

Deanna Bridge Najera, MPAS, MS, PA-C, DFAAPA

DLBNajera@gmail.com

EDUCATION

Shippensburg University, Shippensburg, Pennsylvania, *Master of Science with specialization in Clinical Mental Health Counseling*, May 2014.

- Recipient of a Highmark Graduate Student Award from the Pennsylvania State System of Higher Education Foundation, May 2013.
- Selected for Chi Sigma Iota Counseling Honor Society, 2010.

Chatham University, Pittsburgh, Pennsylvania, *Master of Physician Assistant Studies*, August 2006.

- Master's Thesis: "Physician Assistants: Progress in Practice" (with C. Hart, J. Lavanture and E. Roberts)
- Group recipient of the Karen Brich Endowed Fund for Public Health Research
- Named Co-Outstanding Leadership Student, Class of 2006.
- Student Director at Large, Pennsylvania Society of Physician Assistants, 2005-2006

University of Maryland, College Park, Maryland, *Bachelor of Science in Physiology and Neurobiology*, May 2004.

- 2004 recipient of the University Health Center Leadership Award
- One of 20 members of the 2004 graduating class named to the Maryland Medallion Society
- Member of the Student Health Advisory Committee (SHAC); Quality Assurance Chair 2002-2003, President 2003-2004; one of two student representatives on the search committee for the health center director, 2004
- College Park Scholars - Science, Discovery and the Universe program. Recipient of program Outstanding Citizenship Award, 2002.

CERTIFICATIONS AND LICENSURE

- Maryland Board of Physicians, first licensed 2010, through June 2021
- Pennsylvania Board of Medicine, first licensed 2006, through December 2022
- Pennsylvania Board of Osteopathic Medicine, first licensed 2010, through October 2022
- Board Certified Physician Assistant, first certified 2006, last recertified 2020, certification through December 2022
- DEA License for Maryland since 2010 and Pennsylvania since 2006
- DEA X Waiver for Buprenorphine
- BLS/AED/ACLS certified through 2022
- Nationally Certified Counselor, first certified 2015
- Certificate of Added Qualification (CAQ) in Psychiatry, first certified 2018, through 2028

AWARDS

- Named one of The Baltimore Sun's "25 Women to Watch 2020: Best in advocacy, business, and health" <https://www.baltimoresun.com/features/women-to-watch/bs-fe-women-to-watch-2020-web-20201019-dwopgd3uffcirk44pcvwieoqq-story.html>
- Named "Local Hero of the Week" for Maryland's 8th Congressional District by Representative Jamie Raskin, May 29, 2020 <https://www.facebook.com/RepRaskin/videos/702203233889893/>
- Recipient of the Dr. Janet W. Neslen Award from The Partnership for a Healthier Carroll County, 2019
- Received AAPA Distinguished Fellow recognition, 2018

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WORK HISTORY

Physician Assistant, MedStar Emergency Physicians (MEP), *September 2020- Present*

Primarily employed at Montgomery Medical Center Emergency Department, Olney, MD

- PA Advisor for Policy and Engagement, administrative role for entire MEP system
- Serve on the MEP Emergency Medicine Clinical Practice Council for Quality and Safety
- Serve on the MEP Alternative to Opioids (ALTO) treatment workgroup

Physician Assistant, Carroll County Health Department, Westminster, MD. *September 2019-Present*

- Lead Clinician, Bureau of Nursing. Primary oversight for Reproductive Health Services: Provide contraceptive care, testing and treatment for sexually transmitted infections, and preventative reproductive health care to adolescents and adults.
- Serve as Health Department clinician consultant on Fetal/Infant Mortality Review Board, Child Fatality Review Board, Carroll County Advocacy and Investigation Unit, Domestic Violence Fatality Review Team, Carroll County Public School Family Life Curriculum review panel
- Provided clinical support during the COVID-19 pandemic including assistance with developing, training, and supervising specimen collection at county drive-through testing site, assisting with outbreak investigation and support, serving as liaison to front-line responder agencies, clinical oversight of vaccination clinics, and other tasks as required or requested

Physician Assistant, Alteon Health (formerly EMA)

