

Alexandra Sappington

Doctor of Osteopathic Medicine

EDUCATION

Louisiana State University New Orleans Emergency Medicine Residency
Class of 2028

Alabama College of Osteopathic Medicine
Class of 2024
Doctor of Osteopathic Medicine

Alabama College of Osteopathic Medicine, Fellowship
Class of 2022
Clinical Simulation Fellow

Troy University
Class of 2022
Master of Science in Adult Education

Furman University
Class of 2016
Bachelor of Science in Health Sciences

LEADERSHIP EXPERIENCE

EMRA Leadership Academy Co-Chair (2024 - Present)

- Selected to lead the ACEP/EMRA Leadership Academy Class of 2025

EMRA Student-Resident Mentorship Program (2024 - Present)

- Partnered with EMRA to serve as a mentor to three medical students from across the country

American College of Osteopathic Emergency Physicians (2024 - 2025)

- Member of the Resident Student Organization Executive Board as the Past Director of Student Affairs

CORD Application Process Improvement Committee (2024 - 2025)

- Invited to serve on the APIC committee to analyze the emergency medicine residency application process

EMRA Leadership Academy (2023-2024)

- Selected to participate in ACEP/EMRA Leadership Academy Class of 2024

American College of Osteopathic Emergency Physicians (2023 - 2024)

- Member of the Resident Student Organization Executive Board as the Director of Student Affairs

American Academy of Emergency Medicine Resident Student Association Cabinet of Delegates (2022 - 2024)

- Served on the AAEM/RSA Cabinet of Delegates on behalf of the Alabama College of Osteopathic Medicine

HONORS/AWARDS

Alabama College of Osteopathic Medicine Alumni Board of Directors (2023 - 2024)

- Nominated by the ACOM Class of 2024 to serve as the student representative for the Alumni Board of Directors

American College of Osteopathic Emergency Physicians (2022 - 2023)

- Member of the Resident Student Organization Executive Board as the Conference Chair

American Medical Student Association (2019 - 2021)

- Director of Community Outreach (2020 - 2021). Organized Angel Tree and Get Well Cards for the Pediatric Hospital
- First-Year Liaison (2019 - 2020)

Emergency Medicine Interest Group (2019 - 2021)

- Director of Community Outreach (2020 - 2021). Organized "Hygiene Kits for the Homeless" event

American Academy of Emergency Medicine Resident Student Association Representative Council Member (2019 - 2020)

- Served on the AAEM/RSA Representative Council on behalf of the Alabama College of Osteopathic Medicine

NCAA Division I Softball Player (2011 - 2016)

- Pitcher for Furman University
 - Named to the all-tournament team at the USC Upstate Classic
 - Recipient of C. Dan Joyner Outstanding Female Athletic Leader Award (2016)
 - Recipient of ScanSource Student-Athlete Leader of the Month (2016)
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National Outstanding Medical Student Award (March 2024)

- Awarded by the American College of Emergency Physicians/Emergency Medicine Residents' Association

Medical Student Excellence in Emergency Medicine Award (March 2024)

- Awarded by the Society for Academic Emergency Medicine

Gold Humanism Honor Society (June 2023)

- The Gold Humanism Honor Society recognizes students who are exemplars of compassionate patient care and who serve as role models, mentors, and leaders in medicine

1st Place Case Study Poster at the Medical Association of the State of Alabama Research Symposium (April 2023)

- Poster presentation on *"An Atypical Presentation of New Onset Lupus Cerebritis in an Elderly Caucasian Male"*

Student Doctor of the Year (October 2022)

- Awarded by the American College of Osteopathic Emergency Physicians Resident Student Organization

VOLUNTEER EXPERIENCE

Translating Osteopathic Understanding into Community Health (TOUCH) Program- Gold Level Recognition (May 2020, 2021, 2022)

- Awarded to students who complete 100 or more approved TOUCH volunteer hours

Phi Sigma Pi National Honor Fraternity (January 2022)

- Accepted to the National Honor Fraternity after obtaining a 4.0 at Troy University Masters of Science in Adult Education

1st place at the American Medical Student Association National Simulation Competition (April 2020)

- Member of Cotard's Delusionals Simulation Team

1st place at the Alabama College of Osteopathic Medicine Simulation Competition (November 2019)

- Member of Cotard's Delusionals Simulation Team
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LSU Student Run Community Clinic (2024 - Present)

- Work alongside LSU medical students and attending physicians providing medical care for the unhoused community. Volunteered more than 50 hours with this organization.

