

# Alice Apple

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11 Beach St | Heaven, VT 05404 | 555.000.0008 | Alice.Apple@apple.com

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## EDUCATION

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University of Vermont, Larner College of Medicine: Burlington Aug. 2018- Present  
M.D. Candidate, Class of 2022

Dartmouth College: Hanover, NH Sept. 2012- June 2016  
Bachelor of Arts in Philosophy, Magna Cum Laude, Phi Beta Kappa  
Honors Thesis: "Akrasia, rationality, and autonomy: understanding the moral responsibility of the addict."  
Advisor: Adina Roskies PhD, Associate Professor of Philosophy

Wyoming Wilderness Medicine School/National Outdoor Leadership School July 2013  
Accelerated urban EMT course combined with a Wilderness First Responder course.

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## HONORS & AWARDS

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UVM Larner College of Medicine Jan. 2020  
Helen and Phyllis Wasserman Phorplus Prize for Excellence in Basic Sciences  
- Recognition of three students per class for highest overall scores through year 1&2 curriculum.

UVM Larner College of Medicine Jan. 2020  
Exemplary Clinical Exam Skills Award  
- Three students per class nominated by faculty and clinical simulation staff for exemplary clinical examinations and patient rapport.

UVM Larner College of Medicine Jan. 2020  
Durwood Smith Award for Excellence in Pharmacology  
- Offered to one student per class for highest scores in pharmacology through years 1&2 curriculum.

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## WORK & VOLUNTEER EXPERIENCE

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Alta Medical Clinic: Alta, UT Nov. 2017- May 2018  
*Medical Assistant/EMT:*  
- Gathered patient intake information such as history, vital signs and filed claims for insurance and billing.  
- Assisted providers with medical procedures such as fracture splinting, reductions, x-ray etc.

PACE MedSpanish: San Miguel de Allende, Mexico June 2017- Oct. 2017  
*Volunteer and Language program student:*  
- Intensive Medical Spanish language lessons with emphasis on clinical, cultural immersion, and global health.  
- Volunteered with local Red Cross ambulances, Brigada mobile health clinics, and local hospitals.  
- Developed a First Responder Course for community health workers  
- Assisted with the instruction of CPR courses in Spanish in local rural communities.

Medley Restaurant: Taos, NM Sept. 2016- May 2017  
*Assistant Pastry Chef:*

- Assisted with food preparation: required equal parts devotion to detail and creativity.

Mogul Medical Urgent Care: Taos Ski Valley, NM

Nov. 2013- Apr. 2017

*Medical Assistant/EMT:*

- Assessed and triaged incoming patients, performed first aid, completed administrative and insurance intake, took vital signs.
- Assisted providers with medical procedures such as fracture splinting, reductions, x-ray and other medical procedures.

Dartmouth Ski Patrol: Lyme, NH

Sept. 2012- June 2016

*Patroller/Training Officer:*

- Responded to calls for assistance: performed initial assessment, stabilized patient, performed first aid, made disposition and transport decisions. Assisted with daily mountain operations.
- Training Officer (9/2014-5/2015): Organized and taught weekly training and skills sessions, managed and assisted in teaching the yearly Outdoor Emergency Certification course and biannual refresher course.

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## RESEARCH EXPERIENCE

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“An innovative protocol for use of intranasal fentanyl for on-the-hill analgesia by ski patrol, a health records review”

Nov. 2018- Present

*Principal Investigator:*

Advisor: Sarah Schlein MD, Dept. Emergency Medicine UVMMMC

- Conducted a retrospective health records review to assess safety and efficacy of intranasal fentanyl in austere environments such as ski areas.
- Applied for IRB approval. Conducted literature review, performed data analysis, wrote and edited manuscript. Pending submission.
- Recipient of UVM Larner COM Summer Research Fellowship, 2019

“Step Siblings: A novel peer-mentorship program for medical student wellness during USMLE Step 1 preparation”

Aug. 2020- Present

*Co-Principle Investigator*

Advisor: Lee Rosen PhD, Interim Assoc. Dean of Students, UVM Larner College of Medicine

- Participated with a small team to pilot a peer mentorship program with an emphasis on providing wellness rather than academic support for students taking national board exam Step 1.
- Conducted survey of participants, performed literature review, performed data analysis and wrote manuscript. Submitted to *Medical Science Educator* 9/2021.
- Plan to submit findings for presentation at regional AAMC medical education meeting.