Primarily employed at Carroll Hospital Emergency Department in Westminster, MD

Full time August 2014 to December 2019, PRN January 2020-Present

- Co-Chair for implementation of state grant to improve addiction screening, integrate peer recovery coaches in the ED, and initiate medication-assisted therapy in the emergency department (2018-2019)
- ED provider representative on hospital-wide committee to update alcohol withdrawal protocols
- Worked with health department to implement Naloxone dispensing program in the ED to all non-fatal opiate overdoses and other high-risk patients (2017)
- Represented the ED on the county multi-agency Opioid Prevention Coalition
- Sole PA ED representative on Medical Staff Quality Committee (August 2016 to December 2018)
- Represented the Emergency Department on the Pharmacy and Therapeutics Hospital Committee (July 2015 to July 2016)
- Completed EMA APP Leadership Academy, 2017
- Served on multi-disciplinary committee to implement "Dilaudid-Free" Initiative which noted a 96% reduction in hydromorphone use with an increase in patient satisfaction scores (2015)
- Created and continually update commonly used resources for patients, staff and clinicians in both paper and electronic formats

Physician Assistant, True North Wellness Services, Hanover, PA

July 2014 to Present

- Primary psychiatric provider for clients in residential program with a goal of improving mental health care while streamlining medication regimens with primary and specialty care providers (2019-Present)
- Responsible for initial psychiatric evaluation and diagnosis as well as ongoing psychiatric medication management for patients of all ages (2014-2020)
- Worked with in-house pharmacist to reduce high risk medication regimens

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Physician Assistant, Cinda Liggon, MD, Interpretive Mental Health

March 2015 to Present

- Assist with initial psychiatric evaluations and ongoing medication management at several local colleges and universities on an as needed basis

Physician Assistant, Agricultural Worker Program, Gettysburg, PA

2008 to 2020 (seasonal clinic)

- Provide primary and acute care for patients of all ages in a seasonal underserved clinic
- Clinical preceptor for Lock Haven and Chatham University PA students

Adjunct Professor, Shippensburg University

Summer 2015, Spring 2018

- Taught section of CNS 524: DSM and Psychopathology (2018)
- Developed and taught CNS 596: Integrated Care and Psychopharmacology from a Counseling Perspective (2015)
- Guest lecturer for “Counseling Children” course providing education to graduate students on psychopharmacology since 2013

Lecturer, Certified Medical Educators Board Review Course

December 2014 to December 2016

- Lectured on Women’s Health, Psychiatry, Dermatology, Pediatrics, Neurology

Physician Assistant, Patient First, Owings Mills, MD

February 2011 to July 2014

- Provided urgent care to patients of all ages and primary care to adults, with onsite basic laboratory evaluation and radiologic imaging requiring provider interpretation with next day radiologic overread
- Created resources cards for patients to improve connection with local service providers

Physician Assistant, Hanover Hospital Express Care, Hanover, PA

July 2010 to February 2011

- Responsible for urgent care for children and adults with limited point of care testing

Physician Assistant, Mont Alto Family Practice, Mont Alto, PA

August 2006 to June 2010

- Responsible for primary care for adults and children 4 months of age and older
- Primary provider of women’s health for patients including contraceptive arm implant and intrauterine device insertion as well as endometrial biopsies
- Provided medical clinic coverage on a monthly basis at local satellite college campus

Biological Science Aide, U.S. Army Medical Research Institute of Infectious Diseases, Ft. Detrick, MD, *Summer Intern 1998 to 2004*

- Initial internship as part of the Science and Engineering Apprenticeship Program (SEAP) co-sponsored by the Department of Defense and George Washington University; worked in Pathology Department studying the pathogenesis of Hantavirus in neonatal rats utilizing *in situ* hybridization
- Subsequent paid internships through the Diagnostic Systems Division
- Assisted in the research needed to develop real-time assays to detect agents that may be used in biological warfare and terrorism.
- Presented a talk to the department entitled “The Optimization of *Filovirus* Assays on Rapid Real-Time PCR Platforms”

