

Simrit Kaur, DPM

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My name is Simrit Kaur. I am currently a third-year PMSR/RRA resident at HCA Houston Healthcare Kingwood in Houston, Texas. I earned my Bachelor of Science at UC Berkeley where I majored in Nutritional Science: Physiology and Metabolism and then received my DPM degree at CSPM in Oakland, California. Although I was born and raised in the Bay Area, California, I'm planning to settle down in the Pacific Northwest to be close to my husband's family. After I graduate in June 2022, my goal is to join a thriving foot and ankle practice where I can continue to learn and apply my skills, while contributing to the growth and success of the practice.

Through my residency program, I gained extensive surgical training in foot and ankle trauma, elective procedures, wound care, sports medicine, and diabetic limb salvage at multiple hospitals throughout Houston. In addition to surgical exposure, I developed my clinical skills both in the hospital and private practice setting. Due to my rigorous training and exposure to a diverse patient population, I'm confident that I can be an asset to any practice.

I take pride in my strong work ethic, empathy, and bedside manner. I am professional and courteous with my peers, but also friendly and approachable. I'm a team player and get along well with others, but at the same time, I am independent, confident in my abilities, and can get things done. I strive to develop meaningful relationships with my patients, who see me as warm and caring, and I hope to bring my passion for helping others to your practice.

Thank you for your consideration and I hope to hear from you soon.

Best,
Simrit Kaur, DPM

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EDUCATION

Podiatric Residency at HCA Houston Healthcare Kingwood-PMSR/RRA

Podiatric Medicine and Surgery Residency
with Reconstructive Rearfoot/Ankle Surgery, Candidate
Residency Director: Dr. Jorge Matuk

Kingwood, Houston, TX
July 2019 – June 2022

California School of Podiatric Medicine at Samuel Merritt University

Doctor of Podiatric Medicine

Oakland, CA
August 2015 - May 2019

University of California, Berkeley

Bachelor of Science, May 2015
Major - Nutritional Science: Physiology and Metabolism

Berkeley, CA
2011 - 2015

PRESENTATIONS

Ankle Arthrodesis Clinical Case Conference (Houston, TX)	December 2021
Flatfoot Surgical Procedures (Houston, TX)	September 2021
Flatfoot Reconstruction: Evans, Cotton, Gastroc recession Clinical Case Conference (Houston, TX)	August 2021
AO Principles and Bone Healing (Houston, TX)	August 2021
CT/MRI/Bone scan/Ultrasound (Houston, TX)	July 2021
Journal Club: PRP Injections - Role in sports medicine and diabetic wound care (Houston, TX)	June 2021
2021 Texas Podiatric Medical Foundation F&A Bandera Meeting – 1 st MPJ fusion (Houston, TX)	April 2021
First MPJ Fusion Clinical Case Conference (Houston, TX)	April 2021
ORIF Medial cuneiform dislocation with Lisfranc's fracture Clinical Case Conference (Houston, TX)	January 2021
Soft Tissue Tumors and Masses (Houston, TX)	January 2021
Tarsal Tunnel Syndrome (Houston, TX)	December 2020
Total Ankle Replacements (Houston, TX)	Nov 2020
ORIF Trimalleolar Ankle Fracture Clinical Case Conference (Houston, TX)	May 2020
Sinus Tarsi Syndrome (Swedish Medical Center, Seattle, WA)	December 2018
Osteochondral Defects of the Talus Case Presentation (Swedish Medical Center, Seattle, WA)	December 2018
Brachymetatarsia (Kaiser Santa Clara, CA)	August 2018
Compartment Syndrome (Chino Valley Medical Center, CA)	July 2018
Pitfalls of Betadine Use in Wound Care (Highlands PSL, CO)	June 2018

WORKSHOPS

Stryker Lapifuse Lab	July 2021
Seal External Fixation Lab	November 2020
Stryker ORIF Lisfranc fracture/dislocation Workshop	October 2020
Synthes External Fixation Lab	September 2020
Treace Lapiplasty Lab	August 2019

ADVANCED TRAINING COURSES

ACLS Certification	June 2021 - Present
CPR and BLS Certification	June 2021 - Present

VOLUNTEER EXPERIENCE

Kingwood ISD Sports Physical Volunteer Physician	April 2021, May 2021
Chevron Houston Marathon Race Crew Volunteer Physician	January 2020
San Jose Clinic Volunteer Physician	August 2020

