

RUSSELL N. SINGLETON

www.russellsingletonpa.com | russellsingleton@live.com | 1.208.709.1933

EDUCATION

M.P.A.S., Master of Physician Assistant Studies
Idaho State University, Meridian, ID

Expected August 3, 2012

- Cumulative GPA 3.9

B.S., Health Science—Public Health, *cum laude*
Brigham Young University—Idaho, Rexburg, ID

April 2010

- Minor in Spanish and Chemistry

CLINICAL EXPERIENCE

General Surgery

July 2012—August 2012

Advanced Surgery of Idaho, Caldwell, ID

- Trained in the evaluation of the surgical candidate including pre and post-operative care; first assist in common procedures such as cholecystectomy, appendectomy, herniorrhaphy; extensive suturing experience; assisted in screening procedures such as colonoscopy, EGD.

In-Patient

May 2012—June 2012

Elk's Wound Center, Meridian, ID

- Trained in evaluation and treatment of diabetic foot ulcers, venous stasis ulcers, decubitus ulcers and surgical site infections; monitored hyperbaric oxygen therapy; selective sharp debridement; specialized wound dressings; negative pressure therapy; offloading techniques; in-patient care of osteomyelitis, failed surgical flaps.

Southwest Idaho Advanced Care Hospital, Boise, ID

May 2012—June 2012

- Completed admit history and physicals, discharge summaries; trained in evaluation and treatment of critically ill patients with chronic wounds as well as exposure to intensive care and general in-patient conditions such as respiratory failure, acute and chronic kidney disease, congestive heart failure and severe protein-calorie malnutrition.

Orthopedics

April 2012—May 2012

Boise Orthopaedic Clinic, Boise, ID

- Cared for orthopedic out-patients as well as pre-operative patients; focus on sports medicine including shoulder impingement, ACL/MCL tears and muscle strains as well as degenerative conditions such as osteoarthritis; fracture care; proficiency with joint injections; assisted orthopedic surgeon with shoulder and knee arthroscopy, ACL reconstruction.

Dermatology

February 2012—March 2012

Gem State Dermatology, Boise, ID

- Evaluation and treatment of cancerous and precancerous lesions; diagnosed and treated common skin conditions such as acne, rosacea, acrochordon, seborrheic keratosis, rashes; assisted with excisional biopsies, mole mapping; exposure to various cosmetic procedures and laser treatments.

OB/GYN

February 2012—March 2012

Family Medicine Residency of Idaho, Boise, ID

- Provided prenatal care for primarily Spanish-speaking patients as well as general women's health; managed common complications of pregnancy including nausea gravidarum, pre-eclampsia and gestational diabetes; experience with fetal ultrasound, pelvic exams, colposcopy and contraceptive counseling.

Family Medicine

January 2012—February 2012

Shoshone Family Medical Clinic, Shoshone, ID

- Managed acute and chronic disease states in both children and adults including diabetes, hypertension, heart and lung disease, infections, depression, anxiety and minor trauma; performed well-child checks, wellness physicals, joint injections and suturing; translated for Spanish-speaking patients.

Emergency Medicine

January 2012—February 2012

St. Luke's—Jerome, Jerome, ID

- Trained in evaluation and treatment of acute illness including stroke, myocardial infarction, trauma, drug overdose; experience in the triage of high acuity patients; translated for Spanish-speaking patients.

Psychiatry

November 2011—December 2011

St. Alphonsus, Boise, ID

- Focused on child and adolescent psychiatry managing ADHD, oppositional defiant and conduct disorder, depression and anxiety; admitted geriatric patients to an in-patient facility for management of dementia, depression, bipolar affective disorder and PTSD; made rounds on both adolescent and adult in-patients.

Out-Patient

September 2011—November 2011

Community Family Clinic, Idaho Falls, ID

- Focus on family practice and primary care medicine; performed various procedures such as skin biopsy, nail plate removal, incision and drainage of abscess, phlebotomy; performed routine women's health checks including pap smear and pelvic exam; coordinated immunizations as well as routine screening tests.

Pediatrics

August 2011—September 2011

Community Family Clinic, Idaho Falls, ID

- Managed common pediatric health concerns including immunizations and screenings; trained in evaluation and treatment of common dermatologic, orthopedic and infectious disease processes in children.

ADDITIONAL EXPERIENCE

Home Health Aide

May 2009—August 2010

Upper Valley Home Health

- Worked with a special needs client coordinating and providing for medical needs, physical therapy, diet and other necessities.

Fit and Fall Proof Class Leader
Eastern Idaho Public Health District

April 2009—July 2009

- Designed and implemented a program for elderly and or disabled individuals in the area focusing on strength, flexibility and injury prevention.

CRLA Certified Tutor
Brigham Young University—Idaho

January 2009—January 2010

- Worked with ESL students and those with learning disabilities to improve function and performance in an academic environment.

VOLUNTEER EXPERIENCE

AmeriCorps Health Advocate

February 2012—

- Helping children and families navigate the healthcare system and coordinating valuable community resources.

ISU Community Health Screenings

September 2010—

- Participating in an ongoing series of community-wide health initiatives and vaccination clinics performing diabetic foot exams, basic physical exams, influenza and hepatitis vaccinations, HIV screenings and more.

Vineyard Free Medical Clinic

September 2010—

- As a regular volunteer, assists clinician by taking histories and performing physical evaluations, assisting in procedures and translating for Hispanic patients.

Eastern Idaho Regional Medical Center

August 2007—March 2009

- Attended to patient and family needs as an emergency room volunteer with the goal of making the hospital visit more pleasant.

Red Cross of Idaho

August 2008—September 2008

- Assisted in the organization and logistics of blood drive proceedings.

FOREIGN LANGUAGES

Spanish

COMMUNITY PROJECTS/PRESENTATIONS

“Diagnosing symmetrical polyarthralgia in a 35 year old Hispanic woman” 29 February 2012
Idaho State University Graduate Defense

“El cáncer y las mujeres” 15 September 2011
Osgood Head Start Parent Advisory Committee

“La Diabetes: Una Introducción” 23 September 2011
Blackfoot School District #95 Migrant Parent Advisory Committee

PUBLICATIONS

Singleton R. "Reaching Out". ADVANCE for NPs & PAs. Web publishing pending. Available July 20th, 2012 at <http://nurse-practitioners-and-physician-assistants.advanceweb.com/>

MEMBERSHIPS AND AFFILIATIONS

American Academy of Physician Assistants
Idaho Academy of Physician Assistants
Physician Assistant Student Society

CERTIFICATIONS

| | |
|------|-------------|
| ACLS | August 2012 |
| BLS | August 2012 |

SCHOLARSHIPS AND AWARDS

| | |
|---|------|
| ISU—Meridian Student Excellence Award | 2012 |
| AmeriCorps Idaho Healthcare for Children & Families Award | 2012 |
| Idaho SEARCH Grant | 2011 |
| Crystal and Clark Allen Family Scholarship | 2011 |
| Brigham Young University—Idaho Full Academic Scholarship | 2007 |
| Robert R. Lee Promise Scholarship | 2007 |