CityHope Church Outreach (2023 - 2024)

- Volunteered monthly with Homeless Ministries through CityHope Church, as well as at a variety of other pop-up opportunities. Volunteered over 50 hours with this organization.

The Retreat at SAAD Hospice (2022 - 2023)

- The Retreat is an inpatient hospice facility that focuses on managing symptoms and pain for people in the terminal phase of life.

Southeast Health Covid-19 Vaccine Clinic (2021 - 2022)

- Medical students were invited to administer Covid-19 vaccines at the clinic. Volunteered over 100 hours with this organization and have administered hundreds of vaccines.

Maddox Farm Dog Rescue (2019 - 2022)

- Maddox Farms rescues dogs that are soon to be put down from over-crowded shelters in the area. Volunteered over 50 hours with this organization, and I rescued my dog, Deuce, from this organization.

Alabama Puppy Rescue Flights (2019 - 2022)

- Initiated a volunteer opportunity for medical students with the Alabama Puppy Rescue Flights. Alabama Puppy Rescue Flights transports dogs from rescues and shelters in Alabama by private plane to Central Florida for adoption. Volunteered over 100 hours with this organization.
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RESEARCH EXPERIENCE

Delayed Sequence Intubation vs Rapid Sequence Intubation: A Retrospective Analysis

- Resident researcher at Louisiana State University- New Orleans, September 2024 – Present
- PI: David Rayburn, MD; Alison Smith, MD, PhD
- Objective: To assess the outcomes of patients who underwent RSI in the emergency department when compared to those who underwent DSI.

Resident Wellness in Emergency Medicine as Portrayed by Departmental Websites

- Medical Student researcher at the Alabama College of Osteopathic Medicine, November 2022 - August 2024
- PI: Brian Milman, MD
- Objective: To quantify the number of emergency medicine programs with wellness pages on their websites and identify themes portrayed on those pages.

Understanding the Role of Stress Response, Bacterial Communication, and Porin-Mediated Transport in *Vibrio vulnificus* Serum Survival

- Student researcher at the University of North Carolina at Charlotte, January 2018 - June 2018
- PI: James D. Oliver, PhD
- Hypothesis: Identified candidate genes that are transcriptionally up-regulated in human serum will not survive when exposed to mutants to human serum, indicating their necessity in *Vibrio vulnificus* survival in human serum.

Real-time 3D Motion Visualization and Analysis of Single-Leg Cycling for ACL Rehabilitation

- Student researcher at Furman University, January 2014 - June 2014
- PI: Randy Hutchinson, PhD
- Hypothesis: Single-leg cycling increases muscle reactivity in post-operative ACL reconstruction leg as opposed to dual-leg cycling.

PUBLICATIONS

1. **Sappington, A.,** & Milman, B. (2025). Emergency Medicine Residency Website Wellness Pages: A Content Analysis. *The western journal of emergency medicine*, 26(3), 573–579. <https://doi.org/10.5811/westjem.34873>.
2. Cohen, K., Gregory, G., **Sappington, A.,** et al. (2023). *Bacterial meningitis in a young adult: A simulation scenario*. MedEdPortal. Association of American Medical Colleges, Washington, DC. https://doi.org/10.15766/mep_2374-8265.11354.
3. Said, J., Budny, B., **Sappington, A.,** et al. (2023). *Glomerulonephritis as a Result of an Infected Cardiac Pacemaker Lead Acts like Infective Endocarditis, with Resolution after Lead Removal*. *Cureus* 15(10), e46471. doi10.7759/cureus.46471.
4. Cooper, D., Laidig, W. D., **Sappington, A.,** et al. (2023). *A Pharmacological Review of Calcitonin Gene-Related Peptide Biologics and Future Use for Chronic Pain*. *Cureus* 15(2): e35109. doi:10.7759/cureus.35109.