HONORS AND AWARDS

Alumni & Associates Podiatry Scholarship

Fall 2016

- Awarded to students based on academic excellence and essay submission

Dean's Scholarship of Podiatry

Fall 2015 - 2019

- Awarded upon acceptance to CSPM based on academic excellence
- Renewed yearly upon maintenance of 3.3 GPA

RESEARCH EXPERIENCE

National Foot and Ankle Review Publication

- Published article in Academic Journal of Podiatric Medical Students, Volume 20: 23-26 2017 - 2018
- Title: *The Transmetatarsal Amputation: Standard Protocol and Potential Modifications*

Undergraduate Research Apprenticeship Program

Lab apprentice at UC Berkeley's Mishler Lab

July 2011 - June 2014

- Researched niche differences in Calymperaceae and Mitthyridium moss species
- Gained hands-on laboratory experience in DNA extraction, gel electrophoresis, and PCR reactions
- Used sequence alignment tools to search for DNA base pair changes that distinguish moss species

Featured in QUEST: The Science of Sustainability

February 2013

- Documentary highlighting UC Berkeley's Mishler Lab and Jepson Herbarium
 - QUEST is an Emmy Award-winning web series that covers current sustainability-related environmental issues
 - Aired on KQED, a Northern California public media broadcasting network
- Explained the process of finding seaweed specimen, analyzing their genome through DNA sequencing, and discovering their evolutionary predecessors

PAST EXPERIENCE

American Society of Podiatric Surgeons (ASPS)

Secretary 2017-2018

Fall 2015 - 2019

- Participated in suture workshops and taught 1st year students how to perform hallux blocks
- Worked through surgical case studies in lunchtime faculty presentations

Forensic Podiatry Club

Secretary 2017-2018

Fall 2015 - 2019

- Examined pedal evidence in criminal cases
- Worked through case studies to determine if suspects had self inflicted gunshot wounds in the foot
- Attended Grand Rounds at UCSF for discussion of pathophysiology of gunshot wounds

Member of American Public Health Association (APHA) at The Suitcase Clinic

Fall 2015 - 2019

- Diagnosed and treated pathologies of the foot
- Provided palliative nail care to homeless individuals
- Offered free health and social services to underserved populations

Attended Legislative Leadership Conference (LLC)

March 2016

- Persuaded legislatures at Capitol Hill to increase government funding for Podiatry

Member of American Academy of Podiatric Sports Medicine (AAPSM)

Fall 2015 - 2019

Member of Wound Care Club

Fall 2015 - 2019

Member of American Association for Women in Podiatry (AAWP)

Fall 2015 - 2019

The Suitcase Clinic at University of California, Berkeley

Community Resources Officer

February 2013 - May 2015

- Helped homeless individuals find affordable housing and provided resources for general healthcare
- Provided access to VSP vouchers (one free pair of prescription glasses per year)

Writer for Sikhya Curriculum, Sikh Sevak Society (nonprofit organization)

June 2009 – July 2014

- Published accounts of historical events in Sikh history
- Writings published in four books constituting the core of Sikhya Curriculum for Sikh Sunday schools

Volunteer at Fremont Gurdwara Free Clinic

June 2012 – May 2015

- Clinic based in Fremont, CA that provides free healthcare and health supplies to patients
- Recorded initial patient intake and took blood pressure, height, weight measurements

Volunteer at The Millman Clinic

June 2013 – August 2014

- Maintained inventory of supplements and medical supplies
- Served as a scribe by noting patients' symptoms and the doctor's diagnoses

Level One Counselor for UMEED Hotline

May 2012 – August 2012

- Hotline for clients that face domestic violence, substance abuse, financial crisis, lack of healthcare or housing
- Assisted clients by listening to their problem and providing referrals, resources, or follow-up counseling

Digitized Seaweed Specimen for UC Berkeley's Jepson Herbarium

May 2012 – June 2012

- Digitization project that enabled researchers to analyze seaweed through a worldwide online database
- Enhanced the images and uploaded related data (climate conditions, longitude/latitude)
- Assisted researchers worldwide by providing them with virtual access to centuries-old specimens, allowing them to make discoveries about seaweed lineage

Volunteer at Feed the Hungry

November 2010 – April 2014

- Helped purchase supplies, cook meals, and serve food to the underserved population at homeless shelters across the Bay Area

LANGUAGES

- Fluent in Punjabi and Hindi

References available upon request