

Angel Melendez, MHL, MSRC, RRT, NPS, AE-C

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Angel is a healthcare professional and researcher interested in Clinical Applied Physiology, Respiratory Care, and Exercise Stress Testing. Their research aims to improve patient outcomes by addressing healthcare disparities in the Hispanic population and enhancing patient education. They advocate for interdisciplinary collaboration, especially between respiratory care and physical therapy.

EXPERIENCE

Graduate Research Assistant | The University of Texas at El Paso | 2023 - Present

- Worked with NeuroEXCEL and completed ab studies, recruitment, and data collection.
- Responsible for recruitment, flyer distribution, and generated social media content to promote research recruitment.

Patient Advisor, Moderator, and Consultant | Allergy & Asthma Network | Remote | May 2022 - Present

- Served as a Patient Advisor for a project funded by the Patient-Centered Outcomes Research Institute, aimed at engaging Hispanic asthma patients in patient-centered outcomes research and comparative effectiveness research (PCOR/CER) nationwide.
- Panelist for webinars, a participant in current respiratory research studies, and a recruiter for asthma education and asthma studies.
- Moderated online accounts and shared evidence-based research-supported discussion and content on allergy and asthma that aimed to increase Hispanic education and patient conversation.

Level III Respiratory Care Practitioner | HCA Healthcare: Las Palmas Medical Center | El Paso, Texas | November 2018 - July 2022

- Trained and certified as a Level III Respiratory Care Practitioner in the Pediatric and Adult Intensive Care Units, building a team of 5 therapists in Pediatric Airway Management and Treatment; within three months, the team doubled the throughput of available trained staff.
 - As Charge Relief trained new hires in the pediatric and adult ICUs, reduced turnover by 50% in a six month period by personally onboarding 9 newly hired respiratory care practitioners.
 - Provided patient education for asthma, tracheostomy cleaning, tracheostomy care, peak flow monitoring, mechanical ventilation, and asthma action plans using techniques such as direct patient education, role-playing, using props, and reading aloud materials.
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EDUCATION

Interdisciplinary Health Sciences PhD | The University of Texas at El Paso (UTEP) | 2023 Cohort | Advisor: Dr. Alvaro Gurovich

Advanced Leadership Institute - Research Track | American Association for Respiratory Care (AARC) | 2023

- Dräger Institute Scholarship Recipient

Master of Health Leadership | Western Governor's University | Class of 2022

- Recipient of the WGU Excellence Award in Population Healthcare Coordination
- Recipient of the WGU Excellence Award in Collaborative Leadership.
- Recipient of the WGU Excellence Award in Integrated Health Leadership

Master of Science in Respiratory Care | University of Texas Health Science Center at San Antonio | Class of 2018

- Recipient of the Sandy Endowed Scholarship in Respiratory Care for Compassionate Patient Care. Issued by Ralph C. Wilson Foundation
- Recipient of the Dorothy Banks Scholarship. Issued by Dorothy B. Banks Charitable Trust

Bachelor of Science in Biomedical Sciences | University of Texas at El Paso | Class of 2015

- Dean's List Recipient

Associate of Science in Applied Sciences | El Paso Community College | Class of 2013

Distinguished Achievement Program | Mission Early College High School | Class of 2013

LEADERSHIP

West Region Director | Texas Society of Respiratory Care | December 2022 - Present

- As West Region Director, I established a formal structure of officers and district representatives and communicated with respiratory care programs and state-wide hospital facilities, resulting in a well-organized, active, and informed region.
- As the West Region Director, lead the region and represent and expand its membership. Worked with West Region officers and district representatives to develop educational activities consistent with the Society's by-laws.
- Submit quarterly regional activity and financial reports to the Society's Board of Directors, attend the Society's Board of Directors meetings, and submit a written report on the activities within the region to the President of the Society.

Membership Committee Chair | Texas Society for Respiratory Care | December 2022 - Present

- Conducted extensive research to compile a master list of every respiratory care department in Texas, including contact information for department managers and directors. This resulted in a valuable resource for the organization's membership outreach efforts.

- Created a comprehensive master list of every CoARC-accredited Respiratory care program in Texas, including program directors' degree information and contact details. The list is categorized by city and county to assist with membership recruitment and engagement efforts.
- Developed and executed membership recruitment and retention strategies, significantly increasing membership numbers for the Texas Society for Respiratory Care.

Social Media Chair | Texas Society for Respiratory Care | December 2022 - Present

- Developed and documented a comprehensive social media strategy, including a 22-page document covering FTC guidelines, content branding, strategies, crisis plans, policies, and protocols. This resulted in increased engagement and brand awareness for the Texas Society for Respiratory Care.
- Created original graphics and stock photography for social media campaigns, resulting in a more visually appealing online presence and improved audience engagement.
- Contributed to the promotion of respiratory care by effectively marketing respiratory care events and maintaining a consistent and engaging brand voice across all social media platforms.
- Led a committee that developed and executed a comprehensive social media strategy, resulting in increased engagement and brand awareness for the Texas Society for Respiratory Care.

