

BUFFY F. DEKMAR

EDUCATION

Doctor of Medicine (Anticipated), Drexel University College of Medicine, Philadelphia, PA, *May 2021*

Post Baccalaureate Premedical Certificate, University of Vermont, Burlington, VT, *Aug 2016*

Master of Education, Elementary Education, Troy University, Phenix City, AL, *Dec 2010*

Bachelor of Science, Early Childhood Education, Columbus State University, Columbus, GA, *May 2007*

PROFESSIONAL EXPERIENCE

Business Owner and Photographer, Buffy Dekmar Photography, Atlanta, GA, *Jul 2009 - May 2017*

Operating a small business; professionally photographing weddings, events, and portraits; teaching photography and mentoring other business owners; contributing content to national and international photography publications; hosting a wedding industry workshop in Italy in 2013

Personal Care Assistant, Burlington, VT, *Sept 2015 - May 2017*

Providing personal assistance, supervision, care, and developmentally appropriate physical and cognitive development tasks for a child with Down syndrome; collaborating with ASL specialist, school teachers, parents, physical therapist, and others to assist the child in reaching communication goals and developmental milestones

Elementary School Teacher, Troup County School System, LaGrange, GA, *Aug 2007 - May 2011*

Teaching grades 2, 3, and kindergarten in a Title I school; integrating activities for children with special needs and individual education plans; collaborating with specialists and other colleagues to help children and families overcome physical, emotional, and social barriers to education

Freelance Tutor, Georgia and Vermont, *Oct 2003 - Jan 2014*

Combining skills in customer service and education to tutor numerous students, aged 3 to 63, in various subjects, including English as a second language, algebra, trigonometry, calculus, reading, writing, and college chemistry

COMMUNITY INVOLVEMENT & SERVICE

Peer Mentor, Drexel Univ College of Medicine (DUCOM), Philadelphia, PA, *Sept 2018 - May 2020*

Spending time with a small group of students in the DUCOM class of 2022 each quarter to guide them in the process of completing medical education; advising on test taking strategies, career exploration, learning styles, academic success, and personal wellness

Crisis Counselor, Crisis Text Line, *Jun 2018 - Present*

Responding to cries for help via text messaging; counseling individuals experiencing personal crises; assessing suicide risk and deescalating dangerous situations; counseling individuals struggling with self-harm; showing empathy and compassion through active listening without judgement; practicing interpersonal skills such as strength identification, exploring another's view point, and empowering individuals to persevere through life's darkest moments

Health Education Coordinator, St. Raymond Clinic, DUCOM, Philadelphia, PA, *Jun 2018 - May 2019*

Organizing and coordinating a student-run clinic for community members at a temporary housing facility; administering influenza vaccines; serving as a liaison between patients and their primary care providers, medical specialists, and pharmacists; providing health education materials to patients; educating underclassmen on clinical skills required for clinic duties

Clinic Volunteer, Health Outreach Project, DUCOM, Philadelphia, PA, *Sept 2017 - May 2019*

Providing free healthcare to marginalized members of society in the greater Philadelphia area; measuring vital signs; interviewing patients and listening to their stories with compassion and care, integrating information to report to residents and attending physicians; practicing clinical skills while giving back to the community

Culinary Medicine Club Member and Volunteer, DUCOM, Philadelphia, PA, *Aug 2018 - May 2019*

Volunteering at a local food kitchen, organizing pantry ingredients according to salt and sugar content, educating kitchen staff members on healthier food preparation techniques, especially pertaining to hypertension and diabetes

President, Radiology Interest Group, DUCOM, Philadelphia, PA, May 2018 - Mar 2019

Leading a specialty interest group of medical students; planning workshops and educational events centered around clinical uses of radiologic imaging modalities in the DUCOM medical simulation laboratory; collaborating with fellow interest group leaders, residents, and attending physicians to organize educational opportunities for group members

Vice President, Radiology Interest Group, DUCOM, Philadelphia, PA, Sept 2017 - May 2018

Providing secretary and treasurer services for a medical student specialty interest organization

Art from the Heart Volunteer, Univ of Vermont Medical Center, Burlington, VT, Jul 2015 - Jul 2017

Volunteering 4-12 hours per week offering artwork, art supplies, creative outlets for self-expression, and companionship to adult and pediatric hospital patients and their visitors; designing and authoring a comprehensive, interactive training manual for new volunteers; assisting the Art from the Heart coordinator in refining a new volunteer onboarding process

Community Cuddlers Volunteer, Univ of Vermont Medical Center, Burlington, VT, Oct 2016 - Jul 2017

Volunteering 2-4 hours each week soothing and reading to infants in a neonatal intensive care unit; provided adult interaction for infants who were awaiting foster care assignment and those whose parents were unable to visit often

