

KHUSHI MEHTA

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EDUCATION

University of Arkansas, Fayetteville
Bachelor of Arts and Science in Psychology
GPA: 3.88 Overall; 4.00 Science

Fall 2022- Spring 2025

AWARDS and HONORS

Chancellor's List • Dean's List • Honors College Student • Arkansas Academic Challenge Scholarship

ACTIVITIES and ACCOMPLISHMENTS

Student Involvement: PA Club Secretary • Mental Health Ambassador • Honors College Ambassador • Peer Mentor

CERTIFICATION and SKILLS

Healthcare: CPR/BLS, CNA (Certified Nursing Assistant), RMA (Registered Medical Assistant), CPhT (Certified Pharmacy Technician), CPT (Certified Phlebotomy Technician), CET (Certified EKG Technician), Stop the Bleed Certification
Languages: English, Hindi, Gujarati, Spanish, Turkish

PROFESSIONAL EXPERIENCE

Wal-Mart/ Pharmacy Technician
Rogers, Arkansas

March 2023- Present

- Dispense medications and take in prescriptions.
- Manage inventory, including ordering and restocking medications and supplies.
- Address patient inquiries and provide customer service.
- Collaborate with pharmacists and healthcare providers to optimize patient care.

Northwest Medical Center/ Lab Assistant/Phlebotomist
Bentonville, Arkansas

May 2023- February 2024

- Perform venipunctures on a multitude of patients while maintaining aseptic techniques.
- Coordinating with nurses, doctors and lab technicians regarding lab orders.

University of Arkansas/ Student Mentor
Fayetteville, Arkansas

July 2023- December 2023

- Help incoming freshman and underserved students by guiding them through resources provided on campus to ensure their success in college and increase their retention.

The Kidney Clinic/ Registered Medical Assistant
Bentonville, Arkansas

June 2022- August 2022

- Obtain vital signs while interacting with patients.
- Take patient medical histories, prepare patients for examination, and assist during exams.
- Organize patient files and ensure constant communication with the physicians, nurses, insurance companies, laboratories, and pharmacies regarding any concerns about prescriptions and updating patient information.

Mercy Hospital/ Certified Nursing Assistant
Rogers, Arkansas

September 2021- January 2023

- Aided patients with routine tasks including feeding, bathing, dressing, and exercise while obtaining vital signs and charting them.
- Adapted to the surge of ICU patients during the peak of Covid-19 pandemic and adjusted accordingly to the implementation of new care procedures.
- Respected patient's privacy and dignity, upholding all hospital policies and HIPAA regulations.

VOLUNTEER EXPERIENCE

Volunteer Medical Assistant
Razorback Athletic Clinic, University of Arkansas, Fayetteville, Arkansas

December 2023- Present

- Assisting with blood draw and centrifuging the blood.
- Taking vital signs such as blood pressure, height, weight, and temperature.
- Collecting urine specimen.
- Helping with paperwork.

Honors Ambassador**August 2022- Present****University of Arkansas, Fayetteville, Arkansas**

- Help with planning and executing events on campus.
- Be part of planning and participating in food drives, blood donations and trail cleaning events to keep the environment pollution free and clean.
- Earned 20 hours in volunteering.

CAPS Ambassador**December 2022- Present****University of Arkansas, Fayetteville, Arkansas**

- Advocate for mental health improvement on campus by encouraging students to use resources offered on campus to have a healthy balance between academics and leisure.
- Plan and execute mental health events on campus.
- Earned 30 hours in volunteering.

COVID Screener**September 2020- March 2021****Mercy Clinics in Northwest Arkansas**

- Obtained vital signs from patients such as temperature, blood pressure, height and weight for patients walking into their appointments.
- Asked patients about their symptoms and signs to manage the spread of COVID-19 through providing proper PPE.
- Earned 85 hours in volunteering.

CNA**February 2021- April 2021****Northwest Medical Center, Bentonville, Arkansas**

- Obtained vital signs from patients and charted them according to the hospital policies.
- Assisted the nurses by helping the patients eat, bathe, walk, and respond to call lights.
- Observed procedures performed by doctors and nurses and often assisted as well.
- Earned 40 hours in Volunteering.

RESEARCH EXPERIENCE**Research Student****January 2024- Present****University of Arkansas, Fayetteville, Arkansas**

- Working with Dr. Lindsay Ham, my research titled "Measuring Coping Strategies for Shift Work Among Healthcare Workers," is pivotal for my upcoming thesis defense. This study aims to investigate and advocate for the mental well-being of healthcare professionals, shedding light on the challenges they face in managing shift work. By raising awareness and understanding the coping mechanisms used in this demanding and sleep-disruptive environment, this research seeks to promote the adoption of balanced lifestyles and effective coping strategies within healthcare workers.

Research Assistant**January 2023- May 2024****University of Arkansas, Fayetteville, Arkansas**

- Assisting Dr. Ivan Vargas's research thesis by conducting interviews and analyzing data.