Respiratory Care Class President | UT Health San Antonio President's Council | August 2016 - August 2018

- Led and represented the Respiratory Care Program as Class President by planning, gathering feedback through student surveys, successfully integrating changes, and communicating with the Dean of Health Professions.
- Facilitated meetings and discussions about current issues for students, with appropriate class representatives, to achieve desired results in less than three months on average.
- Led efforts to promote class fundraisers, establish budgets, and increase total funds raised by 45% over two years to benefit the student body.

Vice President | To Write Love On Her Arms | University of Texas at El Paso | August 2015 - January 2016

- Organized a mental health awareness event involving over 200 students, resulting in a high percentage of attendees feeling more comfortable discussing mental health issues.
- Distributed resources to students struggling with mental health issues such as suicidal thoughts, eating disorders, depression, and loneliness.
- Led team-building activities, fundraisers, and awareness drives to promote the club, build team cohesion, recruit new members, and raise money for the club's chosen charity.

Secretary | American Chemical Society | University of Texas at El Paso November 2013 - January 2016

- Managed the club's email account, took meeting minutes for department-wide meetings, and oversaw the club's office hours, resulting in the successful planning and execution of three "Chemistry Circus" events.
- Improved communication within the department by creating and managing a shared Google folder for department-wide documents, which resulted in a 50% decrease in emails sent per month.
- Assisted students with chemistry questions and distributed test scantrons during office hours.

Historian | Medical Professional Organization| University of Texas at El Paso | August 2015 - January 2016

- Successfully documented events of the club and updated the club's web pages and social media accounts with the photos taken.
- I increased the chapter's social presence by posting photos of monthly activities on Instagram, which increased online followers and engagement with posts.
- Record of club attendance, volunteer hours, and organization events, with an average of 100-150 people during club meetings and 25-75 for volunteer events

PRESENTATIONS

2023 American Association for Respiratory Care Congress Speaker Academy | November 2023

- At the AARC Speaker Academy, I presented Addressing Hispanic Disparities in Asthma Education and Respiratory Care.
- Highlighted the disparities in asthma burden among low-income communities and people of color in the United States, with an emphasis on the Latinx population and their increased incidence of asthma and asthma severity.

Building RTs | West Region State Convention Host and Speaker | August 2023

- Presented an ethics lecture on “Compassionate Care in Respiratory Care” for CEU credit for Respiratory Care Practitioners. The lecture focused on the patient's emotional needs while addressing practitioner, supervisor, and management burnout and fatigue.
- Presented lecture on “Restructuring how we approach Pediatric Asthma Education and Management.” The lecture emphasized the need for an asthma educator in respiratory care departments, piloting education to be more inclusive of pediatric patients, and addressing barriers to effective and efficient asthma education in the pediatric population.

2023 State Convention | RT Now More Than Ever Speaker and Moderator | Texas Society for Respiratory Care | July 2023

- Presented on “Pediatrics: Patient Communication and Responsibility”. Emphasizing the needs of the Pediatric Patient Population in their own Asthma Management and Education, along with the Practitioners’ roles in asthma medication management, treatment, and education.

Opening Speaker at South Padre Island Symposium & Exhibition | Texas Society for Respiratory Care | May 2023

- Discussed the advancement of the respiratory care profession and the importance of effectively showcasing and actively engaging on social media platforms to promote the profession and increase advocacy efforts.

Opening Speaker | USAsthma Summit 2022 | Living with Asthma Patient Perspective | November 2022

- Delivered a powerful personal testimony about living with asthma, emphasizing the health complications commonly faced by asthmatics and providing concrete examples of the daily struggles and burden of this condition.

- <https://www.youtube.com/watch?v=38A1sERJbkA>

Speaker at 35 under 35 Alumni Speakers Series | The University of Texas at El Paso | A conversation with LGBTQIA Young Professionals: Patient Advocacy, Healthcare Barriers, and Healthcare in our Community | October 2022

- Participated in an engaging dialogue with LGBTQIA young professionals at The University of Texas at El Paso's 35 under 35 Alumni Speakers Series, highlighting the challenges faced by our community, including homophobia, transphobia, and exclusion in the workplace, and examining the critical issues of patient advocacy and healthcare barriers impacting our community.

- <https://alumni.utep.edu/35U35>

Healthline Interview: The Real Faces of Asthma | March 2022

- Interview discussing my experience as a respiratory care therapist and patient advocate with a personal understanding of the effects of asthma on daily life, having developed the condition in childhood and faced barriers to treatment due to a lack of healthcare professionals and language barriers.

