

Amara N. Whitfield

MD CANDIDATE, CLASS OF 2026 | Vertex University School of Medicine

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Education

Vertex University School of Medicine

Aug 2022 – May 2026

Doctor of Medicine (MD), Foxdale, IL

- Class rank: top quartile; Step 1: **Pass**; Step 2 CK: **254**
- Member, Meridian Gold Humanism Honor Society (inducted 2025)

Meridian College

Aug 2018 – May 2022

Bachelor of Science in Human Physiology, magna cum laude, GPA 3.87/4.0, Dunmore, PA

- Honors thesis: *Autonomic Response to Simulated High-Altitude Hypoxia in Trained Endurance Athletes*

Licensure & Board Examinations

Examination	Result	Date
USMLE Step 1	Pass	March 2024
USMLE Step 2 Clinical Knowledge (CK)	254	November 2025
Basic Life Support (BLS) & Advanced Cardiac Life Support (ACLS)	Certified	Current through 2027

Core Clinical Rotations

Specialty	Institution, Location	Dates
Internal Medicine (Sub-Internship)	Meridian General Hospital, Foxdale, IL	Jan – Feb 2026
General Surgery	Apex Health System, Rockford, IL	Sep – Oct 2025
Pediatrics	Nimbus Children's Hospital, Rockford, IL	Jul – Aug 2025
Obstetrics & Gynecology	Vertex University Hospital, Foxdale, IL	May – Jun 2025
Psychiatry	Synapse Behavioral Health Center, Foxdale, IL	Mar – Apr 2025
Emergency Medicine	Meridian General Hospital, Foxdale, IL	Jan – Feb 2025

Research & Publications

Clinical Research Assistant, Department of Surgery

Jun 2024 – Present

Vertex University School of Medicine

- Coordinated a 340-patient retrospective cohort examining early mobilization protocols after abdominal surgery; managed IRB documentation and REDCap data collection
- Co-authored manuscript accepted for publication (below); presented interim findings to the Department of Surgery grand rounds

Whitfield A, Delacroix M, Okafor T. Early Mobilization Protocols in Post-Surgical Recovery: A Retrospective Cohort Analysis. **Journal of Clinical Medicine Research**, 2025;12(3):145–152.

Whitfield A, Reyes S. Impact of Structured Handoff Tools on Resident Documentation Accuracy. Poster presented at: Meridian Regional Medical Education Conference; March 2025; Chicago, IL.

Honors, Awards & Leadership

- **Meridian Gold Humanism Honor Society** – inducted for excellence in clinical compassion and professionalism (2025)
- **Dean's Merit Scholarship**, Vertex University School of Medicine – awarded to top 10% of entering class (2022)
- **Co-Director, Foxdale Free Clinic** – supervised 25 student volunteers delivering primary care to uninsured patients; secured \$8,200 in community grant funding (2024–2025)
- **Peer Tutor, Human Physiology & Pathophysiology** – Vertex University School of Medicine (2023–2024)

Skills & Additional Information

- **Clinical procedures:** Venipuncture, IV placement, suturing and wound closure, point-of-care ultrasound, lumbar puncture (supervised), electronic health record documentation
- **Languages:** English (native), Spanish (professional working proficiency), French (conversational)
- **Professional memberships:** Vertex Medical Student Association; Meridian Regional Society of Internal Medicine (student member)