraduates who were seeking additional teaching outside of scheduled lecture. To do so I attended all class lectures and from the course material I independently synthesized learning objectives, practice problem sets, take-home worksheets, and study materials. *People who attended my sessions did on average one letter grade above the course average.*

Learning Assistant in Anatomy & Physiology II, University of Cincinnati

1/2016-5/2016

- In this flipped classroom I acted as an in-class TA and facilitated student collaborative learning by engaging groups of students in conversation tailored to match their level of understanding. Further, I

proctored exams, wrote practice tests, fielded student emails, facilitated practical exams, and led open lab studies.

Lilly Conference on College Teaching, Oxford, OH, 2018

- 3-day conference where college administrators, faculty, and graduate students convene to share, discuss, critique, and reflect upon improving teaching and learning primarily through collaborative presentation sessions

CRLA International Mentor Training Program; Certified as a Level III Master Mentor 8/2017

- Training that progressed my ability and confidence to mentor college students; useful at the time because the roles I held on campus required me to independently teach and lead college students towards their academic and career goals.

COMMUNITY, PROFESSIONAL, AND INSTITUTIONAL SERVICE

Peer Reviewer for Journal: Advances in Physiology Education 4/2019-Present

- “Advances in Physiology Education promotes and disseminates educational scholarship to enhance teaching and learning of physiology, neuroscience, and pathophysiology. The journal publishes peer-reviewed descriptions of innovations that improve teaching in the classroom and laboratory, essays on education, and review articles based on our current understanding of physiological mechanisms.” I have peer-reviewed three manuscripts, so far, in this role for the journal.
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Bearcat Mentors 8/2019-Present

University of Cincinnati College of Medicine

- In this role I act as an academic and social mentor to two pre-medical students as they make their way through college with the specific goal of entering medical school upon graduation. I meet with my mentees biweekly either in person, via Facetime and/or text to provide them with advice on how to navigate the premedical and college arena to make themselves competitive applicants while remaining as mentally and physically healthy as possible.

Mini-Series Co-Leader; Over-the-Rhine Community Housing: Jimmy Heath House 8/2019-12/2020

- The Jimmy Heath House was opened in 2010 and seeks to serve homeless individuals in the OTR area of Cincinnati, OH. “The project is based on the ‘Housing First’ principle, the idea that chronically homeless people can become clinically and socially stable faster when homelessness is eliminated.”
 - For this project my group and I met with the director of the Jimmy Heath House to devise a running mini-series of educational health and wellness programs targeted specifically at the Jimmy Heath House’s population which consists of homeless individuals with past or current substance abuse. These sessions made sure to highlight local resources useful to this target population and the running series was delivered to the Jimmy Heath House residents during their communal dinners.
 - At the culmination of the project, *I presented our project to the Vice Mayor of Cincinnati (Vice Mayor Christopher Smitherman) at a Town Hall meeting.*

Elected Student Rep.; Student Advisory Committee on the University Budget

10/2019-10/2020

University of Cincinnati Main Campus

- In this role I met weekly with the SACUB chair members and the VP of Finance for the University of Cincinnati to vote on the allocation and budgeting of the \$28 million dollar student life budget. These meetings included hearing monetary asks from UC departments and organizations, analyzing their prior budgets, quantifying student need/interest from each entity and voting on/forming a mid-year and an end-of-year memo which aimed to advise the president of the university on how to best allocate the student life budget to these entities. My objective throughout the year was to aid in securing funds for student mental health services.

UCCOM Medical Student Treasurer; Medical Student Association

10/2019-10/2020

University of Cincinnati College of Medicine

- Elected Treasurer for the medical student class of 2023. In this role I managed the allocation and reimbursements of UCCOM's \$60,000 club-account budget. To do so I corresponded, nearly daily, with club leaders to orient them to their spending, managed an online accounting database, coordinated with the college of medicine's accounting team, and met monthly with the MSA board to discuss medical student events, like socials and formals, and how to fund them.
- In this role a special side project that I spearheaded and saw through to completion was the revamping of the medical student nap room within MSB; I piloted the acquisition of 2 bunk beds thereby allowing the addition of 4 new beds along with new bedding for each of the beds.

UCCOM MSA Holiday Festival

11/2019

University of Cincinnati College of Medicine

- One of the community service events MSA puts on yearly is a Holiday Festival for local Cincinnati public school students. At this event the students enjoy a safe space to engage in holiday cheer, play games, win prizes, and dabble in arts and crafts. This was one of the MSA community service projects that I was greatly involved in; I helped in the production and preparation phase of the project. I also participated in the event by running an art and crafts booth where the students and I made and decorated paper snowflakes.

St. Baldrick's UCCOM Shaves Event

4/2020

University of Cincinnati College of Medicine

- On a team that raised **\$2,112** for St. Baldrick's. At the time I had about 12 inches of hair that I had grown out for about 2 years; the desire to see my hair shaved fostered a lot of interest from my peers who were willing to graciously donate to see that reality come about. At the culmination of the fundraising effort, I shaved my hair down to the skin.

