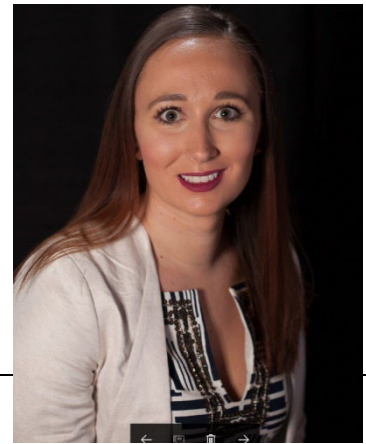


# Meredith L. Ward, DPM

Moore Foot and Ankle Specialists  
136 Mimosa Drive Asheville, NC 28806  
828-350-1880



## POST-RESIDENCY WORK EXPERIENCE

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Moore Foot and Ankle Specialists, Asheville, NC  
Associate Podiatrist since July 17, 2017

Treat all aspects of the foot and ankle pathology including infections, Charcot neuroarthropathy, diabetes mellitus, trauma, sport injuries, ingrown toenails, bunions, and structural deformities, etc. The majority of my experience is in diabetic wound care and limb salvage. I spend on average 20+ weeks on call each year and perform over 600 surgical procedures each year.

## HOSPITAL PRIVILEGES

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Mission Hospital System, Asheville, NC

Privileged for forefoot and rearfoot/ankle surgery including external fixation, skin grafting, and lower extremity flaps starting August 1, 2017

Orthopedic Surgery Center, Asheville, NC

Privileged for forefoot and rearfoot/ankle surgery starting December 22, 2017

Harris Regional Hospital, Sylva, NC

Privileged for forefoot and rearfoot/ankle surgery starting January 9, 2018

## RESIDENCY/TRAINING

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Saint Francis Hospital and Medical Center, Hartford, CT

PMSR-RRA July 2014 – June 2017

Chief Resident, SFHMC, 2016 - 2017

- Provided outpatient podiatric care at the SFHMC Podiatric Surgical Clinic which is a resident run clinic – scheduled surgeries, post-operative follow ups, inpatient follow ups, and diabetic foot care.
- Provided wound care at the Center for Advanced Wound Healing and Lymphedema Management – gained experience with complex diabetic foot wounds, surgical dehiscence, hyperbaric oxygen therapy, and prosthetic/orthotic planning and fitting. I have CWSP certification as of 4/8/2019
- Sizeable experience in forefoot/rear foot surgery, flatfoot reconstruction, trauma, and diabetic limb salvage.
- Managed inpatients in all levels of care. Over 400 days spent on call. Accumulated vast experience in emergent podiatric evaluations, inpatient medical management, and outpatient follow up of admitted patients.
- Completed all allopathic medical rotations including: Vascular Surgery, Plastic Surgery, Internal Medicine, Infectious Disease, Emergency Medicine, Radiology, Dermatology, Rheumatology, and Behavioral Medicine.
- Resident Moderator for the Greater Hartford Podiatric Monthly Meetings for all residents and attendings; Responsibilities included organizing sponsorships and lecture/case presentations.
- Resident Moderator of student extern education. This included workshops on suturing, surgical instrumentation, operating etiquette and techniques, cadaver labs, and mock interviews.

## EDUCATION

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Des Moines University College of Podiatric Medicine and Surgery- Des Moines, IA, DPM, 2014

University of North Carolina at Chapel Hill- Chapel Hill, NC, BSPH Nutrition with Highest Honors, 2010  
Minor in Chemistry

Union Pines High School- Cameron, NC, High School Diploma, 2006

## RESEARCH/PUBLICATIONS

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American College of Foot and Ankle Surgeons Poster Presentation, New Orleans LA, February 2019

*Case Review: Treatment of Talar Avascular Necrosis using Subchondroplasty and Subtalar Joint Fusion.*

Balloch RE; Butto DN, Ward ML; Davis, C; St. Francis Hospital, Hartford, CT.

