

## **Kate Impastato (né Accardo), MD**

### **Work:**

2024	<b>Established Evergreen Plastic Surgery</b>
2022-2024	<b>Full Time Plastic and Reconstructive Surgeon</b> Salmon Creek Plastic Surgery
2020-2022	<b>Full Time Plastic and Reconstructive Surgeon</b> Assistant Professor Marshall University

### **Current Leadership**

2023-2024	<b>Vice Present Northwest Society of Plastic Surgeons</b> (2023- current)
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### **Education:**

Residency	<b>University of Washington, Seattle, WA (2014- 2020)</b> Plastic and Reconstructive Surgery Residency
M.D.	<b>Louisiana State University Health Sciences Center, New Orleans (2010-2014)</b>
B.Sc.	<b>Louisiana State University, Baton Rouge, LA (2003-2008)</b> Bachelor of Science, Major in Kinesiology Concentration: Human Movement, Pre-Medical Minor in Biology

### **Professional Membership:**

- Northwest Society of Plastic Surgery
- Alpha Omega Alpha Honor Medical Society
- American Medical Association
- Plastic Surgery Education Network
- Plastic Surgery Research Council

### **Past Honors/Leadership:**

Past	<b>Northwest Society of Plastic Surgery</b> <b>Treasurer (2022-2023)</b>
Residency	<b>Harborview Annual Housestaff Award for Clinical Ability and Humanitarian Concern (2018 Nominee)</b>
Medical School	<b>Alpha Omega Alpha Honor Medical Society Member</b> selected senior year of medical school. AOA Members must be in the top 10% of their class and displayed values include honesty, honorable conduct, morality, virtue, unselfishness, ethical ideals, dedication to serving others, and leadership.
Undergraduate	

**Wally Pontiff, Jr. Academic Excellence Award (2007 & 2008)** Louisiana State University junior or senior athlete maintaining greater than 3.9 cumulative GPA while competing for the college.

**Kinesiology Scholarship Recipient (2008)**

**Track and Field Scholarship Recipient (2008) SEC Freshman Academic Honor Roll** student-athletes achieving a cumulative 3.0 grade-point average or above, being on scholarship or a letter winner, and having been a member of the varsity team for the sport's entire NCAA Championship segment.

**Dean's List and Chancellor's Honor Roll at LSU (2004-2008)** completing at least 15 college-level hours at LSU, with a semester GPA of 4.0 or with a semester average of at least 3.5

**Publications**

1. Lee A, Gruss J, **Impastato K.** *Traumatic Skull and Facial Fractures.* In Ellenbogen RG, Sekhar LN Principles of Neurological Surgery. Elsevier. 2018. 28.
2. Crowe CS, **Impastato KA,** Donaghy AC, Earl C, Friedly JL, Keys KA. *Prosthetic and orthotic options for lower extremity amputation and reconstruction.* Plast Aesthet Res 2019;6:4.
3. Impastato DM, **Impastato KA,** Dabestani P, Ko JH, Bunnell AE. *Prognostic value of needle electromyography in traumatic brachial plexus injury.* Muscle Nerve. 2019;1–3.
4. **Impastato KA,** Ko JH. *Reconstruction of a Post-Traumatic Spinal Accessory Nerve Palsy.* Plastic Surgery Education Network. 2015
5. **Impastato KA,** Friedrich J. *Wrist Injuries.* Plastic Surgery Education Network, 2016
6. Stalder M, **Accardo K,** Allen R, Sadeghi A. *Aesthetic Refinement of the Abdominal Donor Site after Autologous Breast Reconstruction.* Plastic and Reconstructive Surgery. Vol 136 no. 3, September 2015. Pages 455-461
7. Allen RJ, Levine JL, **Impastato KA:** *Superior and inferior gluteal artery perforator flaps.* In Fu-Chan Wei and Samir Mardini's Flaps and Reconstructive Surgery. Elsevier 2017. 58, 687-699
8. **Impastato KA,** Friedrich JB: *Interpretation of Electromyography and Nerve Conduction Studies.* In Duncan, Scott F.M., Kakinoki, Ryosuke: Carpal Tunnel Syndrome and Related Median Neuropathies. 2017. Springer. 7, 59-67

**Lectures and Presentations**

1. Lawnmower Safety - Harborview's Injury Prevention and Research Center
2. "Brachial Plexus Injuries- Mechanism, Exam, Workup, and Management" Harborview Medical Center, Trauma Grand Rounds. 2016.
3. "Brachial Plexus Injuries- A Proposal for an OCCAM Protocol" Harborview Trauma Counsel, Trauma 1- Harborview Medical Center. 2016.
4. "Aesthetic Refinement of the Abdominal Donor Site after Autologous Breast Reconstruction." 15th International Course on Perforator Flaps. 2014.