Summer Anatomy Dissection Scholar

5/2020-8/2020

University of Cincinnati College of Medicine

- Selected by UCCOM Gross Anatomy faculty to perform dissections of cadavers over the summer. The dissections would then be used by the Gross Anatomy course. I spent about 30-40 hours over the summer performing dissections of the cranial nerves, facial muscles, heart, and coronary vessels.

Learning Community Leader for Special Master's Program in Physiology

8/2020-Current

University of Cincinnati College of Medicine

- The Special Master's Program in Physiology at UCCOM is a "one-year program designed to help college graduates strengthen their academic credentials in preparation for application to U.S. medical schools." I was selected by the director of this program to be the medical student LC leader in charge of leading a cohort of 8 SMP students through weekly 2-hour sessions where we worked collaboratively through case-based medical vignettes to further aid in their hopeful and seamless transition into medical school. I have done this for two SMP cohorts now.

Admissions Multiple Mini Interview Rater

8/2020-2/2023

University of Cincinnati College of Medicine

- Served as an MMI interviewer for 5-6 interview days during the 2020-2021 and 2022-2023 UCCOM admission season.

Internal UCCOM Anki Deck Creator

8/2019-Current

Self-produced, edited, published, and distributed

- I have created and distributed to about 30 classmates (per request) a deck of ~15,000 cards which were all crafted individually by myself. This deck is only derived from UCCOM course lectures and as such follows the curriculum extremely closely. The project initially started out as an active studying technique for me, but it evolved as more people took interest in it. Many classmates, initially close friends, asked for tips on how to perform well on in-house exams. I told them of my study technique and of the deck I had made. This resulted in around 30 classmates requesting my deck prior to each exam; I would always distribute it to them to aid their studies. As the years went on, I organized the Anki deck and it has become a well-made, multimedia deck that is tagged for each UCCOM lecture given during the preclinical years. This project has *taken nearly 4000-6000 hours to complete* as it would take me about 8-12 hours a day, throughout both pre-clinical years, to complete the cards for each day's lecture.

Child Bedrest Volunteer; Cincinnati Children's Hospital Medical Center

9/2016-5/2019

Classroom Aid; The Arlitt Center for Education, Research and Sustainability

1/2017-5/2017

- The Arlitt Center is on the University of Cincinnati's campus, and it is a preschool famous for being one of the most diverse preschools in the nation, in terms of socioeconomic status, race, and culture.
 - Aided in the development of students, aged 3-5, via reading to the students, teaching them to read, introducing them to phonics, engaging them in art projects, and physical activity via sport.

Project Outreach; Ohio Aspirations in Computing Award

3/2016-4/2016

- The Ohio Aspirations in Computing Award seeks to celebrate an underrepresented group within technology by awarding high school females who demonstrate outstanding interest and ability in computing as well as achieving excellent academic performance. I coordinated with the project lead and the marketing team to ensure the greatest outreach and participation; I curated an email/phone list of all Ohio high-school principals to make them aware of the award and to provide them the proper information to distribute to the student body.

EMPLOYMENT

Rover

5/2022-Current

- “Rover.com is an American company which operates an online marketplace for people to buy and sell pet care services including pet sitting, dog boarding, and dog walking.” I am a pet lover and have missed not having my pets from home here with me, therefore I recently started as a pet care provider for Rover. So far, I have provided 15 clients with various services such as pet walking, house/pet sitting, and boarding cat/dogs at my own apartment.

Organic Chemistry Laboratory At UC Department of Chemistry, Cincinnati, OH

5/2017 - 9/2017

- This job helped me to pay for college expenses. In this departmental role I was responsible for the distribution, clean-up, and safety regarding all chemical reagents used in organic chemistry labs. I also aided the TAs and Professors, during scheduled lab time, in assisting students with their class lab experiments

Steel Rigger, Mazzella Lifting Technologies, Cleveland, OH 5/2014 - 8/2014 & 5/2015 - 8/2015

- This job helped me to pay for college expenses. Operated 1,500-ton presses, fork-lifts, strength test rigs, plasma cutters, and steel processing machinery such as steel saws and grinders to fabricate steel lifting cables, fittings, and loops, rated upwards of 65 tons lifting capacity, for construction cranes and ship lines

ACTIVE MEMBERSHIPS WITH PROFESSIONAL ORGANIZATIONS

American Orthopaedic Foot and Ankle Society

2023-Present

American Physiological Society

2018-Present

Ohio Physiological Society

2017-Present

CERTIFICATIONS

BLS Provider: *American Heart Association; current*

CPR/AED: *American Heart Association; current*

HOBBIES & INTERESTS

- Mountain Biking -- Currently Ride a 2013 Trek Superfly Comp 29er
- UCCOM Intramural Soccer and Basketball
- Exploring Sushi + Ramen scene -- Ando is the best sushi I have found locally.
- Golfing + Disc Golf – Idlewild in Burlington, KY is my favorite local course.
- Tent camping – Especially weekend trips to the Red River Gorge.
- Estate Sales -- VelvetCricket.com is the best I have found locally.