

CURRICULUM VITAE

Sam W. Meske, MS, MBA

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EDUCATION

Full Stack Coding Bootcamp, University of Pennsylvania	May 2022
M.B.A., Bloomsburg University, Bloomsburg, PA	Aug 2020
M.S. Exercise Science, Bloomsburg University, Bloomsburg, PA	May 2016
Thesis Title: Comparison of EMG Responses Across Handle Types During Seated Row Exercise Advisor: Swapan Mookerjee, Ph. D	
B.S. Human Biology, Duquesne University, Pittsburgh, PA	May 2014

EXPERIENCE

Chief Operating Officer ZoomU, College Ride Sharing and Delivery Philadelphia, PA 19128	Jan 2014 – May 2017
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As a startup founder, developed business plans and applications in alignment with clearly defined mission, vision and values. Built a multidisciplinary team to meet the needs of project development and deliver a high value product to event organizers and attendees.

- Founder
 - Develop idea into working product through collaboration with internal and external stakeholders
 - Establish business entity and comply with federal and state regulations
 - Clearly define the mission, vision and values of the company
 - Built a unique business model that supports customer loyalty, trust, with a continuous stream of innovative products, added value and improved quality and quantity of service
- Product Ownership
 - Accountable for drafting strategy, timeline and delegating tasks throughout product lifecycle
 - Define priorities and manage daily tasks of development in collaboration with project managers
 - Oversight of development stages and evaluating product progress at each iteration
 - Anticipate client needs and perform market research to accurately analyze business opportunity
 - Constant availability for software developers and team members
- Team Leadership
 - Organized team of 10 drivers to serve over 1600 users
 - Organize resources and strategic plan for business development
 - Coordinate weekly meetings to communicate updates and developments
 - Develop project management tools and task list to hold team members accountable
 - Create an environment for open communication of ideas and strategies
- Sales and Marketing
 - Establish campaigns, placing ads, email marketing and social media marketing
 - Create strategic plan for engaging potential customers and finding new opportunities to expand client base
 - Coordinate efforts for receiving customer feedback and integrating new services or improving existing services in response to feedback
- Financial Manager
 - Financial oversight, record keeping, analysis, forecasting, and planning
 - Coordinate revenue cycle and tax information in compliance with regulations

Business Manager
Management Consultant/Research Faculty
Department of Obstetrics and Gynecology
Main Line Health, Wynnewood, PA

Feb 2021 - Feb 2022
Feb 2022 - Present

As the administrative business partner to the System Chairman for Women's Services, the department successfully established a new role and created systems that irrevocably enhanced the department's operations and information systems.

- Organizational Change Management
 - Developed department SMART Goals that align with the organization's strategic imperatives
 - Designed and implemented information systems for extracting, aggregating and analyzing data
 - Creator and administrator of SharePoint sites responsible for organizing and maintaining files
 - Develop project management and tracking system for service line initiatives and research
- Portfolio Management
 - Successfully deployed a new specialty program and clinical practice
 - Designed and implemented project tracking and management system for department research
 - Developed automated processes to handle reporting requirements and project tracking
- Department Operations and Development
 - Develop department communications, quarterly business meetings, executive presentations, and service line updates on behalf of the Chairman
 - Collaborate with leaders on strategies to improve clinical outcomes and provider/patient satisfaction
 - Coordinate, deploy and track compliance with department education and rules and regulations
- Finance
 - In coordination with finance directors: monitor balance sheets and income statements
 - Coordinate new product requests for department staff and facilitate approval through appropriate channels
 - Process device procurement requests and payments made by service line cost center
- Research
 - Oversight of department research goals and project priorities
 - Support Faculty and Residents in research initiatives, including education, operations, and access to services

Project Manager
Coala-T-CBD Study, Investigator-initiated Phase III IND
Main Line Health, Wynnewood, PA

Jan 2020 – Feb 2021

During the coronavirus pandemic, successfully developed and deployed a Phase 3 clinical trial for an investigational new drug under strict oversight from the FDA, hired a talented staff, exceeded recruitment expectations to the delight of our sponsors and established a safety review board for quality review of operations