Committee on Temporary Shelter Volunteer, Burlington, VT, Jan 2016 - Dec 2017

Cooking and serving meals to individuals dealing with homelessness

City Market Onion River Food Co-op, Burlington, VT, Aug 2014 - May 2017

Volunteering with various community outreach partners, promoting the co-op's mission of improving community health through sustainable organic food; gleaning crops at local farms, penning award certificates at a children's culinary contest, and assisting with fundraising events

RESEARCH EXPERIENCE

Public Health Research Assistant, Univ of Vermont Larner College of Medicine, Aug 2015 - Apr 2017

Mentors: Shaden Eldakar-Hein, MD, Department of Internal Medicine; Rebecca Schwarz, MFA, Burlington City Arts

Contributing on two poster projects: studying the impact of art interventions on pain and anxiety in inpatient and outpatient pediatric units; investigating the effects of art interventions on nurses' job satisfaction and patient well-being on a general medicine inpatient ward

PUBLICATIONS & PRESENTATIONS

Scientific Exhibit, PA Radiological Society Annual Meeting, Anticipated Oct 2020

"Breast Cancer Screening in Transgender Patients: What the Radiologist Should Know" (Dekmar B, Thomas S, Hartman M. Allegheny Health Network, Pittsburgh, PA).

AMSER Case of the Month, Association of University Radiologists, Sept 2020

A peer-reviewed case report on breast cancer screening in transgender patients

Revive Blog Editorial Feature, Without the White Coat, Apr 2020

"Defining Productivity," a reflection on mental health in medical professionals and trainees, particularly in the age of COVID-19. <https://withoutthewhitecoat.com/defining-productivity/>

Research Presentation at CME Seminar, Univ of Vermont Medical Center, Burlington, VT, May 2017

Presented current research on art in medicine at "Arts and Health: Research, Practice & Experience," a Continuing Medical Education seminar at University of Vermont Medical Center

Public Health Research, Univ of Vermont Larner College of Medicine, Sept 2015 - Jan 2017

"Effects of Art Intervention on Pediatric Anxiety and Pain in the Medical Setting" poster presented at: University of Vermont Public Health Research Fair; 20 Jan 2016. (Deeb A, Dekmar B, Eldakar-Hein S, Grunvald M, Leon D, Manyak A, Miller L, Schwarz R, Wang L.)

Accepted for presentation at the American Public Health Association's Annual Meeting and Expo. "Effects of Art from the Heart on Nurse Satisfaction and Patient Wellbeing" poster presented at: University of Vermont Public Health Research Fair; 16 January 2017. Gibbs KG, King EC, LoSchiavo NS, Pyon U, Robinson JY, Soelch LA, Waller BF, Schwarz RA, Dekmar BF, McCarthy SA).

University of Vermont Medical Center Blog Articles

Dekmar, B. (2015, December 15). Redefining "Art" for the Sake of Wellness.

<https://medcenterblog.uvmhealth.org/education/art/defining-art-for-the-sake-of-wellness/>

Dekmar, B. (2016, June 1). Study Shows "Art from the Heart" Brings Nurse Satisfaction and Patient Wellbeing. <https://medcenterblog.uvmhealth.org/wellness/social/art-therapy-vermont/>

HONORS & AWARDS

Gold Humanism Honor Society Member, *Sept 2020*

Clinical Clerkship Honors

Family Medicine, Kaiser Permanente, Vacaville, CA, *Sept 2019*

Obstetrics & Gynecology, Kaiser Permanente, Roseville, CA, *Oct 2019*

Psychiatry, Kaiser Permanente, Sacramento, CA, *June 2020*

Diagnostic Radiology, Allegheny Health Network, Pittsburgh, PA, *July 2020*

Pediatric Radiology, St. Christopher's Hospital, Philadelphia, PA, *Aug 2020*

2nd Place Scientific Exhibit, PA Radiological Society Annual Meeting, *Sept 2020*

Volunteer of the Week, Press Feature, Burlington Free Press, Burlington, VT, *May 23, 2016*

Summa Cum Laude Graduate, Troy University, Phenix City, AL, *Dec 2010*

Magna Cum Laude Graduate, Columbus State University, *May 2007*

Dean's List, Columbus State Univ, Troy Univ, Univ of Vermont, *2004-2007, 2010, 2016*

Promise Scholar, Columbus State University, *2005-2007*

Hope Scholar, University System of Georgia, *2003-2007*

PROFESSIONAL ORGANIZATION MEMBERSHIP

American College of Radiology, Radiological Society of North America, Pennsylvania Radiological Society, American Medical Association, American Academy of Family Physicians, American Academy of Neurology

INTERESTS & HOBBIES

Physician and trainee wellness, medical student education, farmers markets, biodynamic wine, yoga, personality tests, and film portrait photography. Museums over concerts. All of my favorite books are memoirs.