

Aaron Shaw MS, MSBS PA-C
Neurofit Health, PLLC
3325 S Little Dr.
Flagstaff AZ, 86005
Tel: 419-340-0692
E-mail: Neurofithealth@gmail.com
Web: <https://www.seakexperts.com/members/15524-aaron-shaw>



Curriculum Vitae

My purpose is to increase my knowledge and understanding of neurosurgical practice as well as provide my patients with health care that meets and exceeds standard of care in my practice. I provide a non-bias, objective understanding of neurosurgery- based on current standard of care, as a current professional neurosurgery provider and as an expert witness. Lastly, I strive to educate my patients and exemplify healthy living while I strive to promote excellence in everything I pursue.

Summary of Expertise:

Over 7 years of contributions working in the field of Neurosurgery as a Mentor for PA and medical students, teacher, trainer, patient advocate and author. I am a Neurosurgical Physician Associate and have completed over 1500+ neurosurgical cases as a Physician Associate over the past 7 years. I have worked at multiple designated Level 1 Trauma Hospitals taking neurosurgery first call for new consultations in the emergency department and in the critical care/ inpatient hospital setting. I have also worked in neurosurgical clinics for the past 6 years. I have personally seen and evaluated neurosurgical patients including but not limited to initial consultation, pre-operative, intra-operative and in the post- operative setting, including inpatient and outpatient setting. From first-hand experience and continual scientific knowledge updates in the field of neurosurgery and medicine, I understand how essential it is to advocate for and apply “Standard of Care” in the medical setting.

Areas of Neurosurgery Expertise:

- Traumatic Brain Injury
- Anterior Cervical Discectomy and Fusion
- Posterior Lumbar Interbody Fusion
- Thoracic Fusion
- Spinal Cord Injury

- Hemorrhagic Stroke
- Brain Tumors
- Craniotomy
- Laminectomy
- Micro Discectomy
- Chiari Decompression
- Hydrocephalus
- Aneurism
- VP Shunt Malfunction
- Chronic Subdural Hematoma
- External Ventricular Drain
- Lumbar Drain
- Carpel Tunnel Syndrome
- Cerebral Spinal Fluid Leak
- Ulnar Neuropathy and Transposition of Ulnar Nerve

Formal Education:

Masters of Science in Biomedical Science, Physician Assistant- NCCPA Certified

- University of Toledo College of Medicine and Life Science (2013-2015)

Masters of Science in Exercise Physiology (Cardiopulmonary Physiology and Metabolism)

- University of Toledo Graduate School (2011-2013)
- Research/ Thesis Track

Bachelor of Applied Health Science- (Health Specialization)

- Bowling Green State University (2006-2009)

Professional Memberships:

Fellow Membership: American Association of Neurological Surgeons
American Association of Physician Associates
Congress of Neurological Surgeons

Employment:

2018-Present: Northern Arizona Healthcare- Flagstaff Medical Center:

Role: Neurosurgery Physician Associate:

- Act as a surgical first assist/ Co-Operator to the primary neurosurgeon demonstrating competency in surgical skill and technique.
- Act as a primary liaison to the Pre-operative and PACU staff scheduling neurosurgical operations.
- Prepare medical and imaging orders including obtaining preoperative imaging, and evaluating preoperative patient.
- I review all charts before surgery in support of providing patient care.
- I act as the primary liaison to the ER and Transfer Center on new patient consultations at outlying facilities.
- I initiate and complete admission of patients, management, treatment and am responsible for discharge for all patients admitted to the neurosurgical service under supervision of the surgeon.
- Promptly completes History/Physicals on admitted patients by the neurosurgical service and provides new consultations.
- Tertiary assessment on assigned patients, enters progress notes and makes recommendations/ enters orders with regard to neurosurgical treatment after review with neurosurgical team.
- Completes discharge summaries when patients are discharged.
- Educates patient and family regarding their surgery, injuries, plan of care, and post-discharge needs; assists with discharge planning.
- Counsils patients on post-operative activity, restrictions, diet and wound care- specifically pertaining to their respective surgery or injury.
- Provides appropriate prescriptions for patients admitted to the neurosurgical service who are being discharged.
- Makes appropriate adjustments and interventions in the patient management plan in consultation with the attending surgeon.
- Performs lifesaving interventions (EVD, Subdural Drain Placements, ICP monitors, and lumbar drains) at bedside [ER or ICU] under supervision of the attending physician.
- Manages External Ventricular Drains, Subdural Drains, ICP monitors, lumbar drains and orders appropriate medications for ICP management as recommended by current neurosurgical guidelines and standard of care.

