

Gemma Rosas PT, DPT, NSC

Education

The George Washington University (GWU), Class of 2017

Doctor of Physical Therapy (DPT)

Board Member of Physical Therapy Student Organization (PTSO) - Class Historian

University of Southern California (USC), Class of 2013

B.S. Kinesiology, Minor: English Literature

Honors: Dean's Honor List and National Society of Collegiate Scholars

Professional Experience

Aug 2017 - August 2021

Inpatient Rehab Staff Physical Therapist Level III

MedStar National Rehab Hospital (NRH), Washington, DC

- ❖ Evaluated, treated and developed plans of care for patients with the following conditions: Traumatic Brain Injury, Stroke, Cardiac, Amputee, General Medicine, Spinal Cord Injury and COVID/post-COVID
- ❖ Formed part of an integral interdisciplinary team that branded the opportunity to work alongside physicians, nurses, PT aides, case managers, occupational therapist, speech therapists, recreational therapists and neuropsychologists.
- ❖ Lead both individualized and group treatment sessions, both on land and in the aquatic setting
- ❖ Provided inpatient physical department inservices in the form of journal club and/or presentations to assist with educational advancement of the team. Additionally have assisted with interdepartmental education via nursing orientation training sessions.
- ❖ Full-filled role as a Clinical instructor (CI) to full-time and part-time Doctor of Physical Therapy (DPT) students from various local universities including The George Washington University, University of Maryland and Marymount University

Professional Service

March 2021 - August 2021

Diversity and Inclusion Monthly Newsletter

MedStar NRH Network - Washington, DC

- ❖ Co-creator of monthly diversity and equity focused newsletter that was intended to serve as a creative and approachable medium for educational resources. The newsletter also highlighted local community and volunteer events that promoted advocacy and exploration of the local District of Columbia (DC) community.

July 2020 - August 2021

**Equitable Practice and Inclusivity Committee (EPIC)
MedStar NRH Network - Washington DC**

- A founding member of the group in July of 2020. Assisted and participated in the creation of the group's mission statement, determination of purpose/goals and formation of subcommittees.
- Most active within the Partnership Subcommittee whose main goal is to establish outreach initiatives within the Medstar National Rehab Hospital Network and within the local DC community
- Represented the committee within NRH Physical Therapy department and provided updates on EPIC projects and events

Nov 2019 - August 2021

**Brain Injury Association of DC (BIADC): Support Group
Washington, DC**

- ❖ Brain Injury Association support group facilitator for the DC area monthly meetings . Group consisted of brain injury survivors and caregivers with ages ranging from mid 20s-70s. During the pandemic, the group expanded to serve the surrounding Maryland and Virginia area. It also grew to be a resource for other clinicians and patients at Good Samaritan Hospital/ Baltimore area.
- ❖ Managed the group membership and email list of over 100 contacts. Ensured meetings and association information were being communicated to those interested.
- ❖ Evolved to become a community resource that assists in connecting members with services they may have needed from local advocacy groups or medical related services.
- ❖ Recruited and outreached to local hospitals, schools and associations to organize guest speakers or discussion leaders every month

Nov 2019 - August 2021

**Spinal Cord Injury Outcomes Committee
MedStar NRH Network - Washington DC**

- ❖ Researched the validity and clinical applicability of the Wheelchair Skills Test (WST) as part of the spinal cord injury specialty group. The committee focused on increasing staff knowledge and understanding of outcome measures formulated to be used with the neurologic patient population
- ❖ Educated the team on the administration of the WST via an inservice in 2020.

