

CURRICULUM VITAE

Heidi N. Fite, MPA, PA-C, RD

EMPLOYMENT

Northern Pines Health Center, P.C.,
Buckley, MI

05/15-present

Family Practice Physician Assistant

Responsibilities:

- Provide primary care to patients in a rural health clinic using clinical practice guidelines including management of patients with multiple chronic conditions.
- Perform comprehensive physical assessments and services related to health maintenance for all ages.
- Establish diagnosis for common short-term and chronic health conditions.
- Order and interpret laboratory and radiology tests and prescribe medications.
- Perform minor procedures including skin lesion removal/biopsy, laceration repair, joint injection, and PAP testing.
- Assist patients in self-management for prevention of illness and the promotion, maintenance, and restoration of health and provide patient and family education.
- Develop, implement, and evaluate plans of care utilizing sound clinical judgement and based on assessment of physical, psychological, emotional, societal, and environmental needs of patients.
- Initiate necessary specialist referrals for care that cannot be provided at the clinic.
- Assist in maintaining accurate and complete medical records.
- Function as a clinical preceptor/mentor for PA and NP students completing their family medicine rotation.
- Perform sub-investigator role for clinical research trials conducted at the clinic for conditions such as asthma/COPD, diabetes mellitus, and obesity.
- Maintain duties as Diet and Nutrition Director within the organizational directorship program.

University Cardiology Associates

04/13-12/14

Augusta, GA

Cardiology Physician Assistant

Responsibilities:

- Working with two cardiologists, perform inpatient rounds, document progress notes, and complete admissions, discharges, and consultations including dictation of history and physical examinations, discharge summaries, and consultation notes.
- Perform outpatient clinic visits including physical exam and assessment of patient, ordering appropriate laboratory tests, medications, and cardiac imaging studies.
- Complete pre-operative documentation prior to cardiac catheterization, trans esophageal echocardiogram, and cardioversion including history and physical notes and procedure orders as indicated.
- Supervise cardiac stress testing with and without nuclear imaging and using pharmacologic stress agent
- Ensure proper communication with other providers and provide patient and family education.

MedEx Associates, LLC

10/11-02/13

Augusta, GA

Hospitalist/Internal Medicine Physician Assistant**Responsibilities:**

- Performed daily rounds, documented progress notes, and completed inpatient admissions, discharges, and consultations including dictation of history and physical examinations, discharge summaries, and consultation notes.
- Coordinated consultant evaluations of hospitalist/internal medicine patients
- Functioned as an integral part of the healthcare team to direct coordination of patient care by interacting with team members.
- Collaborated with case managers to ensure appropriate length of stay including discharge planning, efficient use of resources, and appropriate follow-up care.
- Ensured proper communication with the primary care provider and specialists as well as provide patient and family education.
- Proficient in use of electronic medical record including EpicCare and Meditech

MCG Health/Sodexo

Augusta, GA

Senior Clinical Dietitian

12/04-03/09

Responsibilities:

- Maintained responsibility for the nutritional care of adult medical and surgical patients and provided coverage on all adult and pediatric floors including medical ICU, surgical ICU, shock trauma ICU and pediatric ICU.
- Completed nutrition screening and assessment and provided nutrition care recommendations to the medicine team. Monitored patient responses to nutrition care and performed reassessments.
- Educated on and wrote enteral and parenteral nutrition orders for physicians and physician assistants
- Educated patients/family members on special diets and on enteral feeding regimens.
- Specialized in the nutritional care of inpatient and outpatient adults with cystic fibrosis and inpatient and outpatient pediatric and adults with inborn errors of metabolism.
- Attended multidisciplinary rounds and participated in discharge planning with the interdisciplinary team.

Spectrum Health United Memorial Kelsey Campus/HDS Services

Lakeview, MI

Clinical Dietitian/Nutrition Services Director

05/03-12/04

Responsibilities:

- Managed the Nutrition Services Department, including responsibility for all clinical and dining services.
- Functioned as the clinical dietitian for the facility and responsible for nutritional status of all patients.
- Functioned as the Nutrition Services Director with responsibility for staff hiring, training, and development and meeting financial goals.
- Led the department through two citation free annual state surveys.
- Recipient of the facility's Pride Award for outstanding job performance, excellent customer service, and consistently demonstrating the facility's service standards.

