

KELSEY TUTTLE, MD

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CURRICULUM VITAE

UNIVERSITY EDUCATION

Psychiatry Residency 2021-2025

University of Utah ■ Salt Lake City, UT

- ECT and IV ketamine training
- Neuropsychiatry and Interventional Psychiatry Concentration

Doctor of Medicine 2017-2021

University of Washington School of Medicine ■ Seattle, WA

- Underserved Pathway: additional curriculum focused on caring for underserved populations

Bachelor of Arts 2012-2016

University of Rochester ■ Rochester, NY

- Bachelor of Arts Chemistry, Bachelor of Arts Business, Movement Studies Minor
- Renaissance and Global Scholar, full-tuition scholarship
- Dean's List 2012-2016

LICENSURE AND CERTIFICATIONS

Utah State Medical License Expires 1/31/2026

Utah Controlled Substance License Expires 1/31/2026

State of Utah Designated Examiner Certificate Expires 7/7/2026

Advanced Life Support Expires 4/1/2025

Basic Life Support Expires 4/1/2025

American Academy of Addiction Psychiatry 8hr Buprenorphine Training Obtained 2023

Institute for Healthcare Improvement Certificate in Quality & Safety 18hr Obtained 2020

EMPLOYMENT

Consultation Liaison Psychiatrist May 2023-present

University of Utah Hospital ■ Salt Lake City, UT

- Independently answer consultation questions, assess, and provide psychiatric care to patients hospitalized on non-psychiatric services.
- Differentiate between primary and medically driven psychiatric symptoms.
- Treat psychiatric symptoms while considering pharmacology limitations in acute illness, provide crisis intervention, and assess safety in physically-ill patients.
- Facilitate transfer of patients to psychiatric service as appropriate.
- Effective communication with medical staff of primary care and specialty services.
- Complete documentation in a timely manner.

Psychiatry Resident Physician June 2021 - present

University of Utah Health ■ Salt Lake City, UT

- Diagnose patients through complete mental, physical, and neurological examinations and diagnostic studies.
- Treat psychiatric disorders, side effects, and common comorbidities with medication and psychotherapy.
- ECT and IV ketamine trained.

- Neuropsychiatry focus with additional training in neurocognitive disorders, movement disorders, and treatment resistant mood disorders.
- Proficient in multiple therapy modalities including DBT, ACT, CBT, and IPT in individual and group settings.
- Efficiently and safely provide cross-coverage for patients who are under the care of other psychiatric providers.
- Supervise junior residents and medical students in inpatient and outpatient settings and direct them in patient care management.
- Educate junior residents and medical students through chalk talks and formal lectures.
- Proficient in completing accurate and timely documentation.

Caregiver

2016-2017

Home Instead Senior Care ▪ Laramie, WY

- Cared for people with dementias, provided respite hospice support, managed behavioral symptoms and assisted with instrumental and basic activities of daily living.

HONORS AND AWARDS

Department of Psychiatry Resident Excellence in Professionalism

2022/2023

- Awarded to 1 individual from the University of Utah PGY2 residency class.

Department of Psychiatry Resident Excellence in Professionalism

2021/2022

- Awarded to 1 individual from the University of Utah PGY1 residency class.

Gold Humanism Honor Society

2020

- Inducted as top 15% of University of Washington SOM based on commitment to humanism in medicine demonstrated by peer nominations, service, and humanism essays.

John and Florence Cooper Endowed Scholarship

2019

- Selected for illustrating my compassion and commitment to work with underserved and marginalized groups.

UW Diversity Scholarship

2019

- Granted for composing a winning essay describing what fuels my drive for medicine and how it shaped how I practice.

UWSOM Dean's Travel Stipend

2018

- Awarded for composing a research abstract which I orally presented at the 2019 Western Science and Medical Research Forum Conference.

Frank R. & Dorothy M. Gruden Medical Education Scholarship

2018

- Selected for my academic performance during the first year of medical school, evaluations from professors and preceptors indicating exemplary professionalism, and personal statement.

LEADERSHIP AND COMMITTEES

Residency Scholarly Project Chair

July 2023-present

University of Utah

- Collaborated with multiple attendings to create structure and provide mentorship for residents to engage in scholarly projects.
- Created resident scholarly project guidelines in line with ACGME requirements.

Eating Disorder Quality Improvement Working Group**October 2022-present**

University of Utah

- Led creation of guideline-driven order set for monitoring and treatment of patients with eating disorders that was implemented hospital-wide at the University of Utah.
- Acted as resident lead on a multidisciplinary working group including representatives from consultation psychiatry, internal medicine, nursing, social work, risk management, dietetics, IT, and quality consultants.
- Assisted in creation of educational module for nursing staff.
- Ongoing evaluation of order set implementation.

