

Kate Impastato, MD (néé Accardo)

Work:

2024	Evergreen Plastic Surgery
2022- 2024	Salmon Creek Plastic Surgery
2020-2022	Full Time Plastic and Reconstructive Surgeon Assistant Professor Marshall University

Current Leadership

2025	President Northwest Society of Plastic Surgeons (2024- current)
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Education:

Residency	University of Washington, Seattle, WA (2014- 2020) Plastic and Reconstructive Surgery Residency
M.D.	Louisiana State University Health Sciences Center, New Orleans (2010-2014)
B.Sc.	Louisiana State University, Baton Rouge, LA (2003-2008) 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

Community Outreach & Service

- **Health Education Presenter, Local Middle Schools — 2024–2025**
Delivered age-appropriate, engaging health and wellness presentations to middle school students, focusing on physical fitness, self-confidence, and healthy lifestyle habits.
- **Youth Wrestling Coach, Clark County — 2023–2025**
Volunteered as a coach for youth wrestling programs, mentoring children in sportsmanship, discipline, and athletic development while fostering a positive, inclusive team culture.
- **Board Member & Youth Advocate, WHY Racing Non-Profit — 2025–Present**
Appointed to the board of directors for WHY Racing's newly established non-profit arm, dedicated to increasing access to youth fitness events and resources.
- **Community Partner, WHY Racing “Kids Run Free” Program — 2024–Present**
Partnered with WHY Racing to eliminate financial barriers to youth participation in running events, promoting physical activity and community engagement.

Past Honors/Leadership:

2023-2024 **Vice President - Northwest Society of Plastic Surgeons**

2022-2023 **Northwest Society of Plastic Surgery
Treasurer**

Residency **Harborview Annual Housestaff Award for Clinical Ability and
Humanitarian Concern (2018 Nominee)**

Medical School **Alpha Omega Alpha Honor Medical Society Member** 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 antibiosis 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

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 1st 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

- 2013-2014 Department to improve wellness for all of our faculty, trainees, and staff
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: 3rd on the LSU all time list for the 3000 meter steeplechase,
 4th on the LSU all time list for the indoor 5k
 7th on the LSU all time list for the 3k
 10th on the LSU all time list for the 3k outdoor
 9th 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.