

Curriculum Vitae

Crist, Alex Conrad

He/Him/His

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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 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 Physicians

Hobbies & Interests

- Building and flying long-range drone airplanes
- Photography - my favorite subjects are events and portraits. Infrequently-updated portfolio on Instagram: @alex.conrad.crist
- 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
Education/training

06/2024 - Present (06/2025)
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.

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 gain skill and confidence through repeated practice.

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.

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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 regularly there sorting, preparing, and distributing meals. In addition to being a worthy cause, it serves as time to stay out of the spotlight and listen to the experiences of others.

Workshop Facilitator

Washington State University Ultrasound Interest Group
Teaching/mentoring

10/2021 - Present
Spokane, WA

Planned, demonstrated, and guided WSU medical students through procedure-focused ultrasound skills workshop over 4 large sessions each year recurring yearly, totalling about 250 students.

My session focuses on micro-skills of central line placement as a springboard to build students' facility with orienting to ultrasound anatomy and pairing this to hand skills.

I created and successively refined the didactics 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.

Resident

Providence Sacred Heart Medical Center / Spokane Teaching Health Internal Medicine Residency
Education/training

07/2021 - 06/2024
Spokane, WA

reasons

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

Crist AC, Heinicke G, 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

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Crist, A.C.. 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 A. C., & 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