- Research Operations Management
 - Responsible for hiring and supervising research staff, including performance reviews, education and training
 - Developed operational guidelines, including Standard Operating Procedures, Project Charters, Data and Safety Monitoring Board rules and regulations, Confidentiality and Data Use Agreements, and Conflict of Interest Disclosures
 - Developed and implemented information and data management systems
- Grant Preparation, Application, and Oversight
 - Coordinated internal efforts to gain FDA approval
 - Ensured compliance and reporting standards were met
- Budget Preparation and Adherence
 - Collaborated with Finance Department to prepare categorized budgets and justification

Research Assistant I

Jan 2019 – Feb 2021

Center for Population Health Research, Department of Obstetrics and Gynecology
Main Line Health, Wynnewood, PA

Under direction of Executive Leaders, developed a curriculum, management system, and process for completing projects. We established a reputable research program that enhanced the quality of projects, published peer-reviewed articles, and enhanced standards of resident involvement in scholarly activities.

- Resident Physician Research Education and Project Management
 - Develop framework for resident research program, including guidelines for project development, screening and approval of projects, standards of scholarly activity, and portfolio management
 - Maintain portfolio of 17 resident projects and assess progress toward project completion
 - Coordinate and deliver didactics for continuing education of resident physicians
 - Act as a liaison for residents to research personnel for project development

Program Coordinator 1

Jan 2017 - Jan. 2019

Institute for Concussion Research and Services
Bloomsburg University, Bloomsburg, PA

In partnership with the Department of Defense and NCAA, Bloomsburg University screened and monitored over 800 student athletes for cognitive and behavioral traits before and after traumatic brain injuries and established a new clinical program in conjunction with the athletic training department.

- Lead Clinical Coordinator
 - Schedule, assess, monitor, and follow-up with patients
 - Work directly with Team Physicians to clear patients for return-to-learn and return-to-activity by providing progress reports and achievements of milestones
- Office Manager – ensure operations are running smoothly in the outpatient facility
- Database management for over 800 student athletes and 20,000 pages of information

SKILLS / COMPETENCIES

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| ● Product Ownership | ● Leadership & Teamwork |
| ● Project Management | ● Critical Thinking & Problem Solving |
| ● Business Management | ● Efficient & Focused High Performer |
| ● Research & Development | ● Proactive & Quick Learner |
| ● Data Analysis | ● Communication & Public Speaking |
| ● Network Structure | ● Adaptable & Creative |
| ● Blockchain Technology | ● Empathy & Emotional Resilience |
| ● Software Development | ● Time Management |
| ● Agile / Six Sigma | |

CERTIFICATIONS

American Red Cross (First Aid, CPR, and AED Certified)	2007 - Present
PA Licensed Life & Health Insurance Provider	2016 - Present

VOLUNTEERING

Kids Ministry, LCBC Columbia-Montour, Bloomsburg, PA	June 2018 - Jan. 2020
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- Worship Leader – Responsible for developing lesson plans and leading classroom learning
- Responsible for engaging students in learning and worship (K-4)
- Teach small groups of 5-10 students

RECENT/CURRENT RESEARCH

<https://www.researchgate.net/profile/Sam-Meske>

Publication (Accepted)

- Weiss, M, Hibbs, J, Buckley, M...Meske, S et al. (2021) A Coala-T survey of breast cancer patients use of cannabis before, during and after treatment. *Cancer*. CNCR-21-0925.R1
- Beaupre, J, Meske, S, & Buckley, M. (2021) Athletic Training and Population Health Science. *Journal of Athletic Training*. Online Ahead of Print.
- Beaupre, J, Meske, S, & Buckley, M. (2021) Athletic Trainer-reported prevalence of mental health, substance use, and barriers to health in secondary schools. *Journal of Athletic Training*. Online Ahead of Print.
- Meske, S, Hazzard, J, Ni, M, Hanson, T, Van Horn, L, & Smith, J. (2018) The Prevalence of Traumatic Brain Injury and On-Campus Service Utilization Among Undergraduate Students. *Journal of Head Trauma Rehabilitation*. Online Ahead of Print.
- Mookerjee, S, McMahon, M, & Meske, S. (2017) Influence of joint angle and biceps brachii isometric contraction intensity on electromyographic and mechanomyographic responses. *Advances in Skeletal Muscle Function Assessment*. 1(2), 21-27.