Curriculum Task Force Member**January 2023-present**

University of Utah

- Served as a liaison between my class of 17 residents, faculty and administration in conducting a baseline analysis of current clinical and didactic curriculum.
- Proposed and progressed residency curriculum changes and reevaluation for educational improvement.

Wellness Committee Co-Chair**February 2022-July 2023**

University of Utah

- Planned and lead monthly wellness and social activities for my residency program.

Treasurer, Wyoming Medical Student Association**August 2017-June 2021**

University of Washington

- Created the organization's first living document to serve as a record of event outcomes and improvement measures for future iterations.
- Managed association finances and participated in quarterly meetings with the School of Medicine Deans.

Student Representative, Wellness Committee**September 2017-June 2021**

University of Washington

- Represented peers at regional meetings on a quarterly basis.
- Planned and executed monthly events focused on enhancing and supporting physical and mental well-being.

Student Representative, Career Advising Advisory Board**October 2019-June 2021**

University of Washington

- Liaison between career advising and medical school classmates.

SERVICE

Junior Resident, Medical Student, and Undergraduate Mentor**2018 - Present**

- Mentor clinical and professional growth of 3 junior residents.
- Provide constructive feedback through annual mock interviews and application reviews for medical students applying to psychiatry residency.
- Served as medical student peer mentor and as a panel member for undergraduate and medical student information sessions.

Underserved Pathway Certification

2018-2021

- Earned certification that prepared me to care for underserved and vulnerable populations.
- Volunteered at sliding fee and free clinics.
- Completed additional courses focused on homelessness, Medicare, chronic poverty, intimate partner violence, the opioid crisis, tropical medicine, Hispanic health, and healthcare disparities.
- Rotated at safety-net hospitals.

Volunteer, CHAP Foot Care Clinic

2018

- Volunteered at a homeless shelter in Seattle providing foot care.

Volunteer, Laramie Sliding Fee Clinic

2017-2018

- Contributed to clinic workflow by rooming patients, taking vitals, taking and presenting patient histories to the attending physician, collecting lab specimens and running lab tests.

EDUCATIONAL LECTURES AND TEACHING

Bi-annual Psychiatric Interview Workshop for Medical Students

July 2023-present

Bi-annual Psychosis Case Based Learning for Interns

July 2023-present

Psychiatric Lab Science

February 2024

Pharmacology Case Conference

April 2024

RESEARCH AND SCHOLARLY PROJECTS

Authored textbook chapter: *A Clinical Guide to Cults and Persuasive Leadership: Western Religious Cults*

Department of Psychiatry ▪ University of Utah, Salt Lake City, UT

2022-present

Advisors, Tyler Durns, MD and Trent Holmberg, MD

- Co-authored a chapter in the first clinical and forensic guide to better understand individuals who are or have been members of harmful new religious movements, as well as their founders and how to approach their treatment.
- Completed a literature review of journal articles, textbooks, images, video, and other media that exist regarding new religious movements to characterize leaders and followers of new religious movements of the western hemisphere.

Quality Improvement Project: *Improving Standardized Care for Patients Admitted with Eating Disorders*

Department of Psychiatry ▪ University of Utah, Salt Lake City, UT

2022-present

Advisor, Alyssa Hickert, MD

- Conducted a baseline analysis through a retrospective hospital admission database search and chart review to determine the percentage of implemented proposed interventions under prior practices for patients admitted with eating disorders.
- Created an order set based on expert input and current professional guidelines for providers, which includes clear communications for nursing and guideline-driven recommendations for monitoring and treatment.
- Developed an educational module regarding best practices for patients admitted with eating disorders that was administered to nursing staff on acute care units.
- Planning for reevaluation 1 year after implementation.
- Resulted in poster presentations at the Utah Psychiatric Association Spring Conference 2024 and the Society of General Internal Medicine Annual Meeting 2024.

Quality Improvement Project: *Post Anesthesia Recovery Unit Optimization for Patients With Postictal Agitation Secondary To Electroconvulsive Therapy*

Department of Psychiatry ▪ University of Washington, Seattle, WA

April 2020-June 2021

Advisor, Anna Borisovskaya, MD

- Developed a quality improvement project to enhance the PACU staffing model and support best practices to care for our veterans who experience postictal agitation after receiving electroconvulsive therapy.
- Presented a poster at the American Society of Anesthesiologists 2020 Annual Meeting.