- <https://www.healthline.com/health/asthma/the-real-faces-of-asthma>

Panelist and Member of Patient Advisory Group for the Unidos Hablemos Virtual Conference Series | Addressing health disparities in the Hispanic/Latino community | October 2021 to March 2022

- Highlighted patient perspectives on asthma and healthcare disparities impacting the Hispanic community, drawing from my experience as an asthma educator, PICU therapist, and lifelong asthma patient.

- <https://allergyasthmanetwork.org/news/hispanic-heritage-month-asthma-allergies/>
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RESEARCH

Assessing Physical Activity Levels and Sedentary Behavior of Stroke Survivors Living in the US-Mexican Border: a mix-method Pilot Study | ASNR Poster Presentation | San Antonio | April 2024 |

- Leonardo Teixeira Tomé da Silva¹, Jessica Hoffman¹, Angel Melendez¹, Adrian Chavarria¹, Lindy Miller¹, Taylor Chevalier¹, Georgina Sanchez-Garcia¹, Ana Jéssica Pinto², Janaine Polese³, Camila Torriani-Pasin¹

Research Project: Was the tidal volume selected based on a lung protective strategy? | University of Texas Health Science Center at San Antonio | August 2017 - August 2018

- Spearheaded a team of researchers to conduct a comprehensive retrospective analysis of adult patients in the ICU over one year, resulting in a significant contribution to the field.
- Demonstrated excellent project management skills by successfully designing and completing the project according to the established protocol while simultaneously ensuring that all patient information was collected in compliance with HIPAA regulations.
- First Authored a compelling manuscript based on the research findings, which was subsequently published in a respected medical journal, further cementing the study's impact.
- Delivered a well-received presentation on the research findings at the Open Forum during the 2018 AARC International Congress, which garnered positive feedback from peers and experts in the field.

Research Student | University of Texas at El Paso August 2015 to December 2015

- Mentored by respected neuroscientist Dr. Han to undertake comprehensive research in the field, requiring a deep understanding of animal physiology and behavior patterns, resulting in a wealth of valuable data.
- Expertly executed more than 500 intricate drosophila dissections, precisely identifying fly markers and adhering to all research protocols outlined by the supervising professor, thereby ensuring accurate and reliable data collection.
- Developed exceptional skills in scientific writing and data analysis, regularly presenting research findings to peers and experts in the field, demonstrating a deep understanding of the research and its implications.

SKILLS

Advanced airway management techniques (intubation, extubation, tracheostomy management)
Mechanical ventilation management (including advanced modes such as pressure support ventilation, high-frequency oscillatory ventilation, and airway pressure release ventilation)

Non-invasive ventilation management (including bilevel positive airway pressure (BiPAP) and continuous positive airway pressure (CPAP))

Oxygen therapy management (including high-flow nasal cannula therapy and non-rebreather masks)

Bronchodilator therapy administration and management (including nebulizers and metered dose inhalers)

Chest physiotherapy techniques (including percussion and postural drainage)

Arterial blood gas (ABG) sample collection, interpretation, and analysis

Hemodynamic monitoring and assessment (including arterial line management)

Management of airway and breathing emergencies (such as acute respiratory distress syndrome (ARDS) and asthma exacerbation)

Education and training for patients and families on respiratory care management techniques and disease processes. Strong communication skills and ability to explain complex medical concepts in simple language to patients, families, and community groups.

Knowledge of asthma pathophysiology, treatment options, and management strategies.

Experience in creating and implementing individualized asthma action plans for patients.

Skilled in identifying and managing asthma triggers, such as allergens and irritants, in both home and workplace environments.

Familiarity with inhaler devices and nebulizers, including proper technique and troubleshooting.

Ability to conduct patient education sessions in various settings, such as clinics, hospitals, schools, and community centers.

Knowledge of health literacy principles and cultural sensitivity to ensure effective communication with diverse patient populations.

Proficient in public speaking and delivering presentations on asthma-related topics to community groups and healthcare professionals.

Ability to collaborate with physicians, nurses, and other healthcare providers to develop comprehensive care plans for patients with asthma.

CERTIFICATIONS

Registered Respiratory Therapist (RRT) | National Board of Respiratory Care

Registry Number: 170527. License Number: RCP02002034.

Neonatal/Pediatric Specialist (RRT-NPS) | National Board of Respiratory Care

Asthma Educator - Certification (AE-C) | National Board of Respiratory Care

Advanced Cardiac Life Support (ACLS)

Basic Life Support (BLS) for Healthcare Professionals

Pediatric Advanced Life Support (PALS)
Neonatal Resuscitation Provider (NRP)