## **Quality Improvement Projects During Residency:**

1. **(2018) University of Washington Medical Center Preoperative MRSA Screening and Antibiotic Administration**
  - a. **Quality or Process Needs Assessment:** Lack of preoperative MRSA Screening and inability to administer vancomycin in preoperative area, routinely leading to inadequate antibiotic timing in inadequate timing.
  - b. **Description of Project/Committee work:**
    - i. Determine incidence of Surgical Site infections (SSI) at UW within our department.
    - ii. Organized individual and group meetings with the Chief of Anesthesiology, Pre-operative Nursing Manager and Coordinator, Pre-Anesthesia Clinic Manager, Manager of the Microbiology lab, Plastic Surgery Clinic Nurses and Administration, and Infectious Disease to formulate an agreed upon protocol.
    - iii. Created protocol which included MRSA & MSSA screening, RN teaching, patient education, preoperative Mupirocin, and administration of IV prophylaxis to be given prior to incision, starting in the preoperative area.
  - c. **Outcome Metrics or Expected Outcomes:**
    - i. We have successfully instituted the protocol and have been able to successfully identify MRSA and MSSA carriers in the clinical setting, properly select and administer antibiotics both at home preoperatively and in the immediate preoperative setting.
    - ii. We expect reduction in overall surgical site infection rate, currently being tracked.
2. **(2017-present) Plastic Surgery IPASS Advocate**
  - a. **Quality or Process Needs Assessment:** Resident handoff communication at a multisite academic institution with interdisciplinary residents with differing levels of experience.
  - b. **Description of Project/Committee work:** The UW-IPASS handoff curriculum was developed by a resident-led team as part of a quality improvement project to address resident handoff communication. Briefly, the intent of UW-IPASS is to standardize and improve clinician handoffs mainly through the use of a mnemonic and an electronic medical record (EMR) tool that ensures communication of essential information.
  - c. **Outcome Metrics or Expected Outcomes:** In a pediatric inpatient population the implementation of the IPASS curriculum led to a 23% relative decrease in medical errors and a 30% relative decrease in adverse events. In our population we expect to reduce clinician communication errors and omissions by standardization of handoff communication in an effort to improve patient outcomes.
3. **(2017) Brachial Plexus Injury Patient Handout; including therapy, timeline, recovery**
  - a. **Quality or Process Needs Assessment:** Lack of patient education provided in the acute injury period has led to patient dissatisfaction and increased stress at the time of outpatient follow-up.
  - b. **Description of Project/Committee work:** Composed a description of brachial plexus injuries in non-medical terms including the anticipated timeline, description of studies, and importance of ongoing therapy. Coordinated with Physical medicine and rehab Department, Occupational therapist, Plastic surgery department, Trauma counsel, and Neurosurgery department to compose a comprehensive handout that can be printed from our Electronic Medical Record from the Emergency department or from an inpatient setting.

- c. **Outcome Metrics or Expected Outcomes:** Improved understanding of brachial plexus injuries and long-term timeline including expected appointments, expected workup, and answers to frequently asked questions.
- 4. **(2016) Harborview Medical Center- OCCAM protocol for Brachial Plexus Injuries.**
  - a. **Quality or Process Needs Assessment:** Trauma team and emergency department without knowledge of how to assess for brachial plexus injury (BPI), who to consult if there is concern for one, or which patients at risk for BPI.
  - b. **Description of Project/Committee work:** Coordinated with Physical Medicine and Rehabilitation Department, Occupational Therapist, Plastic Surgery Department, Trauma Counsel, Emergency Department, and Neurosurgery Department to compose a comprehensive protocol for providers to follow which details:
    - i. **Patients at risk**
    - ii. **Exam to complete and findings in exam that raise concern**
    - iii. **When to consult PM&R for EMG, when to consult Plastic Surgery**
    - iv. **Inpatient orders including occupational therapy and pain control**
    - v. **Outpatient orders including therapy, pain control, and follow up visits.**
  - c. **Outcome Metrics or Expected Outcomes:** Decrease in number of missed BPI or referral to BPI clinic outside of the optimal treatment period. Increased knowledge of BPI among providers most likely to see these patients in the acute injury period to limit missed injuries.
- 5. **(2015) Medical Student Rotator expectations and guide for a successful rotation**
  - a. **Quality or Process Needs Assessment:** Medical students were having difficulty finding their way around the hospitals and knowing how to be helpful.
  - b. **Description of Project/Committee work:** Compilation of service expectations, where to find supplies, codes for supplies rooms; and important patient information to know and how to present on daily rounds.
  - c. **Outcome Metrics or Expected Outcomes:** Improved medical student performance leading to improved self confidence and the ability to learn and function as a member of a residency team.
- 6. **(2015) Harborview Medical Center and University of Washington Medical Center- Suture quality improvement**
  - a. **Quality or Process Needs Assessment:** UW and Harborview are currently under contract with Covidien for suture supply, providing more competitive prices for UW Hospitals. Unfortunately, there is concern among the surgeons that increased intraoperative time secondary to suture breaking, number of suture used, and concern for patient safety when using Covidien as opposed to Ethicon outweighs the cost difference. There is need for a surgery representative to assist the UW supply chain and value analysis directors to discuss the Ethicon proposal and submit a counterproposal. They also needed a surgical representative to discuss why the hospitals should accept a cost increase and negotiate an acceptable cost increase.
  - b. **Description of Project/Committee work:** Survey surgery attendings at UW, Harborview, Roosevelt, and Northwest to determine the desire for a change from Covidien to Ethicon. Working with UW Systems Chief Supply Chain Officer and Director Value Analysis to provide information to Ethicon regarding our current use, discuss the Ethicon proposal, and submit a counterproposal. Also involved in discussions regarding the likely cost increase, negotiate an acceptable cost increase, and help evaluate Ethicon contracts at similar institutions.
  - c. **Expected Outcome Metrics:** Decreased suture/needle breaking leading to decreased operative time, decreased quantity of suture used per case, and improved patient outcomes within the limitations of an acceptable cost increase. We have successfully

