

NATALIE E. BULGER

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EDUCATION

CARLETON COLLEGE, Northfield, MN: B.A. in Chemistry

Graduated: March 17th, 2019

HOFSTRA UNIVERSITY, Hempstead, NY: M.S. in Sports Science

Graduated: June 29th, 2021

CERTIFICATIONS

- NREMT; WA State EMT (IV-M)
- Stop the Bleed Instructor
- CPR/AED
- CITI Training
- NASM CPT
- OTFit

PROFESSIONAL EXPERIENCE

CURRENT WORK EXPERIENCE

FITNESS INSTRUCTOR

Orangetheory - Mercer Island, NY

July 2021 – Current

- Change of location - same job description as Fitness Instructor in Hewlett, NY
- Instruct group fitness classes (38 people)

FITNESS INSTRUCTOR

Orangetheory - Hewlett, NY

April 2021 – June 2021

- Instruct group fitness classes (12-24 people - 33.3%-50% capacity due to COVID-19 restrictions) that utilize the treadmill, rowing machine, dumbbell, bosu ball, and TRX movements
- Demonstrate all exercises in the strength block
- Monitor participants' heart rate zones to ensure safety and appropriate internal response to exercise
- Utilize multitasking to keep two to three groups active at once

RESEARCH COORDINATOR

Harborview Medical Center & Seattle Fire Medic One - Seattle, WA

August 2020 – June 2021

- Promotion from the research assistant position listed below
- Work on a plethora of research projects primarily involving airway management and end-tidal carbon dioxide
- Work with a variety of softwares including: REDCap, STATA, ORCA, CODESTAT, ESO, and CAD
- Presented ongoing research at national conferences
- Completed IRB requests, research grants, and research manuscripts
- Work on a research team with a wide variety of personnel including physicians, researchers, firefighters, and paramedics
- Manage and schedule current research assistants and maintain a record of the status of current research projects

INTERN STRENGTH & CONDITIONING COACH

Hofstra University - Hempstead, NY

February 2021 – May 2021

- Assist with set-up and break-down of strength & conditioning lifts for NCAA D1 athletes
- Coach NCAA D1 athletes on a variety of strength & conditioning movements
- Demonstrate new exercises, lead warm-ups and exercise programs for a variety of sports
- Wrote a hypothetical annual plan and off-season program for men's and women's NCAA D1 cross country runners
- Participated in weekly intern meetings to discuss pertinent and current research in sports science

OTHER COACHING EXPERIENCE

GYMNASTICS COACH

Northfield Gymnastics - Northfield, MN

October 2015 – May 2018

- Coached all levels of gymnasts ages 3-18
- Head coach for Northfield gymnastics pre-competitive team September 2016 - May 2017
- Assistant coach for Northfield gymnastics competitive team January 2017 - December 2017
- Organized and attended meets for both boys and girls
- Created and led lesson plans for all four events (vault, bars, beam, floor) and conditioning
- Coached Northfield Special Olympics team January 2018 - May 2018

GYMNASTICS COACH

Tech Gymnastics - Woodinville, WA

June 2016 – August 2017

- Former ongoing summer and winter break experience
- Coached USAG level 2 and 3 + Excel Bronze through Platinum

- Choreographed floor routines for Excel silver and platinum
- Created and led lesson plans for all four events (vault, bars, beam, floor) and conditioning
- Coached adult gymnastics class classes

OTHER RESEARCH EXPERIENCE

RESEARCH ASSISTANT

Harborview Medical Center & Seattle Fire Medic One - Seattle, WA

June 2018 – August 2020

- Maintain Seattle's cardiac arrest registry by reviewing each case, verifying the data collected and drafting quality improvement feedback to providers on the call
- Assist with a variety of research projects involving: cardiac arrest, advanced airway management, end tidal carbon dioxide, and stroke
- Work with a variety of softwares including: REDCap, STATA, ORCA, CODESTAT, ESO, and CAD
- Work on a research team with a wide variety of personnel including physicians, researchers, managers, administrators, firefighters, paramedics, and fellow pre-med graduates

INTERN RESEARCH ASSISTANT

Harborview Injury Prevention & Research Center - Seattle, WA

June 2017 – August 2017

- Conducted an independent project on the Trauma Patient Transfer Process at Harborview under the guidance of a physician mentor
- Assisted on an ongoing research project at Seattle Children's Hospital for the presence of safe firearm storage in households in the greater Washington area
- Worked with the Dedoose software for qualitative research projects
- Attended multiple lectures per week on various clinical topics
- Shadow my physician mentor in clinics and the operating room