- Directly, notifies OR director of “Trauma critical”/ emergent neurosurgical cases that need to be added, providing them with accurate information needed for booking the surgical case.
- Reviews Imaging including X-Rays, MRI and CT scans to identify abnormalities in accordance with provided radiographic reports.
- Elicits detailed patient histories, performs physical examinations, gives treatment, prescribes certain drugs and counsels patients on health problems.
- Assists surgeons and is accountable in the overall management of surgical patients and consulted patients.
- Responsible for positioning of patients in the OR prior to “Time out”.
- Assists the neurosurgeon in the overall management, admission, treatment and discharge of new consultations to the neurosurgical service.
- Educates/ updates families of critically ill patients and attends family educational/ patient update meetings for critically ill patients when available.
- Assists with the end of life care discussions with family members and clinical staff when appropriate.
- Routine closure of deep and superficial wounds intraoperatively.
- Daily Address issues, evaluate new laboratory or radiology data, answer staff questions, and serve as an adjunct to the on-call neurosurgeon.
- Acts as primary liaison in conjunction with the surgeon on call, in reviewing images as requested by outside facilities in regards to possible transfer of patients for further medical work up, care or treatment.
- Completes daily rounds on all assigned patients, discusses updates with attending neurosurgeon on call or primary admitting neurosurgeon.
- Completes daily appropriate updated neurological exam pertinent to the patients’ surgical intervention/ injury and documents it accordingly.
- Orders and interprets appropriate laboratory, radiologic and other diagnostic tests and studies.
- Participates/ Executes an accurate sign out when an on-call period has ended and there is another surgeon/ PA taking over call coverage.
- Assists in the preparation for daily rounds, multidisciplinary rounds, and discharge planning rounds; gathers info on complications and makes appropriate consultations to specialists for inpatient care when appropriate.

2018- Present: President/ Founder-Neurofit Health, PLLC.

Role: Neurosurgery Physician Associate

- Serve as a consultant “First Assistant” Co-Operator for orthopedic spine surgery cases and as well as neurosurgery cases. Orthopedics spine surgery range from laminectomies to complex spinal deformity correction surgeries.
- Provide expert witness services:
 - Documentation review
 - Pertinent research and investigation
 - Report writing when applicable
 - Participation in depositions and trials to provide expert witness honest opinion as applicable to uphold standard of care to both plaintiffs and defendants.

2018- Present: Flagstaff Neurosurgery

Role: Neurosurgery Physician Associate

- Neurosurgery provider as a 1099 consultant for Dr. Bradly Nicol (Neurosurgeon) and Flagstaff Neurosurgery, PLLC.
- Complete initial in-office consultations for new patients.
- Order the appropriate workup including labs and imaging for diagnosis and treatment.
- Provide preoperative education and counseling.
- Determine when the patient is ready to return to work after evaluating postoperative or post traumatic healing progress.
- Communicate with other applicable consultants and providers in multiple other specialties to coordinate care for the patient.
- Provide follow up visits for trauma and post-operative patients.
- Take first call on a 24 hr. bases for 16-18 days each month.
 - Taking neurosurgery first call includes making recommendations to transfer patients from outlying hospitals for neurosurgical evaluation. I am the first neurosurgery contact to evaluate, make recommendations and treat neurosurgery trauma patients who have been transferred to Flagstaff Medical Center.
- Serve as a “First Surgical Assistant”/ Co-Operator in the operating room for the Neurosurgeon on trauma and elective surgical cases.

