
CLARA O. SCOTT

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Profile

Highly independent and mature, with strong interpersonal and relationship-building skills. Effective working independently as well as a member of a team. Proven communicator with superior analytical problem-solving and creative thinking skills. Flexible, reliable, and quickly adapts to new and challenging environments.

Experience

Volunteer, Olympia, WA

9/2020-present

- Parent volunteer for Olympia High School Football Team, Summer and Fall 2022.
- Personal trainer for several high school students and adults, Spring and Summer 2022.
- Parent volunteer for Olympia High School Boys' Soccer Team, Spring 2022.
- Tutor various high school students in geometry, algebra, biology, and chemistry classes.
- Neighborhood Homeowner's Association President, Winter 2020 – present.
- Treasurer for Boys '05 Premier Soccer Team, Fall 2020 – Spring 2022.

In-home Caregiver and Care Coordinator, Lacey, WA

8/2020-12/2021

- Provided in-home care and assistance to elderly, disabled mother-in-law on hospice services, with all care including all Activities of Daily Living (ADL) as well as administering prescribed medications.
- Ensured safety measures are in place, including wheelchair accessibility throughout the home.
- Monitored and discussed changes in her health, behavior, and needs with the hospice health care team on a weekly basis; participated in discussions of adjustments with the care plan.
- Coordinated and allocated scheduled care while still remaining the primary caregiver; leveraged my health care education and background to manage and supervise all hired caregivers; maintained and oversaw daily updates and plans with caregivers.

In-home Caregiver and Home Manager, Olympia, WA

8/2018-8/2020

- Provided in-person care and coordinated care for my elderly mother-in-law, scheduling and providing direct oversight with doctor appointments, preparing her medications, and engaging with her to safely promote physical, emotional, and social well-being. Routinely communicated with primary care and emergent care physicians to guide and maintain her health and welfare.
- Created daily routines with built-in flexibility that also included social-emotional interventions to maintain a strong and resilient mental well-being of the family.

Certified Personal Trainer, Yongsan, South Korea

4/2016-8/2018

Assisted individual clients in achieving their fitness and health goals through education and inspiring change, leveraging my healthcare education and background.

- Collected detailed medical, nutrition, and exercise history; administered fitness analyses, which included the three-site skin-fold body fat measurements, basic vital signs, cardiovascular, muscular endurance and flexibility assessments.
- Identified realistic fitness goals; developed, designed, and implemented tailored exercise plans based on individual client's needs and goals.

Substitute Teacher & Nurse, Seoul American Middle School, Yongsan, South Korea 11/2015-3/2017

Provided expert teaching and inspired students to enrich themselves on a regular basis. Interacted with students requiring minor, acute medical attention, referring as necessary.

- Followed the teacher's lesson plans, effectively communicated with teachers and provided feedback as required to keep the subject matter relevant.
- Assisted individual students with special needs that are mainstreamed in regular classrooms.

Secretary/Vice-President/President, Korean American Football Club, 9/2015-7/2018
Yongsan, South Korea

Elected to serve at various levels on the Executive Committee for a year-round, local, youth soccer club.

- Served as general supervisor of all affairs.
- Executed policies and principles necessary to maintain a successful organization.
- Presided and attended monthly meetings; recorded minutes of all meetings.
- Served as parliamentarian of organization and oversaw annual audit of accounts.

Volunteer 9/2014-11/2015

Seoul American Middle School, Yongsan, South Korea

- Performed administrative tasks, prepared syllabi, and prepared various quizzes and tests throughout the school year.
- Volunteered for Parent Teacher Organization (PTO) supporting various functions and activities geared towards the middle school.

Child, Youth and School Services, Yongsan, South Korea

- Assisted in developing the running club, "Bolts", for elementary school kids.
- Developed training programs aimed toward young kids from 5 to 10 years of age, including positive motivation, warm-up, stretching, and running-type activities and games to encourage a healthy lifestyle.

Physician Assistant – Certified, Alaska Family Wellness Center, Anchorage, AK 4/2013-5/2014

Practiced family medicine with focus on adult and women's health in a small private practice.

- Promoted and educated patients on healthy lifestyle through diet, exercise, quality sleep and nurturing relationships.
- Performed detailed history and physical examinations, developed and implemented treatment plans, prescribed medications, ordered and interpreted laboratory tests and diagnostic studies, and performed various in-office surgical procedures.
- Diagnosed, evaluated, and followed adult and pediatric ADD and depression patients.

Home Manager, Anchorage, AK 10/2012-3/2013

Physician Assistant – Certified, Rivertown Pediatrics, Columbus, GA 7/2007-10/2012

Practiced pediatric medicine independently with physician on premises in high volume private clinic.

- Performed newborn, baby, child and adolescent well visits and acute sick visits; managed chronic pediatric problems.
- Promoted and educated patients and parents on appropriate developmental milestones and preventive care; discussed nutrition, physical fitness, health, and safety issues for the current age level.
- Obtained and performed full history and physical exams, ordered labs and diagnostic tests, and followed up appropriately, referring to specialty clinics if necessary.

Home Manager, Fort Leavenworth, KS
Physician Assistant – Certified, Olympia Pediatrics, Olympia, WA
Physician Assistant – Certified, ABC Pediatrics, Dunn, NC & Angier, NC
Paramedic, Moore County, Carthage, NC

11/2006-6/2007
12/2003-9/2006
9/2001-7/2003
1997-1999

Education

CSU Shiley Haynes Institute for Palliative Care,
Certificate of Completion in Palliative and Serious Illness Care (6/22)

Duke University School of Medicine, Physician Assistant Program, Durham, NC
Master of Health Sciences (5/01)
Certificate of Completion of Accredited Physician Assistant Program (8/01)

Western Washington University, Bellingham, WA
Bachelor of Science, Biochemistry (6/95)

Certifications

National Committee on Certification of Physician Assistants, Active 12/2023
PA National Recertification Exam – passed 2019-2029
Washington State PA License, Active
American College of Sports Medicine Certified Personal Trainer, 3/2016 - present

Professional Associations

American Academy of Physician Assistants, member.
Washington Academy of Physician Assistants, member.
Class President, Duke Physician Assistant Class of 2001.
Gateways, Developing Tomorrow's PA Leaders, participant.