VOLUNTEER RESEARCH ASSISTANT

Harborview Medical Center Department of Trauma Surgery - Seattle WA

June 2016 – December 2016

- Assisted with sample collection and processing as well data entry for a randomized clinical trial for dosage delivery of tranexamic acid (TXA) in the prehospital setting, by Seattle Fire intensive care paramedics, for traumatic brain injuries
- Worked night shifts (7p-7a) on Fridays and Saturdays
- Used many wet lab techniques, including micro-pipetting, centrifuging, working in a fume hood, and use of a TEG apparatus
- Follow a multi-step protocol in a wet lab research setting
- Interacted with paramedics to collect the TXA kits and interacted with nurses to collect blood samples from the patients to be processed in the lab
- Screened for patients that met the criteria for other ongoing clinical research projects while on shift

CLINICAL EXPERIENCE

EMERGENCY MEDICAL TECHNICIAN

Northwest Ambulance - Everett, WA

June 2019 – June 2020

- Work one shift per week, ranging from 10-24 hours
- Work on different rigs throughout King, Snohomish, and Pierce Counties
- Work on both 911 and interfacility rigs to transport a variety of Basic Life Support patients
- Perform patient assessments, take basic vital signs (heart rate, respiratory rate, blood pressure, temperature, blood glucose levels, oxygen saturation), and participate in a two provider team during each shift
- Interact with nurses, physicians, firefighters, and paramedics during every shift

VOLUNTEER EMERGENCY MEDICAL TECHNICIAN

Northfield Emergency Medical Services - Northfield, MN

January 2017 – March 2019

- Founding member & Leadership role in EMT club on the Carleton College campus
- Stop the Bleed program coordinator and instructor on the Carleton Campus
- Volunteering as an instructor for the ongoing EMR and EMT educational training

SKILLS

- Software: Microsoft Office, Tableau, STATA, REDCap, CODESTAT
- Trained in: HIPAA guidelines, Arrive Alive, ORCA, CAD, ESO, HIV/AIDS, Logis, Pulsara, IRB
- Processing of laboratory samples
- Excellent written and verbal communication skills
- Medical Terminology
- Planning, Attention to detail, Problem solving
- Upbeat personality & active runner

PRESENTATIONS & PUBLICATIONS

- **Bulger N** et al. (2020, January). *NAEMSP Poster and Presentation Review*. Powerpoint presented at EMS Fellowship Lectures, Seattle, WA.
- Grabman B, **Bulger N** et al. (2020, January). *Can End-Tidal Carbon Dioxide be Used as a Prognostic Indicator of Out-of-Hospital Cardiac Arrest?* Poster Presentation to the National Association of EMS Physicians, San Diego, CA.

- Murphy D, **Bulger N** et al. (2020, August). *Time to Tracheal Intubation after Out-of-Hospital Cardiac Arrest and Association with Survival*. Podium Presentation at Society for Academic Emergency Medicine, Virtual (COVID-19).
 - **Bulger N** et al. (2020, September). *Prehospital End Tidal Carbon Dioxide Predicts Hemorrhagic Shock Upon Emergency Department Arrival*. Poster Presentation at American Association for the Surgery on Trauma, Virtual (COVID-19).
 - Synder B, **Bulger** et al. (2020, November). *Association of Small Adult Ventilation Bags with Return of Spontaneous Circulation in Out of Hospital Cardiac Arrest*. Poster Presentation to American Heart Association Resuscitation Science Symposium, Virtual (COVID-19).
 - Counts CR, Latimer A, **Bulger N** (2021, January). *ETCO2 in EMS: Questioning the Status Quo*. Podium Presentation at National Association of EMS Physicians, Virtual (COVID-19).
 - Abrahamowicz A, **Bulger N** et al. (2021, May). *The Association Between Arterial-End-Tidal Carbon Dioxide Difference and Outcome After Out-of-Hospital Cardiac Arrest*. Poster Presentation Accepted at American Thoracic Society Conference, Virtual (COVID-19).
 - **Bulger N.** (2021, May). *Prehospital End Tidal Carbon Dioxide Predicts Hemorrhagic Shock Upon Emergency Department Arrival*. Keynote Presentation at Harborview Medical Center Department of Emergency Medicine Research Showcase, Virtual (COVID-19).
 - **Bulger N.,** et al. (2021). *Prehospital End Tidal Carbon Dioxide Predicts Hemorrhagic Shock Upon Emergency Department Arrival*. Manuscript published in the *Journal of Trauma*.
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