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LEADERSHIP ACTIVITIES

- *Diversity, Equity, and Inclusion Commission* (2021-2022), American Academy of PAs
- *Advisory Board*, Shippensburg University, College of Education and Human Services, *proposed School of Nursing and Allied Health* (2020-Present)
- *President then Immediate Past-President, Board of Directors*, Maryland Academy of PAs, 2019-2021
- *Commission on the Health of the Public*, Chair (September 2015 to July 2018), Member (July 2018-July 2019), American Academy of PAs
- *AAPA House of Delegate Representative* (2017, 2019), Maryland Academy of PAs
- *Conference Proposal Reviewer* (2013-2020), American Academy of PAs
- *Leadership Committee Member* (2014), American Counseling Association Integrated Care Interest Network
- *Co-Educator*, Community Adolescent Sex Education Program (Fall 2013), Johns Hopkins University and Friendship Academy of Science and Technology
- *PA Foundation Scholarship and Grant* application reviewer (2014-2015, 2018-2020)
- *Health Disparities Work Group Member* (2011-14), American Academy of PAs
- *PA Research Team Initiative Member* (2013-14, 2016-2020), American Academy of PAs
- *Membership Co-Chair* (2012-13), *Membership Chair* (2006-12), *Director at Large* (2008-10), *Public Relations and Education Committee member* (2008-14), *Conference Committee Member* (2006-09), Pennsylvania Society of PAs
- *PA Foundation Johnson & Johnson Scholarship for Pre-PA Students* reviewer (2012)
- *Online mentor*, “I Could Be” program (2009-2016), named one of the Top 10 Mentors of 2010
- *Preceptor for PA students from Chatham University, Lock Haven University and Philadelphia University Physician Assistant Programs*, clinical and didactic students intermittently through family practice and agricultural worker program, also assisted with ‘virtual precepting’ during COVID pandemic 2020
- *Guest Speaker*, “Up County” Family Center Emmitsburg, MD; gave several talks on various health subjects to at-risk parents (2007-2009)

PROFESSIONAL MEMBERSHIPS

Distinguished Fellow Member of the American Academy of Physician Assistants
Fellow Member of the Society of Emergency Medicine Physician Assistants
Fellow Member of the Pennsylvania Society of Physician Assistants
Fellow Member of the Maryland Academy of Physician Assistants
Fellow Member of the Society of PAs in Addiction Medicine
Fellow Member of PAs for Health Equity
Fellow Member of Association of PAs in Psychiatry
Associate Member of the American Association of Emergency Psychiatry
Professional Member of the American Counseling Association

PUBLICATIONS AND POSTERS

Najera, D.B. “Emergency contraception: Focus on the facts.” *Journal of the American Academy of Physician Assistants*. January 2016; 29(1): 20-24. *Article approved for continuing medical education credit.*

Najera, D.B. “Major depressive disorder: beyond the blues.” *Clinical Advisor*. June 2015: 32-51.

Najera, D.B. “An update on long-term contraception methods.” *Clinical Advisor*. August 2014: 41-48. *Article approved for continuing medical education credit.*

Kayingo, G., Anderson, J., Abraham, M., Hernandez, M., Olmedo, B., and **Najera, D.** “A pilot study to assess awareness and attitudes of PAs about health disparities.” American Academy of Physician Assistants 41st Annual Conference Poster Presentation. Washington, DC; 2013.

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Bridge, D., Hart, C., Lavanture, J., and Roberts, E. *Physician assistants-Progress in practice*. American Academy of Physician Assistants 34th Annual Conference Poster Presentation. San Francisco, CA; 2006.

Christensen, D.R., Hartman, L.J., Loveless, B.M., Frye, M.S., Shipley, M.A., **Bridge, D.L.**, Richards, M.J., Kaplan, R.S., Garrison, J., Baldwin, C.D., Kulesh, D.A., & Norwood, D.A. . “Detection of biological threat agents by real-time PCR: Comparison of assay performance on the R.A.P.I.D., the LightCycler, and the Smart Cycler platforms.” *Clinical Chemistry*. January 2006; 52(1): 141-145.

Hurtle, W., Bode, E., Kulesh, D.A., Kaplan, R.S., Garrison, J., **Bridge, D.**, House, M., Frye, M.S., Loveless, B., & Norwood, D. “Detection of the *Bacillus anthracis gyrA* gene by using a minor groove binder probe.” *Journal of Clinical Microbiology*. January 2004; 42: 179-185.

PRESENTATIONS

Bridge Najera, D. “Bias in healthcare: Understanding your role and your impact”. Nebraska Academy of PAs, virtual conference, April 7-10, 2021.