2016-2018: St Joseph Hospital: Neurosurgery- Bryan Texas

Role: Neurosurgical Physician Associate

- Complete initial in-office consultations for new patients.
- Order the appropriate workup including labs and imaging for diagnosis and treatment.
- Provide preoperative education and counseling.

- Determine when the patient is ready to return to work after evaluating postoperative or post traumatic healing progress.
- Communicate with other applicable consultants and providers in multiple other specialties to coordinate care for the patient.
- Provide follow up visits for trauma and post-operative patients.
- Take first call on a 24 hr. bases/ covering trauma call for 10-13 days each month at 3 hospitals in the Bryan/ College Station, TX- Region

Taking neurosurgery first call includes making recommendations to transfer patients from outlying hospitals for neurosurgical evaluation. I am the first neurosurgery contact to evaluate, make recommendations and treat neurosurgery trauma patients who have been transferred to St. Joseph Hospital

Expert Witness Professional:

As an expert witness that specializes in neurosurgery as a Physician Associate, I spend hours carefully gathering data, formulating complex technical opinions, reviewing relevant research literature and writing reports. This copulation of data and research is completed to produce a balanced evidence-based expert opinion is generally presented to the investigative and legal teams involved and in some cases; giving a deposition or testifying in court in regards to the pertinent case.

Completed SEAK Training Courses:

- How to Testify as an Expert Witness at Deposition and Trial
- How to Start, Build and Run a Successful Expert Witness Program
- Relevant Reading: The Art and Science of Expert Witness Testimony: Karen Postal

Certifications and License:

NCCPA Certified Physician Associate
ACLS Certified
Pediatric and Adult Intensive Care
ATLS Certified
BLS Certified and BLS For Healthcare Providers Instructor
Avade: Certified Workplace Violence Prevention
(Former) State Tested Nursing Assistant- licenses # 501026381005

Publications/ Conference Presentations:

2018: "Response of Neurotrophic Factors, Cerebral Imaging and Cognition to Exercise": Journal of Medicine and Science in Sports and Exercise

2017: "Medical Rotations: Time to Succeed": Book Author

2015: "Brain Structural and Functional Alteration, Neurotrophic Changes and Physiological Adaptation in Response to Five Weeks of Aerobic Exercise Training"

2013: "The Effect of a Pre-Exercise Nutritional Supplement on Muscle Fatigue During Handgrip Exercise"

2011: "The Effects of Increased GH/IGF-I Axis Action In a Murine Model of Chronic Asthma"

Professional/ Medical Conferences/ CME:

2021- AANS (Virtual/ Online) National Neurosurgery Conference

2020- AANS Neurosurgery Board Review Course- (8 days)- Ottawa, Ontario

2019- American Association of Neurosurgery- Member and Annual Conference attendance

2018- Cervical Spine Research Conference- Scottsdale, AZ

2017- Certified Pediatric and Adult Intensive Care- Bryan, TX

2017- Texas Association of Physician Assistants- Austin, TX

2016- Mayo Clinic Neurosurgery Spine Conference and Workshop: Scottsdale, AZ

2015- American College of Sports Medicine: World Conference on Exercise and Energy Metabolism (Boston, MA)

2013- National Association of Graduate and Professional Students Leadership Summit (Chicago)

2012-13- National Association of Graduate and Professional Students National Conference- (Duke University) (2012), (Western Michigan University)

2011 American College of Sports Medicine (ACSM) (Orlando, FL)

2011 AMA-MSS Region 5 conference (University of Cincinnati Medical Center)

2009 AMSA – Region 5 conference- (Chicago, IL- Northwestern University)

2007 (Cleveland State) Reel Chemistry Symposium: Analysis of water for Phosphate

2013 Midwest Graduate Research Symposium: "The Effect of a Pre-Exercise Nutritional Supplement on Muscle Fatigue During Handgrip Exercise"

Other Medical Experience and Research:

