

CURRICULUM VITAE

CAROLINE R. TRIEPEL, MD, FAAOS, CAQ

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ORTHOPEDIC HAND SURGEON

Dedicated orthopedic, fellowship-trained hand surgeon with a proven track record of success providing dynamic, collaborative, and innovative patient care. Specialize in musculoskeletal issues pertaining to the hand, wrist, forearm and elbow. Possess an inclusive leadership approach with a talent for communicating effectively and motivating personnel to perform at high levels through training, mentoring, and setting of clear expectations.

CORE SKILLS & KEY COMPETENCIES

- Best Practices
- Board Certified
- Clinical & Non-Clinical
- Collaboration & Outreach
- Diagnosis & Prognosis
- Electronic Health Records
- Health Assessments
- Healthcare Policy
- Insurance Knowledge
- Leadership & Mentorship
- Life Planning
- Patient Education & Engagement
- Preoperative & Postoperative Procedures
- Research & Analysis
- Strategic Communication
- Surgical & Nonsurgical Treatment
- Treatment Plan Development

RELEVANT PROFESSIONAL EXPERIENCE

SENTARA HAND SURGERY SPECIALISTS

Norfolk, VA | 2009 – 2021

Hand Surgeon

Leadership & Mentorship | Surgery | Patient Care | Clinical & Nonclinical | Innovation | Best Practices | Research

Selected Contributions:

- Served as orthopedic hand surgeon specializing in musculoskeletal issues. Dealt with patient issues pertaining to hand, wrist, forearm and elbow
- Operated on patients to correct deformities, repair injuries, prevent and treat diseases, or improve or restore patient's functions
- Examined patients and analyzed medical history, medication allergies, physical condition, and examination results to verify operation's necessity and surgical risk
- Ordered and interpreted results of laboratory tests and diagnostic imaging procedures
- Prescribed preoperative and postoperative treatments and procedures, such as sedatives, antibiotics, or preparation and treatment of patient's operative area
- Directed and coordinated activities of assistants, specialists, residents, and other medical staff
- Conducted research to develop and test surgical techniques to improve operating procedures and outcomes
- Provided consultation and surgical assistance to other physicians and surgeons
- Referred patient to medical specialists or other practitioners when necessary

LEADERSHIP & ADMINISTRATIVE EXPERIENCE

SENTARA HOSPITAL NORFOLK

Norfolk, VA | 2010 – 2021

Sentara Medical Director of Hand Therapy (2013 – 2021)

Orthopaedic Chairman (2014, 2017)

Medical Executive Committee (2014, 2017)

Quality Committee (2011 – 2013)

Credentials Committee (2010 – 2012)

AMERICAN SOCIETY FOR SURGERY OF THE HAND
Government Affairs Committee

Chicago, IL | 2015 – 2016

NORFOLK ACADEMY OF MEDICINE
President (2016); Secretary (2015)

Norfolk, VA | 2015 – 2016

AMERICAN ACADEMY OF ORTHOPEDIC SURGEONS
Advocacy Resources Committee

Rosemont, IL | 2013 – 2015

APPLICABLE EARLY MEDICAL CAREER HISTORY

THE HAND CENTER
Hand Surgeon

Greenville, SC | 2005 – 2009

1ST AEROSPACE MEDICAL SQUADRON FLIGHT CLINIC
Officer in Charge

Hampton, VA | 1998 – 1999

LANGLEY AIR FORCE BASE
Pharmacy And Therapeutics Committee

Hampton, VA | 1997 – 1999

71ST FIGHTER SQUADRON
Flight Surgeon

Hampton, VA | 1996 – 1999

1ST AEROSPACE SQUADRON
Flight Surgeon

Hampton, VA | 1995 – 1996

FORMAL EDUCATION, SPECIALIZED TRAINING & CERTIFICATIONS

UNIVERSITY OF VIRGINIA – MEDICAL SCHOOL
Doctor of Medicine

Charlottesville, VA | 1994

UNIVERSITY OF VIRGINIA
Bachelor of Arts, Echols Scholar

Charlottesville, VA | 1990

POSTDOCTORAL TRAINING

TUFTS UNIVERSITY SCHOOL OF MEDICINE
Fellowship: Hand and Upper Extremity

Boston, MA | 2004 – 2005

WAKE FOREST UNIVERSITY BAPTIST MEDICAL CENTER
Residency: Orthopedic Surgery

Winston Salem, NC | 2000 – 2004

WAKE FOREST UNIVERSITY BAPTIST MEDICAL CENTER
Internship: General Surgery

Winston Salem, NC | 1999 – 2000

USAF DAVID GRANT MEDICAL CENTER
Internship: Family Practice

Fairfield, CA | 1994 – 1995

CERTIFICATIONS

- Board-certified in Orthopedic Surgery (ABOS)
- Certificate of Added Qualification (CAQ) in Hand Surgery

HONORS & AWARDS

COASTAL VIRGINIA , Top Docs	Hampton Roads, VA 2019, 2021
YWCA , Dream Achiever	Greenville, SC 2008
U.S. AIR FORCE , Air Force Achievement Medal	Hampton, VA 1996 – 1997
U.S. AIR FORCE , U.S. Air Force Health Professional Scholarship	Hampton, VA 1990 – 1994
UNIVERSITY OF VIRGINIA , Echols Scholar	Charlottesville, VA 1986 – 1990

RESEARCH PUBLICATIONS & PRESENTATIONS

PUBLICATIONS:

Koman, L.A. & Triepel, C.R. Electrophysiologic Aid in Nerve Repair. *Operative Techniques in Orthopaedic*. July 2004, Vol. 14, Issue 3: 179-183.

Triepel, C.R. & Ruch, D.S. Open Reduction and Internal Fixation of Acute Scapholunate Tears. *Atlas of the Hand Clinics*. Sept. 2003, Vol. 8, No.2:209-216.

Ruch, D.S. & Triepel C.R. Hinged Elbow Fixation for Recurrent Instability Following Fracture Dislocation. *Int. J Care Injured* 32. (2001) S-D70-S-D78.

PRESENTATIONS:

Triepel, C.R. Carpal Tunnel Syndrome. Demystify the Wrist. Winston-Salem, NC. January 14, 2006.

Ruch, D.S. & Triepel, C.R. Scapholunate and Dorsal Intercarpal Ligament Repair for the Treatment of Complete Static Scapholunate Dissociation. Ruth Jackson Orthopaedic Society. Chicago, Illinois. October 2001.

Ruch, D.S. & Triepel C.R. Hinged Elbow Fixation for Recurrent Instability Following Fracture Dislocation. *American Association for Hand Surgery*. San Diego, California. January 11, 2001.

Ruch, D.S. & Triepel, C.R. Scapholunate and DIC Ligament Repair for the Treatment of Complete Static SL Dislocation. *American Association for Hand Surgery*. San Diego, California. January 11, 2001.

PROFESSIONAL AFFILIATIONS PAST & PRESENT

NORFOLK ACADEMY OF MEDICINE , Member	Norfolk, VA 2010 – Present
AMERICAN SOCIETY FOR SURGERY OF THE HAND , Member	Chicago, IL 2005 – Present
AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS , Fellow	Rosemont, IL 2004 – Present

PAST ENDEAVORS

NORFOLK ACADEMY OF MEDICINE , President	Norfolk, VA 2017 – 2018
NATIONAL PHYSICIANS COUNCIL FOR HEALTHCARE POLICY , Member	Washington, DC 2013 – 2017