ACFAS Scientific Literature Review Monthly, March 2017

*Free Medial Plantar Flap Connection with a Posterior Tibial Artery Flap in Reconstruction of Fore-Mid Foot Skin Defect*

American College of Foot and Ankle Surgeons Poster presentation, Las Vegas NV, February 2017

*Case review series: Effects of open Z-lengthening and posterior ankle arthrotomy and use of a Walk-Aid device on elimination of AFO devices in patients with Cerebral Palsy and Multiple Sclerosis*

ACFAOM Review Text 2016 Edition, published

*Chapter 2: Laboratory Medicine;* Ward ML, Ward PE; Central Carolina Foot and Ankle Associates

ACFAS Scientific Literature Review Monthly, December 2014

*Nutritional Status Deteriorates as the Severity of Diabetic Foot Ulcers Increases and Independently Associates with Prognosis*

APMA National Meeting Poster Presentation, Las Vegas NV, July 2013

*Floating Osteotomy as a Treatment for Plantar Forefoot Non-Healing Wounds without signs of Osteomyelitis*

Pehde CE, Mastay AR, Ward ML; East Village Foot and Ankle Center, Des Moines, IA.

American Public Health Association National Meeting, Washington DC, October 2009

*Impact of Over the Counter Shoe Inserts on Heel Pain Following recent Weight Gain*

Ward ML, Ward PE; Foot and Ankle Center of North Carolina, Pinehurst, NC.

## MAGAZINE CONTRIBUTIONS

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The Kitchen

*The best shoes to wear while working in the kitchen.* Published online 1-22-2018

<https://www.thekitchn.com/the-best-shoes-to-wear-while-working-the-kitchen-253194>

Real Simple

*The one mistake you're making with your heels.* Published online 10-30-2017.

<https://www.realsimple.com/beauty-fashion/shoes-accessories/how-to-make-high-heels-more-comfortable>

Women's Health

*Exactly what to do if your toenail falls off.* Published online 10-9-2017.

<https://www.womenshealthmag.com/health/ripped-off-toenail>

## LECTURES

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American College of Foot and Ankle Surgeons Complication Seminar 2016, Providence, RI

Case study presentation on a Charcot ankle reconstruction which ended in below knee amputation

American Podiatric Medical Association National Meeting 2015, Orlando FL

Presented information on trauma foot exam to podiatric assistants

American Podiatric Medical Association National Meeting 2013, Las Vegas, NV

Presented information on diabetic foot exam to podiatric assistants

American Public Health Association National Convention 2009, Washington DC

Presented follow up original research on weight loss and heel pain relief

American Public Health Association National Convention 2008, San Diego, CA

Presented initial original research on weight loss and heel pain relief

## **NATIONAL BOARDS/PROFESSIONAL CERTIFICATIONS**

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NBPME Part 1, passed June 2012  
NBPME Part 2, passed January 2014  
NBPME Part 3, passed June 2015  
ACLS/BLS 2014, renewed June 2022  
North Carolina State Podiatry License #659, obtained January 2016  
Diplomat of the American Board of Foot and Ankle Surgeons,  
    Board Certified in Forefoot and Rearfoot/Ankle Surgery as of April 4, 2019  
Diplomat of the American Board of Podiatric Medicine with CAQ in Amputation Prevention and Wound Care  
American Board of Wound Management  
    Certified Wound Specialist Physician obtained April 2019