Teaching/ Student Experience

August 2018 - August 2021

Clinical Instructor (CI) for Full Time Clinical Experience MedStar National Rehab Hospital (NRH), Washington, DC

- ❖ Served as an American Physical Therapy Association (APTA) certified CI for students during their third-year clinical rotations.
- ❖ Promoted opportunities and provided guidance to allow students develop entry-level critical reasoning and clinical skills .
- ❖ Communicated in an efficient and effective manner with students, site clinical coordinators and instructors to ensure expectations were beginning met during clinical rotations

January 2018 - August 2021

Clinical Instructor for Part-Time Clinical Experience MedStar National Rehab Hospital (NRH), Washington, DC

- ❖ CI for first and second year DPT students early in their professional development.
- ❖ Assisted with providing guided exposure to patient care to allow them to build a foundation for their future clinical work

January 2018 - August 2021

NRH Student Presentations

- ❖ Created, developed and delivered inservices that increased students' exposure and understanding to the services and specialized treatments that were provided by physical therapy staff at NRH
- ❖ Presentation topics have included: Aquatic Therapy and Manual Wheelchairs. In June 2021, newly added a topic to the lecture series titled: *Diversity, Equity and Inclusivity (DEI): How it can be present in a student's clinical experience*

October 2020 - August 2021

Traumatic Brain Injury: A Case Study Presentation, Marymount University

- ❖ Worked in collaboration with other staff members to create and present two case studies via a virtual platform to the students of Marymount University's DPT program
- ❖ Facilitated and guided a discussion with third-year DPT students that would provide the opportunity to further develop clinical reasoning in treating patients with traumatic brain injuries
- ❖ Provided the opportunity and platform to creatively obtain exposure to patients with neurological conditions during the unprecedented challenges caused by the pandemic

Research Experience

March 2021 - August 2021

Medstar National Rehab Hospital - EPIC Committee Research

- ❖ Consultant to the creation of a new research project within the MedStar National Rehab Facility.
- ❖ Met and collaborated with an interdisciplinary team consisting of MedStar Hospital System and Georgetown University employees to construct a research protocol focused on obtaining qualitative data from patients and clinicians to generate data that would allow for further understanding of the current health care inequities within the local DC community.
- ❖ Assisted with reviewing the research proposal that was submitted for a funding grant opportunity for this project

June 2015 - November 2018

George Washington University- Physical Therapy Department

- ❖ Member of a research team composed of staff and faculty of The George Washington University DPT program, dedicated to understanding student clinician views on electronic medical records (EMRs) and their influence on the quality and safety of patient care provided during clinical internships.
- ❖ Responsibilities consisted of creation of research protocol, data collection, use of qualitative and quantitative methods of data interpretation, and preparation of proposal and poster drafts for various research presentations/conferences

June 2012 - September 2013

University of Southern California- Division of BioKinesiology

- ❖ Contacted and recruited subjects for various research projects. Assisted in performing and analyzing results obtained from testing using metabolic carts, bone density/DEXA scans and bioelectrical impedance scales

Conference/Research Poster Presentations:

October 2018

APTA MD and DCPTA Annual Conference 2018

- ❖ Poster Title - *Student Clinician Views of the Electronic Medical Record: Helpful Tools or Not?*

September 2018

GWU Scholarship of Teaching and Learning (SoTL) Conference 2018

- ❖ Poster Title - *Student Clinician Views of the Electronic Medical Record: Helpful Tools or Not?*

September 2017

GWU Scholarship of Teaching and Learning (SoTL) Conference 2017

- ❖ Poster Title- *Student Clinicians' Views of the Electronic Medical Record*

Certifications, Licensures and Memberships

- ❖ APTA Academy of Aquatic Physical Therapy Clinical Competency Certificate - Lectures completed in March 2020, and onsite pool competency to be completed in 2022
- ❖ LVAD Heartmate III Competency - completed March 2021
- ❖ LSVT Big and Loud Certification - Issued May 2017 and renewed in 2020
- ❖ APTA Clinical Instructor Certification - Issued October 2018
- ❖ DC Physical Therapy License - Expires in 2022
- ❖ CA Physical Therapy License- Expires in July 2023
- ❖ Board Certified Neurologic Clinical Specialist since June 2021

Awards

- ❖ 3rd place for *Student Clinician Views of the Electronic Medical Record: Helpful Tools or Not?* Poster Presentation at ATPA MD and DC APTA Annual Conference 2018
- ❖ Recipient of John Hopkins Critical Care Conference Student Scholarship 2016

References

- ❖ Available upon request