Lukobo Durrell, M., **Bridge Najera, D.**, and Arnold, G. “Racial disparities in Healthcare: COVID-19.” Northwestern School of Professional Studies, Virtual Lunchtime Table Talk. March 31, 2021.

Najera, R. and **Bridge Najera, D.** “Covid-19 Vaccine Q&A.” The College of Physicians of Philadelphia virtual presentation, March 9, 2021. <https://www.youtube.com/watch?v=ta8cG3R6jmo>

Bridge Najera, D. and Marsh, T. “Health Equities: Understanding Data and Bridge the Care Gap.” PA Foundation Vital Minds Podcast, February 2021. Available at <https://pa-foundation.org/podcast/episode-21-health-inequities-understanding-data-and-bridging-the-care-gap/>

Bridge Najera, D. “Pharmacological Approaches to Treating Chronic Pain in the Primary Care Setting.” AAPA We are Family (Medicine) virtual conference, Jan 23-25, 2021.

Bridge Najera, D. “Bias: What you don’t know can hurt you and your patients.” Diversity, Equity, and Inclusion CME Series; American Academy of PAs, online webinar, October 30, 2020.

Smith, SM and **Bridge Najera, D.** “Reverse the Cycle: A Model to Respond to Hospital-based Substance Use Disorder.” National Association of County and City Health Officials, online webinar, October 29, 2020.

Bridge, Najera, D. “Mental health emergencies for pre-hospital personnel part 2: Substance use disorder, personality disorders, and other mental health conditions of interest.” Virtual presentation to the Irving, Texas Fire Department, Sept 27, 2020.

Bridge Najera, D. “Mental health emergencies for pre-hospital personnel part 1: Pre-hospital management of the agitated person.” Virtual presentation to the Irving, Texas Fire Department, Sept 20, 2020.

Bridge Najera, D. “Latest trends in contraception: How to meet the demands for long acting reversible contraception”. Presented virtually at the annual conference for the Maryland Academy of PAs on Sept 19, 2020; Arizona State Association of PAs on Sept 26, 2020; South Carolina Academy of PAs on Oct 8, 2020.

Bridge Najera, D. “BFRBs: It’s not just picking and pulling”. Maryland Academy of PAs annual conference, presented virtually, Sept 16, 2020.

Bridge Najera, D. “Substance use disorder simplified.” American Academy of PAs annual conference,

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offered online due to COVID-19 pandemic, May 2020.

Bridge Najera, D. “Forget fighting.” American Academy of PAs annual conference, offered online due to COVID-19 pandemic, May 2020.

Bridge Najera, D and McKenzie, N. “Latest trends in contraception: How to meet the demands for long acting reversible contraception”. American Academy of PAs enduring CME, offered online due to COVID-19 pandemic, May 2020.

Auwaerter, PG, Hogue MD, and **Bridge Najera, D.** “Herpes Zoster Vaccination: What Clinicians Need to Know to Improve Vaccination Rates.” CME Webinar jointly provided by the Johns Hopkins School of Medicine, American Academy of PAs, and Postgraduate Healthcare Education, LLC, November 2019.

Bridge Najera, D. “What do I do with people who are always Mad, Bad or Sad?” Pennsylvania Society of PAs Annual Conference, Lancaster, PA; October 2019.

Bridge Najera, D. “Vaccine preventable disease update.” Maryland Academy of PAs Annual Conference, Ocean City, MD; September 2019.

Bridge Najera, D. “Personality disorders primer.” Maryland Academy of PAs Annual Conference, Ocean City, MD; September 2019.

Bridge Najera, D. “An introduction to Pap smears.” Lock Haven University PA Program, Harrisburg, PA. *Talk given annually since 2011*

Bridge Najera, D. “Sexually transmitted infections.” Lock Haven University PA Program, Harrisburg, PA. *Talk given annually since 2012*

Bridge Najera, D. “Stopping the Stork: Contraception Update.” American Academy of PAs 47th Annual Conference; Denver, CO, May 2019.

Bridge Najera, D. “Beyond the Shakes: Alcohol Use Disorder.” American Academy of PAs 47th Annual Conference; Denver, CO, May 2019.

Bridge Najera, D. “A basic introduction to child and adolescent psychopharmacology.” Eastern University school counseling and psychology graduate programs, talk given annually since 2013

Bridge Najera, D. “It’s snot something to sneeze at: Influenza update.” Maryland Academy of PAs Annual Conference, Ocean City, MD; September 6, 2018.