Spectrum Health United Memorial Kelsey Campus/HDS Services

Lakeview, MI

Clinical Dietitian/Assistant Nutrition Services Director

11/01-05/03

Responsibilities:

- Assessed nutritional status, developed care plans, and educated patients in long-term care, rehabilitation and medical surgical units
- Performed outpatient nutrition counseling
- Assisted Certified Diabetes Educator in teaching outpatient diabetes education classes
- Functioned as assistant director over Nutrition Services personnel

EDUCATION

Medical College of Georgia, Augusta, GA

Master of Physician Assistant

05/09-08/11

- Masters Project and Oral Presentation: "Diabetes Medical Nutrition Therapy Update and Initial Teaching Points for the Primary Care Provider to Use in Educating the Newly Diagnosed Patient"
- Publication: "Nutrition Therapy for New Diabetes Patients" Article published in June 2011 issue of The Clinical Advisor
- Participated in Study Abroad Program at CerviCusco Clinic in Cusco, Peru for OB/GYN Rotation
- Clinical Rotations:
 - Adult Medicine, East Georgia Internal Medicine, Augusta, GA, August-October 2010
 - Family Medicine, Dr. Lamar Murray Medical, Waynesboro, GA, November 2010
 - Research and Teaching Practicum, Masters Project Research, Augusta, GA, December 2010
 - Emergency Medicine, Aiken Regional Medical Center, Aiken, SC, January 2011
 - Surgery, University Surgical Associates, Augusta, GA, February 2011
 - Behavioral Medicine, Dwight D. Eisenhower Army Medical Center, Augusta, GA, March 2011
 - Obstetrics/Gynecology, CerviCusco Clinic, Cusco, Peru, April 2011
 - Pediatrics, Dr. A. Reginald Pilcher Medical, Augusta, GA, May 2011
 - Elective, MedEx Associates, LLC, Augusta, GA, June 2011
 - Cardiology, Cardiovascular Associates of Augusta, PC, July 2011

Henry Ford Hospital Dietetic Internship (Nutrition Therapy Emphasis)

Detroit, MI

Dietetic Intern

10/00-07/01

- Completed experiences in: Oncology/Hematology, Gastroenterology, Nutrition Support Services, Internal Medicine, Pediatrics/Obstetrics, Neurology, Nephrology, Cardiology, and TPN.
- Participated in nutritional care of patients in the following outpatient clinics: Diabetes and Weight Management, Hemodialysis, Amyotrophic Lateral Sclerosis, and Pediatric Multi-Handicapped.

Michigan State University, East Lansing, MI

Bachelor of Science in Dietetics, May 6, 2000

Michigan State University Overseas Study: England and Scotland; Summer 1998

CERTIFICATIONS, LICENSES, AND REGISTRATIONS

Physician Assistant-Certified, September 9, 2011-present

Licensed Physician Assistant in Michigan

DEA Registration

BLS for Healthcare Providers (CPR & AED) Program Certified, January 2010-present

Registered Dietitian, November 2001-present

HONORS AND AWARDS

Physician Assistant Department Teaching and Service Award, May 2011

Pride Award (for outstanding job performance) Spectrum Health United Memorial, 2004

Phi Beta Delta International Honor Society, 1998-2000

Michigan State University College of Human Ecology Dean's List, 1998-2000

Michigan Competitive Scholarship, 1996-2000

Kappa Omicron Nu Honor Society, 1999

Bear Lake High School Salutatorian, 1996

PRESENTATIONS AND PUBLICATIONS

A Day in the Life of a Primary Care PA-C, Presentation for Students and Faculty of the GVSU PA Program, Traverse City, MI, October 14, 2024

The Nutrition Label: Easy Ways to Use the Label for Healthy Eating, Community Presentation given at Northern Pines Health Center, Buckley, MI, 2017

Published feature article "Nutrition Therapy for New Diabetes Patients" in The Clinical Advisor, June 2011

Master of Physician Assistant Project and Oral Presentation, Augusta, GA, "Diabetes Medical Nutrition Therapy Update and Initial Teaching Points for the Primary Care Provider to Use in Educating the Newly Diagnosed Patient," 2011

Augusta Area Dietetic Internship Pediatric Nutrition Seminar, Augusta, GA, "Nutrition for Children with Special Needs: Inborn Errors of Metabolism" presentation, 2009

WAGT-TV News Channel 26, Augusta, GA, "Energy Drinks" television interview, 2008

Augusta Iris Garden Club, Augusta, GA, "Nutrition for Health" presentation, 2007

Medical College of Georgia School of Nursing, Augusta, GA, "Understanding Diet Orders" presentation, 2006

Osbon Institute, Augusta, GA, "Nutrition for Older Americans" podcast interview, 2005

Published a Heart Smart® recipe in Detroit Free Press, on May 1, 2001

COMMUNITY AND VOLUNTEER SERVICE

National Cherry Festival Volunteer and National Cherry Queen, Queen's Committee Member, Traverse City, MI, 2015-present

Annual Treg Szerlong Memorial Golf Scramble to benefit Michael's Place, Co-Chair, Traverse City, MI, 2017-present

Redeemer Lutheran Church, Interlochen, MI, Lay Reader 2022-present