Benchtop research: *Inhibiting the Proliferation of Squamous Cell Carcinoma by Upregulating Tumor Suppressors in Cancer Cell Genomes Using Deactivated CRISPR Cas9*

Department of Dermatology ▪ University of Washington, Seattle, WA

June-September 2018

Advisor, Masaoki Kawasumi, MD, PhD

- Inhibited cancer proliferation by modifying deactivated CRISPR Cas9 to act on various tumor suppressor regions within the squamous cell carcinoma genome, resulting in upregulation of the p14^{ARF} tumor suppressor.
- Became proficient in cell line culture and maintenance, guide RNA design, establishing stable clone cell lines using antibiotic resistance transduction and selection, vector transduction, cell migration scratch assays, and quantitative PCR.

Benchtop research: *Synthesis, Self-Assembly, and Utilization of Phenylalanine Derived, Fmoc Protected, Hydroxamic Acid in Various Solvent and pH Conditions*

Department of Chemistry ▪ University of Rochester, Rochester, NY

August 2015-May 2016

Advisor, Bradley Nilsson, PhD

- Such materials have shown biocompatibility indicating promising application in biomedical engineering.

PUBLICATIONS

Holmberg, T., **Tuttle, K.**, “Western Religious Cults.” *A Clinical Guide to Cults and Persuasive Leadership*, 1st ed., Cambridge University Press, 2025.

Lee JW, Rokunohe D., Walker D., **Tuttle K.**, et al. *Targeted reactivation of a dormant tumor suppressor gene CDKN2A inhibits proliferation of skin cancer cells*. Journal of Investigative Dermatology. May 2020. Volume 140, Issue 5.

Tuttle K., Lee JW, Rokunohe D., et al. *CRISPR-Cas9-Based Epigenome Editing to Upregulate the p14ARF Tumor Suppressor for Skin Cancer Inhibition*. Journal of Investigative Medicine. January 2019. Volume 67, Issue 1: 257-258

PRESENTATIONS

Poster Presentation: Tuttle K., Holmberg T., Durns T. *Writing a Clinical Guide to Cults and Persuasive Leadership: Western Religious Cults*. University of Utah Mental Health, Brain, and Behavioral Science Research Day, September 13, 2024; Salt Lake City, UT.

Poster Presentation: Ciarkowski, C., Tuttle K., Brown, B., et al. *Improving Standardized Care for Patients Admitted with Eating Disorders*. Utah Psychiatric Association Spring Conference, March 13, 2024; Salt Lake City, UT.

Oral Presentation: Tuttle, K. *CRISPR-Cas9-Based Epigenome Editing to Upregulate the p14^{ARF} Tumor Suppressor for Skin Cancer Inhibition.* Western Student and Resident Medical Research Forum Regional Meeting, January 26, 2019; Carmel, CA.

Poster Presentation: Tuttle, K., Vivek Arora, Anna Borisovskaya. *Post Anesthesia Recovery Unit Optimization For Patients With Postictal Agitation Secondary to Electroconvulsive Therapy.* Anesthesiology 2020 Annual Meeting, October 2, 2020.

Poster Presentation: Tuttle, K. Lee JW, Rokunohe D., et al. *CRISPR-Cas9-Based Epigenome Editing to Upregulate the p14^{ARF} Tumor Suppressor for Skin Cancer Inhibition.* University of Washington School of Medicine Research Symposium. November 13, 2018; Seattle, WA.

Poster Presentation: Tuttle, K., Lee JW, Rokunohe D., et al. *Epigenome Editing to Inhibit Skin Cancer.* Merkel Cell Carcinoma Annual Meeting, September 10, 2018; Seattle, WA.

PROFESSIONAL AFFILIATIONS AND MEMBERSHIPS

Utah Psychiatric Association	2021 – present
American Psychiatric Association	2020 – present
Wyoming Medical Society	2019 – present

REFERENCES AND MENTORS

Clinical

- Paul Carlson, MD, University of Utah Department of Psychiatry Residency Program Director
- Deborha Bilder, MD, University of Utah Department of Psychiatry Professor
- Jessica Howsley, MD, University of Utah Department of Psychiatry Assistant Clinical Professor

Research and Clinical

- Tyler Durns, MD, University of Utah Department of Psychiatry Assistant Clinical Professor
- Alyssa Hickert, MD, University of Utah Department of Psychiatry Assistant Clinical Professor

PERSONAL INTERESTS

- Rock climbing
- Soccer
- Volleyball
- Camping
- Hiking
- Travel