Bridge Najera, D. and Peer, A. “The primary care PA role in the treatment of opioid use disorder (OUD).” American Academy of PAs 46th Annual Conference; New Orleans, LA; May 23, 2018.

Bridge Najera, D. “Compliance as a dirty word.” American Academy of PAs 46th Annual Conference; New Orleans, LA; May 21, 2018.

Najera, R. and **Bridge Najera, D.** “From Arthropods to Zika.” American Academy of PAs 46th Annual Conference; New Orleans, LA; May 21, 2018.

Bridge Najera, D. “Mental health emergencies for pre-hospital personnel.” Pikesville Volunteer Fire Company, Pikesville, MD; February 19, 2018.

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Bridge Najera, D. “Today's Long-Acting Reversible Contraception: Practical Considerations.” Missouri Association of PAs Annual Conference, Branson, MO; June 27, 2017.

McKenzie, N. and **Bridge Najera, D.** “Today's Long-Acting Reversible Contraception: Practical Considerations”. Enduring online CME lecture for the American Academy of PAs, 2017.

Bridge Najera, D. “Beyond Yeast and BV: Vaginitis review.” Maryland Academy of PAs annual conference; Ocean City, MD; September 7, 2017

Bridge Najera, D. and Yingling, T. “Update on the forensic exam.” Maryland Academy of PAs annual conference; Ocean City, MD; September 7, 2017

Bridge Najera, D. “Personality Disorders Primer: What Do I Do with People Who are Always Mad, Bad or Sad?” American Academy of PAs 45th Annual Conference, Las Vegas, NV; May 15, 2017

Bridge Najera, D. “Contraceptive Update: Don't I Need to Bleed?” American Academy of PAs 45th Annual Conference, Las Vegas, NV; May 15, 2017

Bridge Najera, D. and Spiegel, J. “The PA's Role in Reducing the Stigma Around Mental Health: Mental Health First Aid.” American Academy of PAs 45th Annual Conference, Las Vegas, NV; May 15, 2017

Bridge Najera, D. “Medicine Is from Mars and Counseling Is from Venus: How to Make It Work for Everyone.” American Counseling Association Annual Conference, San Francisco, CA; March 18, 2017

Bridge Najera, D. “Navigating the intersection of medicine and mental health.” American Mental Health Counselors Association 40th Annual Conference, New Orleans, LA; July 16, 2016.

Bridge Najera, D. “Depression from a primary care perspective.” American Academy of PAs 44th Annual Conference, San Antonio, TX; May 17, 2016.

Bridge Najera, D. “The annual exam: What women need.” American Academy of PAs 44th Annual Conference, San Antonio, TX; May 17, 2016.

Bridge Najera, D. “Contraceptive Update.” American Academy of PAs 44th Annual Conference, San Antonio, TX; May 17, 2016.

Bridge Najera, D. “A basic introduction to child and adolescent psychopharmacology.” Lakeside Educational Network, North Wales, PA; April 8, 2016.

Bridge Najera, D. “Past the playground: Introduction to IC.” Pennsylvania School Counselors Association Annual Conference, Hershey, PA; February 19, 2016.

Bridge Najera, D. “Post-Traumatic Stress Disorder.” Certified Medical Educators, Online Webinar; October 25, 2015.

Bridge Najera, D. “More than moody: Bipolar update.” Maryland Academy of PAs Annual Conference, Ocean City, MD; September 10, 2015.

Bridge Najera, D. “Women’s health in the 15-minute primary care visit.” Maryland Academy of PAs Annual Conference, Ocean City, MD; September 10, 2015.

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Bridge Najera, D and Hooper, L. “Integrated Care: Implications of Medication Knowledge for Clinical Mental Health Counselors.” American Mental Health Counselors Association Annual Conference, Philadelphia, PA; July 11, 2015.

Bridge Najera, D. “This girl is on fire: Update on Vaginitis.” American Academy of PAs 43rd Annual Conference, San Francisco, CA; May 23, 2015.

Bridge Najera, D. “Review of the pharmacologic treatment of depression and anxiety.” Pennsylvania School Counselor Association 59th Annual Conference, Seven Springs, PA; Dec 5, 2014.