PRESENTATIONS

1. **Sappington, A.,** Turley, T. (May 2025). *From Experience to Expression: Communicating Your Fit for Emergency Medicine*. American College of Osteopathic Physicians Resident Student Organization Online Mentorship Series. Zoom.
2. **Sappington, A.** (April 2025). *Meh to Meh-morable: Your Guide To Making Your CV Shine*. American College of Osteopathic Physicians Spring Seminar. Phoenix, AZ.

3. **Sappington, A.**, Shorten, K., Volkert, S. (January 2025). *Navigating Your Rank List*. American College of Osteopathic Physicians Resident Student Organization Online Mentorship Series. Zoom.
4. **Sappington, A.** (December 2024). *You've Got A Friend In Me: Finding Mentorship In Emergency Medicine*. American College of Osteopathic Physicians Resident Student Organization Online Mentorship Series. Zoom.
5. **Sappington, A.** (October 2024). *Window Shopping- Picking The Right Residency Program For You*. American College of Osteopathic Physicians Resident Student Organization Scientific Assembly. Houston, TX.
6. **Sappington, A.** & Burns, B. (September 2024). *All. About. Interviews*. American College of Osteopathic Physicians Resident Student Organization Online Mentorship Series. Zoom.
7. **Sappington, A.** (June 2024). *What I Wish I Knew Before Going Into Emergency Medicine- A Leadership Panel*. American College of Osteopathic Physicians Resident Student Organization Online Mentorship Series. Zoom.
8. **Sappington, A.** (April 2024). *How to Succeed on Sub-Internships*. American College of Osteopathic Physicians Resident Student Organization Online Mentorship Series. Zoom.
9. **Sappington, A.** & Dimick, Savannah. (April 2024). *Emergency Medicine Mentorship Moment*. American College of Osteopathic Physicians Resident Student Organization Spring Seminar.
10. Calhoun, G., & **Sappington, A.** (March 2024). *Third Year Rotations: Which To Do, How To Do Them, and How To Build Your CV*. American College of Osteopathic Physicians Resident Student Organization Online Mentorship Series. Zoom.
11. **Sappington, A.**, & Milman, B. (March 2024). *Resident Wellness in Emergency Medicine as Portrayed by Departmental Websites*. Council of Residency Directors in Emergency Medicine Academic Assembly. New Orleans, Louisiana.
12. **Sappington, A.** (January 2024). *Navigating VSLO: How To Apply For Sub-Internships And What to Look For In Programs*. American College of Osteopathic Physicians Resident Student Organization Online Mentorship Series. Zoom.
13. **Sappington, A.**, Sripathi, N., Byrd, J., (April 2023). *An Atypical Presentation of New Onset Lupus Cerebritis in an Elderly Caucasian Male*. Poster presentation at the Medical Association of the State of Alabama's 2023 Annual Session Research Symposium. Huntsville, AL.
14. **Sappington, A.** (November 2022). *Multiple Sclerosis*. Oral presentation at Ashford Clinic. Dothan, AL.
15. **Sappington, A.**, & Giannini, J. (April 2022). *Lymphoma*. Simulation debrief oral presentation at Alabama College of Osteopathic Medicine. Dothan, AL.
16. **Sappington, A.**, & Giannini, J. (March 2022). *Sickle Cell Crisis*. Simulation debrief oral presentation at Alabama College of Osteopathic Medicine. Dothan, AL.
17. **Sappington, A.**, & Giannini, J. (March 2022). *Rheumatoid Arthritis*. Simulation debrief oral presentation at Alabama College of Osteopathic Medicine. Dothan, AL.
18. **Sappington, A.**, & Giannini, J. (February 2022). *Parkinson's Disease*. Simulation debrief oral presentation at Alabama College of Osteopathic Medicine. Dothan, AL.
19. **Sappington, A.**, & Giannini, J. (January 2022). *Thyroid Storm*. Simulation debrief oral presentation at Alabama College of Osteopathic Medicine. Dothan, AL.
20. **Sappington, A.**, & Giannini, J. (January 2022). *Dementia, Stroke, and TIA*. Simulation debrief oral presentation at Alabama College of Osteopathic Medicine. Dothan, AL.
21. **Sappington, A.**, & Giannini, J. (January 2022). *Diabetic Ketoacidosis*. Simulation debrief oral presentation at Alabama College of Osteopathic Medicine. Dothan, AL.
22. **Sappington, A.**, & Giannini, J. (November 2021). *Pneumothorax*. Simulation debrief oral presentation at Alabama College of Osteopathic Medicine. Dothan, AL.
23. **Sappington, A.**, Hardy, J., & Giannini, J. (October 2021). *Cauda Equina*. Simulation debrief oral presentation at Alabama College of Osteopathic Medicine. Dothan, AL.
24. **Sappington, A.**, Cohen, K., Gregory, G., Hardy, J., & Giannini, J. (2021). *Analysis of Simulation Competition Training on Critical Thinking Scores in Medical Graduates*. Abstract submitted to American Association of Colleges of Osteopathic Medicine: Education Leaders Conference.