2018- Present CEO Neurofit Health, PLLC
 2018- Present Flagstaff Neurosurgery- Flagstaff Medical Center
 2016-2018 Texas Brain and Spine Institute: Neurosurgery PA
 2016-2016 Scott and White Healthcare, Temple TX: Neurosurgery PA
 2014-2015 University of Toledo: Peer Leader
 2013- 2015 President: Graduate Student Association/ Graduate and Professional Student Body- University of Toledo
 2013 Intern: The Alliance for Paired Donation (Kidney Transplantation)
 2011-2013 Graduate Teaching Assistant: University of Toledo Human Cadaver Dissection
 2011-2012 Emergency Department Trauma Technician: Marietta Memorial Hospital, Marietta Ohio
 2010 Research Assistant: Dr. Kopchick at Edison Biotechnology Institute (Ohio University College of Osteopathic Medicine)
 2009 Graduate Public Health Research Assistant- (NALBOH) National Association of Local Boards of Health
 2007- 2010 Health Unit Coordinator, Patient Care Technician: St. Anne's Hospital (Toledo, Ohio)
 2006- 2007 State Tested Nurses Assistant/Certified Nursing Assistant The Bowling Green Manor Nursing Home
 2004-2006 State Tested Nurses Assistant/Certified Nursing Assistant Hennis Care Centers (Dover, Ohio)

Past Honors and Awards:

Ohio Academy of Physician Assistants Past Presidents Leadership Scholarship
 University of Toledo- Graduate Student Association full tuition scholarship (President)
 Duke University- National Association of Graduate/ Professional Students

- Oral Presentation on (Graduate Midwest Research Symposium)
- Awards- Graduate Student Organization (GSO) Program of the Year
- NAGPS Friend of Graduate Students award

World Congress on Exercise is Medicine, and World Congress on the Role of Inflammation in Exercise, Health and Disease of the ACSM- Thematic Poster Session "The Effect of a Pre-exercise Nutritional Supplement on Muscle Fatigue during Handgrip Exercise"
 University of Toledo - Graduate Student Association officer scholarship (Secretary)
 University of Toledo- Graduate Teaching Assistant full tuition scholarship
 NALBOH- National Association of Local Boards of Health
 Masters Degree (MPH) – Full Tuition Scholarship- one semester

- Bowling Green State University

Albert Dykes Health Care Scholarship
Falcon Soars Access Scholarship

- Strasburg Franklin High School

Tuscarawas County Community Foundations Scholarship
Fizz Miller Scholarship
Grace Garber Scholarship
Ohio Nursing Foundations Scholarship

Additional Past Achievements:

2006-2022: 13 Half Marathon and 9 Full Marathon Races.
2006-2022: 1 duathlon, 1 Half Ironman Triathlon

2018 Author: Medical Rotations "Time to Succeed"
2010 Summer Scholars Program- Ohio University College of Osteopathic Medicine
2008-2009 AMSA Vice President
2001-2006 Academic Scholars Award (Strasburg High School)
2001-2006 Who's Who among American High School Student's Award
2004 Hugh O'Brian Youth Leadership Award
2003 Student of the Year: Applied Arts
2003 Buckeye Boys State Delegate ~ Chosen by the American Legion to
Represent Strasburg Franklin High School
2002 Student of the Year: Industrial Arts

References:

- 1.) Dr. Patricia Komuniecki: Dean, College of Graduate Studies Vice Provost, Graduate Affairs
Cell: 419- 530- 4723

- 2.) Cheryl Kern- Buell PA-C: Urology PA and professor at the University of Toledo College of Medicine.
Cell: 419-615-7644
Email: ckernbuell@gmail.com

- 3.) Dr. Barry Scheuremann, Ph.D.: Professor and Kinesiology Department Chair at The University of Toledo
Cell: 419-530-2692

- 4.) Dr. Sam Safavi, MD, Ph.D.- Neurosurgeon- Flagstaff Neurosurgery
Cell: 602-300-5970

- 5.) Dr. Bradley Nicol, MD- Neurosurgeon- Flagstaff Neurosurgery
Cell: 928-856-1537

- 6.) Dr. Robert Evans, DMS, PA-C Neurosurgery
Cell: 480-202-4367

(More References Available Upon Request)