

## Curriculum Vitae

Crist, Alex Conrad

He/Him/His

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740 S Center St  
Lehi, UT 84043

**Medical Education**

Arizona College of Osteopathic Medicine of Midwestern University, United States of America

06/2017 - 05/2021

D.O., 05/2021

**Education**

**Undergraduate** - Brigham Young University, Provo, UT, United States of America

Molecular Biology; Computer Science;

08/2012 - 05/2015

B.S.; 05/2015

**Undergraduate** - Brigham Young University, Provo, UT, United States of America

Molecular Biology;

08/2009 - 09/2010

**Undergraduate** - Utah Tech University, St George, UT, United States of America

Science General;

08/2006 - 05/2009

A.S.; 05/2009

**Postgraduate Training**

07/2021 - 06/2024 (35 months)

ACGME Residency

Providence Sacred Heart Internal Medicine Residency

Spokane, WA, United States of America

Internal Medicine

Director: Amy Eddy, MD

Supervisor: Amy Eddy, MD

**Honors & Awards**

- Washington ACP Resident State Jeopardy Champion  
Other honor or award classification - Won in a team of three residents, placed third in cohort at National ACP meeting in Boston, MA.

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Received: Oct, 2023

**Professional Memberships**

- American College of Chest Physicians
- American College of Physicians

**Hobbies & Interests**

1. Building and flying long-range drone airplanes
2. Photography - my favorite subjects are events and portraits. Infrequently-updated portfolio on Instagram: @alex.conrad.crist
3. Science fiction books: favorites include Three Body Problem, Blindsight, Slaughterhouse Five

**Certifications**

DEA Registration #: FC4343529

**State Licenses**

Washington, Full, Exp. Date: 08/2025

**Experiences****Clinician Educator Fellow**

Providence Sacred Heart Medical Center / Spokane Teaching Health

06/2024 - Present (06/2025)

Education/training

Spokane, WA

This program is similar to a traditional chief resident year, but more focus is placed on building didactic skills and completing long-term education projects. This program resembles a traditional chief resident year but emphasizes developing didactic skills and completing long-term education projects.

I serve as attending physician in the inpatient and clinic settings while working on my projects in the background. Additionally, I teach regularly on inpatient rounds and at noon conference.

My ongoing research project is detailed below.

Most Meaningful - In this role, I've felt a heightened responsibility, but not from sources I expected. While my training prepared me for the medical aspect, creating a team environment with appropriate autonomy has required more thought and care. As I have improved, it is gratifying to witness my trainees' growth.

## Curriculum Vitae

**Workshop Facilitator**

Washington State University Ultrasound Interest Group  
Teaching/mentoring

10/2021 - Present  
Spokane, WA

Planned, prepared, and led guided POCUS didactic sessions for WSU medical students through ultrasound skills workshop held quarterly comprised of 4 rotating sessions of 10-20 students.

My sessions focused on central line, ultrasound-guided peripheral IV, and thoracentesis as a springboard to build students' facility with orienting to ultrasound anatomy and pairing that to hand skills.

I created and successively refined both the teaching approach and realistic practice models using ballistics gel and tubing. Last year I added 3D-printed clavicles to introduce the greater challenge of the subclavian approach in contrast to the traditional unobstructed femoral or jugular simulation for interested learners.

Most Meaningful - In addition to being a worthy cause, working at the Restaurant serves as time to stay out of the spotlight and listen to the experiences of others.

**Clinician Educator Fellow**

Providence Sacred Heart Medical Center / Spokane Teaching Health  
Research

06/2024 - Present  
Spokane, WA

During my training, I observed that while point-of-care ultrasound is frequently discussed and available, it remains underutilized by trainees. They often acknowledge its value but lack confidence in obtaining critical views unassisted. Conversely, regular users of POCUS are freed to develop further skill alone once they overcome that initial barrier.

As part of the Clinician Educator Fellowship, I am leading a project to use rapid spaced repetition with feedback to elevate trainees' proficiency, enabling them to use ultrasound imaging on an independent and accurate basis. As their use of ultrasound becomes more regular, I hypothesize they will continue building their skills autonomously. I will be happy to provide results when available.

**Committee Member**

Sacred Heart Medical Center Sepsis Committee  
Work

06/2022 - Present  
Spokane, WA

I meet monthly with the Sepsis Committee to establish and update standards for prompt and guideline-driven sepsis treatment, as well as facilitate bidirectional feedback between residency and hospital leaders.

Of note, the 2021 Surviving Sepsis Campaign update was released during my tenure. The increased focus on minimizing time to intervention led to controversy in our system as a nurse-initiated antibiotic protocol in the ED was considered. I aided in systematic review of both local data and research literature, finding communication delays were more frequently to blame. Working with departmental leaders, we corrected unexpected EMR behavior which was frustrating contact with non-ED physicians once patients were admitted.

**Volunteer**

Women and Children's Free Restaurant  
Volunteer/service/advocacy

10/2021 - Present  
Spokane, WA

The WCFR is a local Spokane organization which assembles shelf-stable meals from donated food for distribution, and provides meals directly to homeless shelters. My wife and I volunteer there regularly sorting, preparing, and distributing meals.

The Restaurant does not require verification of low income. While this is counterintuitive, I have learned that many domestic violence cases involve undue control of finances on the part of an abusive spouse, meaning inadequate funds are available for food despite the appearance of a comfortable income.

## Curriculum Vitae

## Publications

**Peer Reviewed Journal Articles/Abstracts (Other than Published)**

Crist AC, Heinicke G, Zheng J, Inaty H. A Case of Unknown Pulmonary Nodules. *Journal of Investigative Medicine High Impact Case Reports*. July 2024.  
Pub Status: *Accepted/In-Press*.

**Poster Presentation**

Crist AC. MWU Public Health Elective. Poster presented: *Recommendations for N95 respirator reuse at Abrazo West Medical Center during response to COVID-19*. Goodyear, AZ; 07/01/2020.

Crist AC. ACP Washington Chapter Meeting. Poster presented: *Pancreatic cancer and the evasive answer*. Seattle, WA; 09/24/2022.

Crist AC. ACP Washington Chapter Meeting 2023. Poster presented: *Swollen Shindig at the Hypothyroid Hoedown*. Seattle, WA; 09/30/2023.

Grose J, Crist AC, Harris K. Annual Meeting of the American Society of Microbiology. Poster presented: *Identifying Unique Roles of PAS Kinase*. Provo, UT; 03/01/2014.

**Oral Presentation**

Crist AC. N95 respirator reuse at Abrazo West Medical Center during response to COVID-19. Oral presentation: Abrazo System COVID-19 Public Health Workgroup; 09/25/2020. Phoenix, AZ.

Crist AC. The Intake Jailbreak: Evaluation of an admission-focused residency team. Oral presentation: Northwest Research Symposium; 04/21/2023. Spokane, WA.

## Proficient Languages

- English
- Spanish/Spanish Creole