Sophie X. Chen

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Education

PHSU St. Louis Doctor of Medicine

Fordham University Jul 2024 - May 2028 Bachelor of Arts

Aug 2019 - May 2023

Experience

PHSU St. Louis Mini Medical School Program

Aug 2024 - Present

Executive Committee Member

Saint Louis, MO

- Lead and design interactive educational sessions for 4th and 5th graders across Missouri, breaking down complex medical concepts in anatomy, physiology, and healthcare into accessible lessons
- Plan and implement engaging hands-on labs and activities, fostering interest in medicine and providing students with real-world insights into the medical field
- Mentor peers in developing curriculum and teaching strategies, while coordinating outreach efforts to expand program participation and enhance community engagement

Bridge View Nursing Home

Feb 2021- Jun 2024

Certified Nursing Assistant

Whitestone, NY

- Followed individualized care plans for ~14 residents per shift by working closely with the nursing staff
- Assisted residents with daily activities, including toileting, bathing, grooming, dressing, feeding, and ambulating
- Examined residents for bruises, pressure ulcers, and other injuries

New York Eye and Ear Infirmary of Mount Sinai

Dec 2020 - May 2023

Clinical Research Fellow

New York. NY

- Consented patients to the clinical study, performed vision testing, administered questionnaires, and conducted non-dilated fundus photos. Ensured the data processing of these images with artificial intelligence software, namely iPredictHealth.
- Trained new research fellows on the data-gathering process
- Led a project examining the relationship between age-related macular degeneration and valvular heart disease

Einstein Community Health Outreach Free Clinic

Jun 2020 - Jun 2024

Patient Advocate

Bronx, NY

- Guided patients throughout their visit and ensured they completed all parts of their appointment, including HIV test counseling, labs, referrals, and social work
- Connected patients with community resources and provided education on chronic illnesses, birth control methods, and preventive health care

Mount Sinai Urology

Jun 2021 - Sep 2021

Research Fellow

New York, NY

 Observed surgical procedures and collaborated with urologists to develop a predictive model to identify Ta lowgrade bladder cancer patients that benefit from a less frequent follow-up cystoscopy schedule based on estimated recurrence-free survival and personal recurrence risk aversion

Mount Sinai Gastroenterology

Jun 2020 - Dec 2020

Research Assistant

New York, NY

- Investigated how human hosts interact with gut microbes and how this interaction may lead to IBD susceptibility or maintain IBD pathogenesis
- Experienced in molecular biology lab techniques like western blotting, PCR, cell culture, RNA and DNA isolation

Volunteering

God's Love We Deliver

Meal Preparer, Packer, and Delivery Personnel

Jul 2020 - Jun 2024

• Prepare, package, and deliver medically tailored meals for people living with chronic illnesses

The Bowery Mission

Jan 2020 - Jun 2023

Meal Server and Kitchen Assistant

New York, NY

New York, NY

- Assisted chefs by preparing and serving meals to New Yorkers experiencing homelessness
- Aided with kitchen cleanup and food donation sorting

Fordham Undergraduate Research Journal

Sep 2019 - May 2023

News Writer, Interviewer, Peer Reviewer

New York, NY

- Wrote News sections for publication in the print copy of the journal by conducting interviews, investigating ongoing research, and writing articles on research projects occurring on Fordham's campus
- Reviewed article submissions, provide constructive feedback, and decide to accept or decline articles based on scholarly standards

Peer Health Exchange

Sep 2019 - May 2022

Leadership Committee Member

New York, NY

- Led weekly (WGM) meetings and frequent trainings on Fordham's PHE chapter
- Taught a comprehensive health curriculum to underserved high school students on topics such as mental health, sexual education, and substance use

Crohn's & Colitis Foundation

Aug 2020 - Aug 2022

GI Outreach Assistant & Support Group Facilitator

New York, NY

- Identified and called local GI practices to confirm contact person/info, helped with event-day assistance, assisted the event committee in planning fundraising events, and aided with New York Camp Oasis events
- Served as co-facilitator of a community support group for patients and provided weekly lessons on medical management, IBD 101/diagnosis, the roles of diet and nutrition, and coping mechanisms for maintaining the best quality of life