WORK EXPERIENCE

25. **Sappington, A.**, Dombrowski, K., McLean, J., & Flower, A. (2020). *Is Distance to an Ambulance Service a Life-or-Death Situation?* Poster Presentation at Alabama College of Osteopathic Medicine. Dothan, AL.
 26. **Sappington, A.**, Norris, M., Phelps, M., & Cohen, K. (December 2019). ACOM Anatomy Course First Patient Platform Presentation. Platform presentation at Alabama College of Osteopathic Medicine. Dothan, AL.
 27. **Sappington, A.**, Phippen, B., Williams, T., & Oliver, K. (2018). *Understanding the role of stress response, bacterial communication, and porin-mediated transport in Vibrio vulnificus serum survival.* Poster Presentation at University of North Carolina at Charlotte. Charlotte, NC.
 28. **Sappington, A.**, Hutchinson, R. (January 2014). *Real-time 3D Motion Visualization and Analysis of Cycling.* Platform Presentation at Furman Engaged. Greenville, SC.
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Certified Schwinn Cycling Instructor

- Club4 Fitness in New Orleans Louisiana (June 2024 - Present)
- Club4 Fitness in Mobile, Alabama (January 2023 - May 2024)
 - Best Cycling Instructor Nappie Award Finalist (2024)
- Crunch Fitness in Mobile, Alabama (July 2022 - May 2024)
 - Best Cycling Instructor Nappie Award Finalist (2023)
- Cycle Circuit in Mobile, Alabama (July 2022 - March 2023)
- Crunch Fitness in Dothan, Alabama (November 2019 - June 2022)
- Gold's Gym in the Charlotte, NC Region (June 2017 - July 2019)

Bartender

- Bartender at River Run Country Club (2018 - 2019)
- Bartender at 26 Acres Brewery (2018 - 2019)

Medical Scribe for ScribeAmerica

- Medical Scribe in the Emergency Department at CaroMont Regional Medical Center in Gastonia, NC (2016 - 2018)
 - Awarded Medical Scribe of the Year (2017)
 - Promoted to Scribe Trainer (May 2017)
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TRAININGS/ CERTIFICATIONS

Rural Trauma Team Development Course Instructor (June 2025)

Advanced Trauma Life Support (July 2024)

Advanced Cardiovascular Life Support Instructor (April 2024)

Basic Life Support (April 2024)

LGBTQIA+ Cultural Competency for Clinicians (August 2021)

Medication Assisted Treatment Waiver Training (May 2020)

Stop the Bleed (August 2019)

Unconscious Bias in Medicine, Stanford School of Medicine (August 2019)

QPR Suicide Prevention Gatekeeper Program, QPI Institute (August 2019)