Najera, R. and **Bridge Najera, D.** “Sense and nonsense about autism.” Pennsylvania School Counselor Association 59th Annual Conference, Seven Springs, PA; Dec 5, 2014.

Bridge Najera, D. “Integrated care: Why you should be teaching it and learning it NOW.” Pennsylvania Counselors Association 46th Annual Conference, State College, PA; Nov 8, 2014.

Bridge Najera, D. “An evolving look at contraception” American Academy of PAs 42nd Annual Conference, Boston, MA; May 25, 2014.

Bridge Najera, D. “Put down the smokes and step away from the buffet! Working with your patients to achieve healthcare goals.” American Academy of PAs 42nd Annual Conference, Boston, MA; May 25, 2014.

Bridge Najera, D. “Can I skip this year? Updates on the annual exam.” and “Birth Control Basics.” 2013 Cumberland Valley Women’s Health Conference, Penn State- Mont Alto, PA; Nov 2, 2013.

Najera, D. “What is up with feeling down? A review of major depressive disorder.” Pennsylvania Society of PAs 38th Annual CME Conference, Erie, PA; Oct 19, 2013.

Najera, R. and **Bridge Najera, D.** “Understanding statistics in research studies.” American Mental Health counselors Association Annual Conference, Washington, D.C.; July 19, 2013.

Bridge Najera, D. “Birth control basics.” American Academy of PAs 41st Annual Conference, Washington, DC; May 29, 2013.

Essary, A., **Bridge Najera, D.**, Bruessow, D., Kayingo, G., Straker, H., Anderson, J., Schuer, K., Hernandez, M., Abraham, M. and LeLacheur, S. “Like a sandwich without the bread: Examining the four dimensions of disparities in diabetes and cardiovascular disease.” American Academy of PAs 41st Annual Conference, Washington, DC; May 28, 2013.

Essary, A., Brenneman, A., **Bridge Najera, D.**, Ogunfeditimi, F., Boissonneault, G., Anderson, J., Schuer, K., Moreau, T. “Clinical health affairs commission (CHAC) top 10 medical topics.” American Academy of PAs 41st Annual Conference, Washington, DC; May 25, 2013.

Whitman, T.K. and **Najera, D.L.B.** “Current psychotropic medications: A review for school counselors.” Pennsylvania School Counselors Association 57th Annual Conference, Lancaster, PA; November 30, 2012.

Anderson, J., Essary, A., Olmedo, B., **Bridge Najera, D.**, Bruessow, D., Kayingo, G., Hernandez, M., Saxton, M., Abraham, M., Wooten, R., and LeLacheur, S. “Making it personal: Eliminating health disparities one patient at a time.” American Academy of PAs 40th Annual Conference, Toronto, ON; May 29, 2012.

Bridge Najera, D. “Women’s Health in the 15 Minute Primary Care Visit.” American Academy of PAs 40th Annual Conference, Toronto, ON; May 28, 2012.

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Najera, D. “A brief introduction to psychopharmacology and primary care mental health.” Pennsylvania Counseling Association 43rd Annual conference, State College, PA; October 22, 2011.

Najera, D. “Sexual health from A to VD.” 2010 Cumberland Valley Women’s Health Conference, Penn State- Mont Alto, PA; Nov 6, 2010.

Bridge, D. “Sex in the dark.” Penn State- Mont Alto Campus. Spring semester 2008, Fall semester 2008, Fall semester 2009.

Bridge, D. “Introduction to PAs.” and “Basics of Family Planning in the US.” *Chinese Delegation to Central Pennsylvania and Maryland*, coordinated through Kaplan College; Mont Alto, PA; November 19, 2008.

Bridge, D. “Getting to yes: Negotiating compliance.” Pennsylvania Society of PAs 33rd Annual Conference, King of Prussia, PA; October 2, 2008.

Bridge, D. “Sexual health from A to VD.” 2007 Cumberland Valley Women’s Health Conference, Penn State- Mont Alto, PA; Sept 22, 2007.

Lyon-Loftus, G., **Bridge, D.**, Lyon-Loftus, A. “Getting to yes: Negotiating compliance and cooperation with health care goals.” American Academy of PAs 35th Annual Conference, Philadelphia, PA; May 29, 2007.