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## SERVICE & LEADERSHIP

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Wellness Committee: UVM Larner College of Medicine

Oct. 2018- Present

*Student Committee Member:*

- Elected by classmates as one of four student representatives to help foster and maintain wellness, resiliency, health, and peer connection among the students of Larner.
- Commit 20 hours/month to organize monthly peer support groups, fresh food days, biannual mental health panels, various workshops such as sleep hygiene and mindfulness. Serve as confidential and nonjudgmental support resource for peers.
- Helped to initiate a Leadership Counsel to increase communication between student leadership groups.

Committee for Equitable Allocation of COVID-19 Vaccine: VT Dep. Of Health Jan. 2021- Apr. 2021  
*Volunteer:*

- Compiled data from regional district health directors regarding vaccination needs for vulnerable populations. Compared data to Social Vulnerability Index on GIS mapping to demonstrate areas needing increased focus.

Ultrasound Student Interest Group: UVM Larner College of Medicine May 2019- Dec. 2019  
*Student Leader:*

- Attended additional extracurricular workshops covering a variety of techniques and organ systems.
- Taught basics of point of care ultrasound to first year medical students including basic technique and interpreting findings for various organ systems (e.g. vasculature, renal, cardiac, etc.)

Wilderness Medicine Student Interest Group: UVM Larner College of Medicine Oct. 2018- Dec. 2019  
*Student Leader:*

- Organized and helped teach a semester long wilderness first aid course for medical students.
- Organized hikes, journal clubs, cabin nights, with the aim of fostering teamwork, austere skills, and a love of the outdoors.

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## PUBLICATIONS & PRESENTATIONS

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-----, "Dental Basics for the PCP." *UVM ScholarWorks. Family Medicine Clerkship Student Projects.* 657. 2021 Jul.  
<https://scholarworks.uvm.edu/fmclerk/657>

Barnum M.<sup>1</sup>, Friedman, R.<sup>1\*</sup>, -----.<sup>1</sup>, Montgomery, C.<sup>1</sup>, Sue, I.<sup>1</sup>, Wells, J.<sup>1</sup>, Yousef, H.<sup>1</sup>, Delaney T. PhD<sup>2</sup>, Cote, E.<sup>2</sup>, Maclean, C. MD<sup>2</sup>, Carney J. MPH.<sup>3</sup> "Physician Attitudes Toward Screening for Social Determinants of Health." *UVM ScholarWorks. Public Health Projects.* 302. 2020 Oct.  
[https://scholarworks.uvm.edu/comphp\\_gallery/302](https://scholarworks.uvm.edu/comphp_gallery/302)

- Presented at UVM Public Health Poster Session Jan. 2020
- \*Presented at American Public Health Association National Meeting Oct. 2020

-----, "First Days in Anatomy Lab." *Academic Med.* 2020 Jul;95(7):975-976.

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## LICENSURE & CERTIFICATION

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Basic Life Support, American Heart Association	Expires Oct. 2021
Prehospital Traumatic Life Support: National Academy of Emergency Medicine Technicians	2016
Avalanche Level I: American Institute for Avalanche Research	2016

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## SKILLS & INTERESTS

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Spanish Language

Proficiency: Good, with good working knowledge of medical Spanish.

Outdoor Activities: Backcountry skiing, Backpacking, Rock climbing, Mountain biking, and Whitewater rafting