negotiated with the supply chain an agreement for individual surgeons or teams to order preferred suture types.

### **Certifications and Courses/Educational Activities**

2019 1<sup>st</sup> Annual Joseph S. Gruss Symposium in Facial Reconstruction  
2019 Cleft and Velopharyngeal Dysfunction Interactive Conference  
2018 Lesley Watson Facial Plastics Course  
2018 Aesthetic Injectables Course  
2018 Winter Injectables Course  
2017 Aesthetic Injectables Course  
2017 Stryker CMF Trauma Sawbones Course  
2017 Schilling Lecture Series  
2016 AOCMF Craniofacial Trauma Course  
2016 AO Hand Trauma Course  
2016 Shilling Lecture Series  
2016 Buehler Lecture Series with James Higgins, M.D. Presentation: "Vascularized Bone Flaps From the Distal Femur: Applications for Extremity Reconstruction"  
2016 Department of Surgery Research Symposium and 22nd Annual Schilling Lecture  
2015 UW Orthopedics R2 Bootcamp  
2015 Buehler Lecture Series with Steve Morris- Surgery Grand Rounds, Lectures, and Flap Course  
2015 ATLS  
2015 Schilling Lecture Series  
2014 ACLS  
2014 Annual UW Orthopedics Hand Course

### **Leadership Experience:**

2020 **Plastic Surgery Representative – Surgery Department Wellness Committee**  
Work on team to advise Chairman about initiatives that we can accomplish in the Department to improve wellness for all of our faculty, trainees, and staff

2013-2014 **LSUHSC School of Medicine Class of 2014 Class Officer- VP of Community Affairs**

2012-2013 **Tiger Run 5k- Public Relations Chairperson Fundraiser**  
Supported the student run homeless clinic and other student organizations.

2003-2011 **Activities Director, Brevard Distance Runners Camp**  
Coordinated and directed daily activities for 1100 campers over a three week period each July. Motivated and gave direction to junior staff members and campers. Conducted performance evaluations of junior staff members.

### **Louisiana State University Athletic/ Student Athlete Accomplishments (at time of graduation):**

2003-2008 LSU Track and Field, Indoor and Outdoor Teams Letterman  
2003- 2007 LSU Cross-Country Letterman  
2008 National Championship Track and Field Team Member  
2006 Chi Alpha Sigma- Student Athlete Academic Honor Society

2005-2008	SEC Academic Honor Roll
2004-2008	Athletic Director's Cup for Academic Excellence
2008	Records: 3 <sup>rd</sup> on the LSU all time list for the 3000 meter steeplechase, 4 <sup>th</sup> on the LSU all time list for the indoor 5k 7 <sup>th</sup> on the LSU all time list for the 3k 10 <sup>th</sup> on the LSU all time list for the 3k outdoor 9 <sup>th</sup> on the LSU all time list for the 5k outdoor
2007	Member of the SEC Track and Field Championship Team
2008	Member SEC Indoor Track and Field Championship Team

**Extracurricular Activities:**

Spending quality time with my two children and husband, distance running, hiking, and water sports.