Publication (In Preparation)

- Gobern, J, Hartwell, L, Meske S, & Carlson, E. (2020) Management of Amniotic Fluid Embolism in a Community Healthcare System: A Case Series. *American Journal of Obstetrics & Gynecology*.
- Kennard, K, Ciocca, R, Sabol, J, Carp, N, Meske, S. (2020) Use of PECS II Block in Partial Mastectomy for Improving Postoperative Pain Control and Mitigating Narcotic Use- a Randomized Control Trial. *American Journal of Surgery*.
- Hazzard, J, Ni, M, Meske, S, Caccese, Eckner, JT, & Buckley, T. (2019) The effects of sports-related concussion on clinical reaction-time in student-athletes.
- Buckley, T, Caccese, J, Hazzard, J, Ni, M, Meske, S, & Eckner, JT. (2019) Clinical reaction-time correlation to risk of head injury in student-athletes.
- Meske, S & Mookerjee, S. (2019) Comparison of EMG responses across handle types during seated row exercise. *Journal of Strength and Conditioning Research*.
- Mookerjee, S, McMahon, M, & Meske, S. (2018) EMG amplitude-to-torque ratios in males and females during isokinetic exercise. *European Journal of Sports Science*.

Abstracts

- Kennard, K, Buckley, M, Meske, S, Larson, S, et al. Use of PECS II Block in Partial Mastectomy for Improving Postoperative Pain Control and Mitigating Narcotic Use: Initial Results from a Randomized Control Trial. Poster presented to the ASBrS virtual conference, June 2020.
- Sabato, E, Gobern, J, Meske, S, & Buckley, M. (2020). Racial Disparities in Postpartum Hemorrhage in a Community Hospital: A Retrospective Cohort Analysis. *ACOG National Conference*.
- Mezes, C, Meske S, & Gobern, J. (2019). Enhanced Laparoscopic Identification of Peritoneal Endometriosis with Indocyanine Green Contrast: An Educational Video. *AAGL International Conference*.
- Mookerjee, S, Meske, S, Beyer, KS, & Drury, D. (2019). Gender Comparisons of Muscle Activation Patterns Across Handle Types During Seated Row Exercise: *Medicine & Science in Sports & Exercise*. 51(6):143.
- Meske, S, Hazzard, J, & Ni, M. (2018). Altered state of consciousness in mild traumatic brain injury in relation to utilization of services. *Neurology*. 91:2.
- Meske, S, Hazzard Jr., J, Tolan, C, Van Horn, L, Hanson, T, & Smith, J. (2017). Trajectory of recovery from mTBI in an adolescent ice hockey player. *IBIA/IPBIS 2nd International Conference on Pediatric Acquired Brain Injury*.

- Meske, S, Hanson, T, Hazzard Jr., J, Van Horn, L, & Smith, J. (2017). Prevalence of traumatic brain injury and utilization of services in an undergraduate population. *American Academy of Neurology 4th Annual Sports Concussion Conference*.
- Van Horn, L, Hazzard Jr., J, Smith, P, Meske, S, Hanson, T, & Smith, J. (2017). Residual effects of concussion utilizing a dual-task analysis. *American Academy of Neurology 4th Annual Sports Concussion Conference*.
- Van Horn, L, Hazzard Jr., J, Meske, S, Hanson, T, & Smith, J. (2017). Recovery assessment from severe TBI using multiple technologies. *2nd International Conference Pediatric Acquired Brain Injury*.
- Mookerjee, S, Meske, S, & Nocera, V. (2016). Comparison of differences in O₂ pulse across upper body resistance exercise. *Medicine & Science in Sports & Exercise*, 48(5), S278.
- Nocera, V, Meske, S, & Mookerjee, S. (2015). Gender differences in O₂ pulse during single set vs. multiple-set resistance exercise. *Mid-Atlantic Regional Chapter of the American College of Sports Medicine 38th Annual Scientific Meeting*.

REFERENCES

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