

Sarah Elizabeth Birkholz

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EDUCATION

Creighton University School of Medicine, Omaha, NE 2015 - 2019
Doctor of Medicine

University of Phoenix, Phoenix, AZ 2014 – 2015
Master's of Business Administration

Drake University, Des Moines, IA 2010 – 2014
Bachelor of Arts
Biochemistry, Cell and Molecular Biology, *magna cum laude*

Hennepin Technical College, Bloomington, MN Summer 2011
Emergency Medical Technician-Basic

PROFESSIONAL EXPERIENCE

Obstetrics and Gynecology Intern 2019-2020
Naval Medical Center San Diego
San Diego, CA

- Rotates through different obstetrics and gynecology specialties including labor and delivery, general gynecology, gynecology oncology, reproductive endocrinology and infertility, and urogynecology.
- Works with staff attendings, residents, nurses and corpsman to provide the best possible care for patients

2014-2015

Medical Scribe
Emergency Physician Professional Association
Minnetonka, MN

- Worked alongside physicians, physician assistants and nurse practitioners to document patient history, review of systems, physical exam, findings and plan using an electronic medical record.
- Increased emergency department efficiency by allowing for patient focused physician interactions.
- Trained new medical scribes to ensure proper techniques and skills were acquired

Personal Care Assistant Summer 2014
Minnetonka, MN

- Cared for a teenage girl with Down Syndrome.
- Worked on social skills and improving ability to perform activities of daily life independently.

Supported Community Living Provider 2013-2014
Des Moines, IA

- Worked with an autistic boy to develop skills of daily living.
- Implemented his Individual Education Plan to help him meet specific goals socially, functionally and academically.

Emergency Medical Technician 2012-2013
ABM Security- Titan Tires
Des Moines, IA

- Maintained a safe and secure environment in an industrial setting.
- Utilized emergency medical training to assess and ensure the health of employees.

Emergency Medical Technician

Summer 2012

Camp Wah-Nee

Torrington, CT

- Emergency Medical Technician
- Assisted three nurses and four rotating physicians to maintain the camp health center.
- Dispensed medications under the supervision of nurses to campers throughout the day.

PRESENTATIONS/ PUBLICATIONS

Poster Presentations

Birkholz, S., Bell, E., & Valiquette, A. (2018, February). Interdisciplinary work between public relations and medicine to improve clinic success. Poster presented at Society of Student Run Free Clinics Annual Conference, Omaha, NE.

Birkholz, S., Rometti, M., Gildemaster, Y., Davis, A., Barlett., Tangen, B., Hassan., White, A., Nemeth., Kinzler, C., Mechels, K., Fennely, N., Freymark, R., Lewis, S., White, S., Wall, P., Buising, C. (2014, April). Tourniquets pressures: Strap width and tensioning system widths. Poster presented at the Drake University Conference on Undergraduate Research in the Sciences, Des Moines, IA.

Brune, M., Heffernen, E., Gagich, L., Kaese, J., Matsunaga, J., Stille, E., Terry, L., **Birkholz, S.,** Gildemaster, Y., Rometti, M., Shuda, L., Wall, P., Buising, C. (2013, April). Pre and post blood donation comparisons of upper body position effects on stroke volume. Poster presented at the Drake University Conference on Undergraduate Research in the Sciences, Des Moines, IA.

Duevel, D., Pokorny, J., Ahle, J., Becker, A., Buschling, J., Davis, T., Reed, L., Sautter, R., Brune, M., Heffernen, E., Koehler, A., Morris, S., Gagich, L., Perrington, M., Kaese, J., Matsunaga, J., Stille, E., Terry, L., **Birkholz, S.,** Gildemaster, Y., Patel, T., Rometti, M., Shuda, L., Thorson, M., Walburg, J., Wall, P., Buising, C. (2011, April). Tourniquets and occlusion: The pressure of design. Poster presented at the Drake University Conference on Undergraduate Research in the Sciences, Des Moines, IA.

Oral Presentation

Birkholz, S., Buising, CM., McCrickerd, J. (2014, May). A sociological look at tourniquet use throughout history. Oral presentation at Drake University Honor Senior Thesis Conference, Des Moines, IA.

Publications

Birkholz, S., Patil, AA., Chamczuk, A. Treatment of postoperative recurrent cerebrospinal fluid leak with pseudomeningocele formation using temporary epidural drain- case reports. *Interdisciplinary Neurosurgery*. 16: 25-28. June 2019.

Wall, PL., Weasel, J., Rometti, M., **Birkholz, S.,** Gildemaster, Y., Grulke, L., Sahr, S., Buising, CM. Pressures under 3.8cm, 5.1 cm, and side-by-side 3.8 cm wide tourniquets. *Journal of Special Operations Medicine*. 16 (2), Summer 2016.

Wall, PL., Coughlin, O., Rometti, M., **Birkholz, S.,** Gildemaster, Y., Grulke, L., Sahr, S., Buising, CM. Tourniquet pressures: Strap width and tensioning system widths. *Journal of Special Operations Medicine*. 14(4): 19-29, Winter 2014.