## **COURSES/CONFERENCES**

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North Carolina Foot and Ankle Society Annual Meeting, Greensboro NC, January 2023  
North Carolina Foot and Ankle Society Annual Meeting, Greensboro NC, January 2020  
North Carolina Foot and Ankle Society Annual Meeting, Pinehurst NC, February 2019  
North Carolina Foot and Ankle Society Annual Meeting, Charlotte NC, February 2018  
Connecticut Podiatric Medical Association Annual Symposium, Hartford CT, March 2017  
American College of Foot and Ankle Surgery National Meeting, Las Vegas NV, February 2017  
ACFAS Division 8 Complications Conference, Providence RI, January 2017  
Chicago Lower Extremity Surgical Foundation Flaps Course, Chicago IL, October 2016  
American Academy of Foot and Ankle Osteosynthesis Advanced Course, Memphis TN, August 2016  
American Podiatric Medical Association Annual Meeting, Philadelphia PA, July 2016  
American College of Foot and Ankle Surgery Arthroscopy Course, Chicago IL, June 2016  
Connecticut Podiatric Medical Association Annual Symposium, Hartford CT, March 2016  
American Academy of Foot and Ankle Osteosynthesis Comprehensive Course, Memphis TN, March 2016  
North Carolina Foot and Ankle Society Annual Meeting, Greensboro NC, January 2016  
ACFAS Division 8 Complications Conference, Providence RI, January 2016  
American Podiatric Medical Association Basic and Advanced Arthroscopy course, Orlando FL, July 2015  
American Podiatric Medical Association Annual Meeting, Orlando FL, July 2015  
Connecticut Podiatric Medical Association Annual Symposium, Hartford CT, March 2015  
ACFAS Division 8 Complications Conference, Providence RI, January 2015  
American Podiatric Medical Association Annual Meeting, Las Vegas NV, July 2013  
American Public Health Association National Meeting, Washington DC, October 2009  
American Podiatric Medical Association Annual Meeting, Toronto ON, July 2009  
American Public Health Association National Meeting, San Diego CA, October 2008  
American Podiatric Medical Association Annual Meeting, Honolulu HI July 2008

## **PROFESSIONAL MEMBERSHIPS**

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APMA, American Podiatric Medical Association  
ACFOAM, American College of Foot and Ankle Orthopedics and Medicine  
NCFAS, North Carolina Foot and Ankle Society  
ACFAS, American College of Foot and Ankle Surgeons  
APHA, American Public Health Association

## **LEADERSHIP**

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APMA House of Delegates, North Carolina Delegate 2023- current  
APMA Committee Member 2010-2018  
    Public Health Committee Student Member 2010-2014  
    Communications Committee Resident Member 2014-2016  
    Public Health and Preventative Podiatric Medicine Committee Special Expert 2017-2019  
North Carolina Foot and Ankle Society  
    Legislative Committee Member 2018-current  
    Chair, Western Zone 2019- current  
    Medicaid Liaison 2022-current  
Chief Resident, SFHMC, June 2016 – July 2017  
Resident Representative, SFHMC Graduate Medical Education Committee 2014 - 2017  
Class Representative, College of Podiatric Medicine 2010 - 2014  
Graduate Teaching Assistant: Introduction to Surgery 2011-2014, Gross Anatomy Laboratory 2011-2012  
    Lead Surgery Teaching Assistant 2013-2014  
SNPMA Club President, Des Moines University Chapter 2011-2012  
SCACFAS Club Media Specialist, Des Moines University Chapter 2011 – 2012  
Des Moines University Acapella Choir 2010-2013  
    Lead Soloist, 1<sup>st</sup> Soprano section leader 2011-2013

## **AWARDS AND HONORS**

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APMA Educational Foundation Scholarship 2013-2014  
North Carolina Foot and Ankle Society Basil Tucker Scholarship 2013-2014  
Marjean Reed Scholarship for Outstanding Surgical Teaching Assistant 2012-2013  
North Carolina Health Sciences and Medicine Scholarship 2010-2014  
Des Moines University Merit Scholarship 2010-2014

## **VOLUNTEER AND COMMUNITY SERVICE**

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Special Olympics “Fit Feet” 2014 – 2017  
    Performed foot evaluations and screenings of special Olympics participants  
Hartford Marathon 2015  
    Participated in the Hartford ½ Marathon  
Juvenile Diabetes Research Foundation “Walk for a Cure” 2010-2014  
    Raised money for the JDRF and participated in the community fair for diabetes awareness  
Catholic Worker’s House 2010-2012  
    Cooked and served dinner for the homeless population of Des Moines monthly  
Senior Health Fair 2010-2012  
    Performed foot screenings and performed with the Des Moines University choir  
Girls in Science 2011-2013  
    Taught girls ages 8-12 about science and medicine and led hands on surgical skills workshops  
Des Moines Marathon 2011  
    Ran a water station for marathon runners  
Mission Active 2011-2013  
    Held a science/activity fair for girls and boys ages 5-12 to encourage active lifestyles  
Des Moines University Choir 2010-2013  
    Performed at school and community events with the DMU acapella choir, served as lead soloist

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