Alex Conrad Crist, DO

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**Current Position**

**Spokane Teaching Health Clinician Educator Fellowship** July 2024 – June 2025

**Education and Training**

**Providence Sacred Heart Internal Medicine Residency** July 2021 – June 2024

**Midwestern University AZCOM** July 2017 – May 2021

**Brigham Young University** May 2015

*Bachelor of Science, Molecular Biology*

**Licensure**

Washington - OP61542336

DEA - FC4343529

ABIM Board Certification - exam scheduled 8/29/2024

**Publications and Presentations**

**A case of pulmonary nodules** June 2024

*Case report, Journal of Investigative Medicine High Impact Case Reports. In press.*

* Described case of diffuse idiopathic pulmonary neuroendocrine cell hyperplasia (DIPNECH) presenting as refractory asthma paired with multiple slow-growing pulmonary nodules
* Compiled review of natural history and treatment
* Highlighted utility of next-generation navigational bronchoscopy for challenging pulmonary biopsy

**Swollen Shindig at the Hypothyroid Hoedown** September 2023

*Poster presentation, Washington ACP 2023 Annual Meeting* *Seattle, WA*

* Presented case of massive pericardial effusion leading to tamponade secondary to advanced untreated hypothyroidism
* Evaluated available evidence for dramatic weight gain in hypothyroidism, which suggests nontrivial gains rarely occur without additional significant organ involvement or unrelated conditions

**The Intake Jailbreak: Evaluation of an admission-focused residency team** April 2023

*Oral Conference Presentation, Northwest Research Symposium* *Spokane, WA*

* Evaluated impact of division of admitting and rounding residency teams since implementation late 2021
* Aggregated work hour data and survey of resident attitudes toward new approach
* Reported daily dedicated educational time 45-60 minutes vs 6-10 minutes daily nationwide average

**Pancreatic cancer and the evasive answer** September 2022

*Poster Presentation, Washington ACP 2023 Annual Meeting* *Seattle, WA*

* Presented case of severe gastroparesis and gastric outlet obstruction in setting of pancreatic cancer with successful pyloric stent and prokinetic therapy
* Reviewed mechanisms of disease specific to pancreatic malignancy
* Discussed finding of “middle grounds” between therapeutic nihilism and overtreatment in end-of-life care

**N95 respirator reuse at Abrazo West Medical Center during response to COVID-19** September 2020

*Oral Presentation, Abrazo System COVID-19 Public Health Workgroup* *Phoenix, AZ*

* Examined reuse policy of N95 masks at midsized community hospital during COVID-19 Alpha surge while 3 or fewer new N95 masks were available weekly to any healthcare provider
* Advocated use of a novel, validated microwave oven-based steam technique to supplement mandatory scheduled sanitation of masks by commercial vaporized hydrogen peroxide

**Identifying Unique Roles of PAS Kinase** March 2015

*Poster presentation, American Society of Microbiology* *Provo, UT*

* Identified 3 potential drug targets on PAS kinase, a pivotal signaling protein involved in glucose sensing and allocation by selection and sequencing of randomized hyperactive mutants
* Primary Investigator: Julianne Grose PhD, Brigham Young University College of Life Sciences

**Leadership and Mentorship**

**Guest Lecturer**

*Washington State University Elson S. Floyd College of Medicine, Spokane WA* July 2024

* Presented didactic session on practical heart failure management, mechanical support devices, and cardiac transplant

**Ultrasound Workshop Facilitator** May 2022 – Present

*Washington State University Elson S. Floyd College of Medicine, Spokane WA*

* Planned, demonstrated, and guided about 80 WSU medical students through procedure-focused ultrasound skills workshop over 4 sessions
* Directed use of realistic practice phantoms, focusing on micro-skills of central line placement to illustrate sonography concepts

**Sepsis Committee Member** July 2022 – Present

*Sacred Heart Medical Center, Spokane WA*

* Collaborated with multidisciplinary group to establish and update standards for prompt and guideline-driven sepsis treatment
* Facilitated bidirectional sepsis policy feedback between residency and hospital leadership

**Ultrasound Interest Group Lead** October 2017 – May 2021

*Midwestern University Arizona College of Osteopathic Medicine, Glendale AZ*

* Planned and directed ultrasound skills workshops for about 80 MWU students with topics of POCUS examination of pulmonary disease, bowel obstruction, and FAST exam on different dates

**Honors and Awards**

**Washington ACP Doctor’s Dilemma State Champion** April 2023

* Competition consisting of Jeopardy-style medical knowledge questions
* Competed against all other Internal Medicine residencies of Washington state in teams of three residents
* Qualified for and competed in National ACP Doctor’s Dilemma, placing third in division

**Language**

**English – Native**

**Spanish – Advanced**

Professional references available on request.