Papers

Birkholz, S., Harper-Harrison, G. Racial and ethnic disparities in maternal morbidity and mortality. Fall 2018.

RESEARCH ACTIVITIES

Tourniquet Trauma Research

Drake University Charisse Buising, Ph.D.

2011-2012, 2013-2014

- Investigated the effectiveness of tourniquets regarding width and tourniquet type
- Worked with live subjects requiring informed consent to perform our study
- Organized data collection, analyzed data and paper writing.

Stroke Volume Trauma Research

2012 - 2013

Drake University Charisse Busing, Ph.D.

- Investigated effectiveness of changes in body position post blood loss on stroke volume variation
- Conducted study on live subjects pre and post blood donation in order to stimulate loss of blood volume.
- Performed data input, executed calculations and analyzed research outcomes for data purposes

HONORS AND AWARDS

Medical Dean's MAGIS Scholarship

2018 - 2019

School of Medicine

Creighton University, Omaha, NE

University Honors

2014

College of Arts and Sciences

Drake University, Des Moines, IA

Mortar Board

2014

College of Arts and Sciences

Drake University, Des Moines, IA

Phi Beta Kappa

2014

College of Arts and Sciences

Drake University, Des Moines, IA

President's List

Spring 2012, Fall 2012, Spring 2013, Fall 2013, Spring 2014

College of Arts and Sciences

Drake University, Des Moines, IA

Beta Beta Beta Biologic Honor Society

2012 - 2014

College of Arts and Sciences

Drake University, Des Moines, IA

Alpha Mu Gamma Foreign Language Honor Society

2012 -2014

College of Arts and Sciences

Drake University, Des Moines, IA

Dean's List

Fall 2010, Spring 2011, Fall 2011

College of Arts and Sciences

Drake University, Des Moines, IA

LEADERSHIP ACTIVITIES

Magis Clinic Director

2017 – 2019

Creighton University, Omaha, NE

- Clinic works in collaboration with students, physicians, pharmacists, and social workers in the community to provide medical service to underserved individuals
- Oversee general activities of over 25 different clinic officers.
- Manage business activities of the clinic, group meetings, and works with administration to run and improve functioning of the clinic

Magis Clinic Manager

2015 – 2019

Creighton University, Omaha, NE

- Organize medical and pharmacy students volunteer experience at the clinic
- Volunteer at clinic 1 time a month to oversee students and correspond with practitioners
- Ensure clinic activities run smoothly and provide the best possible patient care.

Military Medicine Student Association President

2017 – 2018

Creighton University, Omaha, NE

- Establish and advertise events regarding medicine in the military setting
- Aid in connecting students of different classes to generate a network of mentors involved in military medicine.

Magis Clinic Fundraising Coordinator

2015 - 2017

Creighton University, Omaha, NE

- Organized annual events, the Magis Wine Tasting in the spring and Magis Golf Outing in the fall.
- Coordinated activities with necessary personal including venue staff, Alumni relations and clinic mentors.
- Raised donations that aid in providing medical care to the underserved in the Omaha area.

Magis Clinic Public Relations Committee Chair

2015 – 2017

Creighton University, Omaha, NE

- Collaborated with an undergraduate Public Relations capstone class to develop multiple PR plans to improve our relationship with our different publics.
- Implemented aspects of different plans developed.

Partners Against Cancer Inpatient Scheduling Manager

2015 – 2017

Creighton University, Omaha, NE

- Worked with an oncologist to coordinated opportunities for medical students to match with cancer patients.
- Mentored students to provide physical and emotional support to patients diagnosed with cancer, helping them to act as advocates and companions.

Vice President of Recruitment

2012 - 2013

Drake University Panhellenic Council, Drake University, Des Moines, IA

- Led and coordinated the Fall Recruitment activities of Drake University Greek Life.
- Worked with a team of four individuals, as well as the Vice President Recruitment of Interfraternity Council, to plan and execute a successful Recruitment process.
- Communicated with the Chapter Advisors and Vice Presidents of Recruitment for each sorority to ensure clear communication between all members.

Co-President

2012 – 2013

Alpha Mu Gamma Foreign Language Honor Society, Drake University, Des Moines, IA

- Worked with an executive board of seven members.
- Coordinated activities for an organization of around 25 members.
- Communicated with Advisor to ensure clear communication.
- Helped to promote the use of foreign language and culture.

Vice Present Public Relations

2011 -2013

Delta Gamma Fraternity, Drake University, Des Moines, IA

- Ensured organization preserved respectable relations with fellow Greek organizations, alumnae, Drake University, and members' parents
- Produced and published a newsletter for parents and alumnae each semester.
- Wrote chapter updates published in the Delta Gamma national magazine

Service Committee Chair

2011 – 2012

Alpha Phi Omega Service Fraternity, Drake University, Des Moines, IA

- Volunteer service fraternity with a focus on leadership, friendship and service.
- Worked with the Vice President Service to organize and plan volunteer opportunities for over 200 members.
- Facilitated committee meetings.
- Personally volunteered at least 15 hours per semester in order to give back to the community.

