

Lauren Danielle Cardinal

POST GRADUATE TRAINING

2018 – 2021 **University Hospitals (UH) Rainbow Babies & Children’s Hospital** – Cleveland, OH
Resident, Pediatrics, June 2018 – June 2021

EDUCATION

2014 – 2018 **St. Louis University School of Medicine** – St. Louis, MO
Doctorate of Medicine, May 2018

2012 – 2013 **University of Cincinnati** – Cincinnati, OH
Continuing Education

2008 – 2012 **Spring Hill College** – Mobile, AL
Bachelor of Science in Mathematics, Actuarial Focus, *summa cum laude*
Houssiere Award in Mathematics
Presidential Scholarship recipient
Alpha Sigma Nu Honors Society member
Dean’s List 2008-2012

CERTIFICATION

NRP Certification – Last renewed April 2020
PALS Certification – Last renewed April 2020

HONORS/AWARDS

Rodney M. Coe Distinction in Community Service – May 2018, St. Louis University School of Medicine
Outstanding Intern of the Year in Cardiology – June 2019, UH Rainbow Babies & Children’s

PROFESSIONAL EXPERIENCE

07/13 - 07/14 **Medical Assistant**
Crossroad Health Center – Cincinnati, OH
Responsibilities: rooming patients, recording medical histories, assisting physicians with examinations, assisting patients in scheduling specialist appointments, administering injections, and phlebotomy.

EDUCATIONAL ACTIVITIES

06/18 - Current **Child Advocacy Program**
Three-year longitudinal program designed to teach generally applicable advocacy principles, with specific focus on service to the underserved and community health.

06/19 - Current **Medical Education & Leadership Track**
A longitudinal program for residents interested in medical education, academic medicine and leadership in healthcare. Program provides a foundation in all aspects of medical education with certification upon completion of the curriculum

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and education scholarship project. Activities include peer clinical coaching and medical student education.

- 06/19 - Current **Implementation of a Breastfeeding Curriculum**
Co-developed and implemented a comprehensive breastfeeding curriculum, required for first year residents. Revised the curriculum and continued for the 2020-2021 academic year. Completing a QI initiative to be presented at Science Day 2021.
- 02/20 - Current **SEEK Screeners at UH Women's and Children's Center**
Resident champion for implementation of SEEK, ACES and PACES questionnaires at UH Women's and Children's Clinic. These questionnaires screen for prevalent and targeted psychosocial problems such as depression, substance abuse (Safe Environment for Every Kid) as well as trauma (Adverse Childhood Events).

PROFESSIONAL AND COMMUNITY SERVICE

- 05/17 – 05/18 **Well Girl Leads to Well Woman Project**
Project Leader
Capstone service project as part of the Distinction in Community Service Program. This project was created with the goal to educate adolescent girls about female reproductive health and feminine hygiene, as well as to empower these girls through a focus on wellness beyond physical health. Presentation topics include female anatomy, contraception, hygiene, body shaming, and social media bullying.
- 08/15 – 05/18 **Public Health Interest Group**
Group Founder and Leader
Student organization committed to advocating for public health and educating medical students about the role of public health in medicine. Create and facilitate student involvement in local and SLU organizations to address health disparities in the Saint Louis community.
- 08/15 – 01/16 **Grace Hill Health and Wellness Partnership – MPH Elective**
Partner with families of the North St. Louis community that are enrolled with the Grace Hill Settlement Home and patients of Affinia Healthcare. Connect them with community resources as well as be their advocate at medical appointments
- 08/14 – 05/18 **Health Resource Center**
02/15 – 02/16 *Lead Coordinator*
The HRC is a student lead health center dedicated to provide free primary health care to the underserved population of the North St. Louis Community. My role as Lead Coordinator included conducting training sessions for all clinic volunteers, leading adult and pediatric clinics, coordinated off-site health fairs, and organized Leadership Advisory Board meetings among community leaders, community members, and HRC professionals.
- 01/13 – 07/13 **Crossroad Health Center Volunteer Internship Program, Cincinnati, Ohio**
Founding Member, Volunteer Care Coordinator
As part of the founding class of the Intern Program, I participated in foundational development and organizational aspects of the program. As a volunteer intern at CHC, responsibilities included rooming patients, keeping in touch with high risk diabetic patients, helping patients apply for financial aid and Family Planning

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Medicaid, acting as the Volunteer Care Coordinator, and researching emergency department overuse.

RESEARCH

06/15 – 08/15 **Antiplatelet Therapy with Ventricular Assist Devices**
Dr. Angela Lorts, University of Cincinnati Department of Pediatrics, Cincinnati Children's Hospital
Role: Collecting electronic health record data related to antiplatelet therapy from EPIC and inputting this data into a structured excel document for analysis.

PRESENTATIONS

June 2020 **The Approach to Chronic Knee Pain in Pediatric Patients**
PowerPoint presentation recorded and given virtually to Pediatric Residents.

July 2018 **Case Presentation: Migraines in Children and Adolescents**
Case presentation with teaching on presentation of Migraines as well as their differentials in Children and Adolescents. In person presentation to Residency Program including Attendings, Fellows, Residents and Medical Students.

January 2016 **Society of Student Run Free Clinics Conference**
Adamson, E., Amorado, T., Felock, G., Heafner, J., Klapp, L., Webber, A. Cultivating Collaborative Practice in an Interprofessional Environment at the HRC. Presented at: Society of Student Run Free Clinics National Conference. January 2016

PROFESSIONAL MEMBERSHIPS

American Academy of Pediatrics
American Medical Association

HOBBIES & INTERESTS

Watercolor Painting Writing
Hiking, Trail Running, Kayaking Travel