

Leia Organa

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EDUCATION

University of California, San Francisco (UCSF) & San Francisco State University (SFSU)

Doctorate in Physical Therapy

Expected July 20xx

California State University Channel Islands (CSUCI)

Bachelor of Science in Microbiology

June 2016

PHYSICAL THERAPY EXPERIENCE

Name of Organization, City, State Abbreviation

Month 20xx — Month 20xx

Title

City, State Abbreviation - not necessary if location is already in the name of the organization e.g., UCSF

- Provide a description of your role and responsibilities. Start with a strong active verb and consider using the ACE formula.
- Include relevant skills and your accomplishments to help the Hiring Manager determine how you could contribute to their team.
- To add more depth to your clinical experiences, consider adding the following points of descriptive text:
 - Setting (e.g., community clinic, hospital, nonprofit)
 - Patient populations (e.g., culturally diverse patients, Spanish speaking patients)
 - Clinical issues (e.g., issues related to diabetes, women's health, hypertension)
 - Clinical skills and responsibilities (e.g., triage, assessment, counseling)
 - Teams you were working with (e.g., consulting with social workers, collaborating with nurses and doctors)

Gentle Sun Pelvic Physical Therapy, San Diego, CA

January 2023 — March 2023

Student Physical Therapist || CI: Vader Smith, PT, DPT

- Provided physical therapy services at a pelvic floor physical therapy clinic, primarily seeing patients with urinary incontinence, pelvic organ prolapse, diastasis recti abdominis, and endometriosis pain
- Managed an individual caseload of 6-8 patients per day (approximately 90%) of a new grad caseload, performing scheduled evaluations and follow up visits
- Conducted an in-service on a vaginoplasty after-care to an audience of 20 providers in the clinic with overall positive feedback

Black Star Hospital, Davis, CA

September 2022 — November 2022

Student Physical Therapist || CI: Marcus King, PT, DPT

- Provided physical therapy services at a step-down and cardiopulmonary unit
- Managed an individual caseload of 8-10 patients per day (approximately 95%) of a new grad caseload, performing evaluations, conducting follow-up visits, and assisting with discharge planning
- Participated in rounds consisting of healthcare team with physicians, nurses, respiratory therapists, occupational therapists, and families

- Conducted an in-service on office ergonomics and developed a home exercise program to perform seated exercises on public transportation

Relevant Clinical Experience, San Francisco, CA

August 2021 — January 2023

Student Physical Therapist

- Shadowed Dr. Serena Smith and Dr. Jared Binks at Empowered Pelvic Physical Therapy (outpatient), learning about treating patients post-gynecological surgery, e.g. vaginoplasty and hysterectomy
- Observed Dr. Lace Ox at Vanderbilt San Francisco, a specialized neuro outpatient clinic focusing on the treatment of Amyotrophic Lateral Sclerosis (ALS)
- Shadowed Dr. Patricia Clove at CCS Oakland, learning about treating pediatric patients with cerebral palsy, spinal cord injury, and hydrocephalus

To Be Completed:

- *Myers Pediatric Physical Therapy, Outpatient Rehabilitation* *April 2023 — July 2023*

PHYSICAL THERAPY ELECTIVES

UCSF Community Clinic Elective

September 2021 — Present

Student Physical Therapist || CI: Matthew Stan, PT, DPT, Janet Mill, PT, DPT

- Conducted weekly pro-bono orthopedic evaluations under the supervision of Dr. Matthew Stan, seeing a variety of conditions such as low back pain, De Quervain's syndrome, carpal tunnel, and cervical radiculopathy
- Assisted with scribing for various providers and student physical therapists on a monthly basis on WebPT
- Presented “Footwear 101” to an audience of 15 DPT-1 students with overall positive feedback

UCSF Introduction to Pelvic Floor Elective

June 2022 — August 2022

Student Physical Therapist || Instructor: Joanna Deep, PT, DPT, WCS

- Demonstrated the ability to independently perform an external and internal exam on various mock patients
- Performed a thorough subjective exam and correctly identified potential yellow and red flags in sample cases
- Created a sample treatment plan for a patient with Proctalgia Fugax with the approval of the course instructor
- Presented an in-service on Vulvodynia summarizing the condition, differential diagnosis, and medical management

UCSF Integrating Core, Hip, & Pelvic Floor Elective

March 2022 — April 2022

Student Physical Therapist || Instructor: Maria Chen, PT, DPT, OCS, CSCS

- Learned about the connection between the hip and pelvic floor muscles through various Sahrman techniques
- Performed an external MMT analysis of various hip and core muscles in order to assess the pelvic floor without conducting an internal example
- Presented a case report on the connection between foot pain & the pelvic floor, utilizing a homunculus model to a class of 8 DPT students

To Be Completed:

- *PT XXXX.XX Running Elective in February 2023*

MENTORSHIP EXPERIENCE

UCSF Healthlink

March 2021 — Present

Mentor

- Mentored 6 high school students from the Bay Area by advising on what classes and extracurricular activities to take in high school, as well as how to write personal statements for college applications

- Co-organized the ABCD Open House Symposium 2024, which introduced 300 underserved high school students in the Bay Area to various health careers
- Assisted in a demonstration and tour of the UCSF Anatomy Lab for high school students under the supervision of various physicians to increase interest in healthcare careers among underrepresented communities

Cal ABCDE Mentorship, Berkeley, CA

January 2021 — Present

Mentor

- Organized an undergraduate outreach team to visit multiple physiology classes at UC Berkeley, which recruited approximately 60 undergraduate students to be a part of our mentor-mentee program
- Mentored 3 undergraduate students by helping them navigate the PTCAS website, introducing them to GRE study materials, and connecting them to shadowing opportunities in multiple inpatient and outpatient facilities

LEADERSHIP EXPERIENCE

UCSF/SFSU DPT Class of 2023

August 2020 — Present

Class Co-President

- Organized the 2022 Physical Therapy BBQ event with a total of 100 event participants to promote community across cohorts
- Orchestrated the Healthcare Trivia night at Peters Bar to fundraise board exam material for the cohort
- Represented the cohort in communicating between UCSF/SFSU faculty and the students to discuss issues related to the curriculum throughout the school year
- Spearheaded the SAFE initiative, which focused on creating a safety net fund for students at risk of homelessness due to rising housing cost in the Bay Area

TeenFit, Walnut Creek, CA

September 2021 — Present

Lead Coordinator

- Developed an academic curriculum for middle school students that includes physical therapy-based education regarding the social determinants of health and body systems in order to promote exercise in the local community
- Presented “The Mind Body Connection: Meditation Everyday” to a classroom of 40 middle school students with overall positive feedback from colleagues and students
- Spearheaded the “PT Recruitment Initiative” which focused on volunteer recruitment from various physical therapy schools in the Bay Area, resulting in a 15% increase in membership participation in 2022-2023

RESEARCH EXPERIENCE

Institution, Name of Department, Title

Month 20xx — Month 20xx

City, State Abbreviation - not necessary if location is already in the name of the organization e.g., UCSF

Advisor: Name and Degree of Advisor/PI

Study: Title of Study

- Provide an overview of the project focus
- Include the main responsibilities related to the research
- Briefly describe the outcomes resulting from your research (manuscript in preparation, poster presentation, etc.)

UCSF/SFSU Department of Physical Therapy, Student Physical Therapist

September 2022 — Present

Advisor: Cathy Berry, PT, DPT, MPH

Study: *The Prevalence of Urinary Incontinence in Female Endurance Runners: A Systematic Review & Meta-Analysis*

- Co-wrote meta-analysis with Margaret Hounds and Daniel Berg about UI symptom burden in athletes

- Conducted a comprehensive literature review to identify relevant studies and developed an inclusion/exclusion criteria for study selection
- Submitted an abstract to the Women in Sports Symposium 2022, pending acceptance

Pitt Brain Time Lab, Palo Alto, CA, *Research Assistant*

August 2020 — June 2021

Advisor: Perry Lang, PhD

Study: *The Long Term Effects Following a COVID-19 Exposure in Pediatric Patients*

- Sought to improve our understanding of the impact COVID-19 has on pediatric patients on a neurological basis by looking at various MRIs over the course of several months
- Co-wrote the IRB and investigated the connection between the pelvic floor and various muscles through EMG data collection on women 30-75 years old
- Submitted an abstract to ABCD Conference 2021, *The Brain-Body Connection with the Pelvic Floor: Examining Plasticity & the Neuromuscular Impact*

POSTER PRESENTATIONS

Organa, L., Brant, P., Lang, P., COVID-19 Long Term: The Impact of COVID-19 Exposure in Pediatric Patients. 2021 Annual ABCD Conference; January 2, 2021; San Jose, CA

PUBLICATIONS

Organa, L., Brant, P., Lang, P. (2021). The Long Term Effects Following a COVID-19 Exposure in Pediatric Patients. The ABCDE Journal, 00(A00), 123-45.

ACADEMIC HONORS

- **UCSF Keller Scholarship Award** January 2023
- **APHPT Diversity Initiative Award** November 2022
- **UC Regents Award** August 2021

ACADEMIC CERTIFICATIONS

- **Herman & Wallace Pelvic Floor Level III** *Pending Completion June 2023*
- **Herman & Wallace Pelvic Floor Level II** February 2022
- **Herman & Wallace Pelvic Floor Level I** December 2021

PROFESSIONAL MEMBERSHIPS

- American Physical Therapy Association August 2021 — Present

ADDITIONAL SKILLS

- **Languages:** Proficient in Mandarin — utilized in a clinical setting
- **EMR:** Proficient in EPIC, DrChrono, WebPT