Student Senate First Year Interest Committee

2010 – 2011

Drake University, Des Moines, IA

- Worked in collaboration with 10 other individuals to meet the needs of First Year students at Drake University, including activities specifically for First Year students, such as a dodge ball tournament and a spring alcohol awareness week.
- The committee worked jointly with the Student Senate.

ACADEMIC SERVICE

Creighton University School of Medicine Peer Mentor

2017 – 2019

Creighton University, Omaha, NE

- Lead medical student small group enrichment activities
- Participate in physician/student panel events to discuss topics such as physician leadership and teamwork

Vital Signs Peer Mentor

2017 – 2019

Creighton University, Omaha, NE

- A mentoring program to provide relationships and support for medical students of all levels
- Meet in small group setting to provide support and give advice to younger medical students
- Work with alumni mentor to put together group events.

AMWA Mentor

2017 – 2019

Creighton University, Omaha, NE

- Mentoring program between undergraduate premedical students and current medical students.
- Meet with undergraduate students to offer advice and support regarding medical school and applications.
- Work with alumni mentor to put together group events.

Human Anatomy and Physiology Laboratory Teaching Assistant

2013 – 2014

Drake University, Des Moines, IA

- Assisted the professor in facilitating laboratory activities.
- Guided students in dissections and educating students about anatomy and physiologic elements of the body.

Resident Assistant, Drake University

2011 – 2012

Drake University, Des Moines, IA

- Worked with 13 other individuals to provide a safe residence for over 400 students.
- Planned and executed programs based upon campus safety, wellness, and community building.
- Facilitated community-building and acted as an administrator by monitoring the halls and maintaining a safe living environment.
- Met with students having difficulties with class material to better understand.

COMMUNITY SERVICE

Institute for Latin American Concern Women's Health Clinic

February 2019

- Worked with two attendings, one resident, a pelvic floor physical therapist, three PA students, two nurses and five medical students.
- Worked in a rural, underdeveloped and under-resourced to provide medical care to women in the Dominican Republic.

- Mission to integrate health, spirituality, education and community development.

Magis Acute Care Clinic 2015 - 2019

- Volunteer with this non-profit organization that serves patients who are homeless and uninsured in Omaha.
- Participate in the primary care taking history and physical and proposing differentials and treatment plans to the attending.

Magis Psych Clinic 2015 - 2019

- Volunteer with this non-profit organization that serves patients who are homeless and uninsured in Omaha
- Participate in the psychiatric care taking history and physical and proposing differentials and treatment plans to the attending

Magis Sexual Health Clinic 2015 - 2019

- Volunteer with this non-profit organization that serves patients who are homeless and uninsured in Omaha
- Participate in the primary care and sexual health care taking history and physical and proposing differentials and treatment plans to the attending

Partner's Against Cancer 2015 – 2017

- Served as an advocate and companion for cancer patients.
- Accompanied cancer patients to their medical appointments and treatments.

Body Basics 2015 – 2016

- Student-run CUSOM organization that offers free science based program to Omaha schools
- Directed stations, teaching about sheep hearts, sheep brains, cow eyes and human bones

Project CURA: Pine Ridge Spring 2016

- Student-run CUSOM organization that sends medical students to Pine Ridge Indian Reservation in South Dakota
- Spent one week in Pine Ridge working with students in schools to educate them about the importance of health and provided science based learning.

St. Croix Hospice Care 2014 – 2015

- Provided weekly companion care to individuals receiving hospice care.
- Went for walks, played games, and talked about past life experiences.
- Strived to make end of life care a more pleasurable experience.

Wesley Acres Retirement Community 2010 – 2014

- Organized weekly game evening with a floor of residents.
- Encouraged activity and socialization of individuals in the retirement community.
- Assisted staff members in improving the lives of residents.

We Can Ride 2007 – 2011

- Worked with individuals with cognitive and physical disabilities to perform therapeutic exercises on horseback.
- Created a fun, safe, and stimulating environment for clients.
- Allowed clients to challenge themselves physically and mentally through a range of activities.

Methodist Hospital Information Desk Greeter 2007 – 2010

- Greeted patients and visitors when entering the hospital.
- Offered a reassuring and friendly interaction.
- Helped visitors and patients navigate a large hospital by identifying necessary resources.

EDUCATION-NON DEGREE GRANTING

ALSO	June 10, 2019
ALS	June 18, 2019
BLS	June 18, 2019
Nexplanon	June 26, 2019
NRP	April 2, 2019
Bayer IUD	June 17, 2019

PROFESSIONAL MEMBERSHIPS

American Medical Woman's Association	2015 – Present
Phi Rho Sigma Medical Fraternity	2015 – Present
American Medical Association	2016 –Present
American College of Obstetricians and Gynecologists	2017 - Present
American Academy of Family Physicians	2018 – Present

HOBBIES AND INTERESTS

Running, Baking, Traveling, Downhill Skiing, Doing Puzzles, Hiking, Exploring