



## Tavish Spargo, MPAP, PA-C

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Seven years of experience as a Board-certified Physician Assistant at Stanford Health Care, specializing in the outpatient care of patients undergoing plastic and reconstructive surgery. Clinically active in breast reconstruction, body contouring, soft tissue reconstruction, facial trauma, gender-affirming procedures, and complex wound care. Lead clinician of Stanford's Scar Clinic and recognized educator within the institution, developing regularly scheduled lectures and outpatient protocols for multidisciplinary teams.

Brings deep expertise in standard of care, informed consent, postoperative complications, provider-patient communication, and clinical documentation. Trained in trauma and perioperative management, with a strong foundation in pre-hospital and hospital care standards. Published author in peer-reviewed journals on topics including telemedicine utilization and patient perceptions in plastic surgery.

### PROFESSIONAL EXPERIENCE

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**Physician Assistant, Stanford Health Care: Division of Plastic and Reconstructive Surgery, Palo Alto, CA**  
August 2019-Current

- Breast reconstruction, body contouring, facial trauma/reconstruction, orthognathic, gender-confirming, abdominal wall reconstruction, complex wound care/reconstruction, lymphedema, free flap reconstruction, and cosmetic surgery.
- Conduct preoperative assessments and consultations.
- Assist in the development and implementation of patient care plans.
- Assist with surgical procedures under the supervision of attending surgeons.
- Provide follow-up care to patients post-operatively.
- Document patient care activities and maintain accurate medical records.
- Participate in departmental quality improvement initiatives.
- Lead medical education programs and mentor other APPs, nurses, and staff.

**Per Diem Physician Assistant, Stanford Health Care: Department of Pre-Anesthesia, Palo Alto, CA**  
December 2021-Current

- Performed comprehensive medical evaluations and physical examinations on patients scheduled for anesthesia.
- Ordered and interpreted diagnostic tests such as laboratory studies and electrocardiograms (EKGs).
- Educated patients and their families about their anesthesia options, potential risks and benefits
- Collaborated with Anesthesiologists and other healthcare professionals to develop and implement patient care plans.

**Per Diem Physician Assistant, Stanford Health Care: COVID Response Team, Palo Alto, CA**  
April 2020-December 2021

- Monitored patients for adverse reactions to the COVID-19 vaccine and provide appropriate medical interventions as needed
- Administered COVID-19 vaccines to patients.
- Performed COVID testing by obtaining patient samples for laboratory analysis.

- Educated patients on COVID-19 prevention measures and vaccine safety.

**Clinic Manager/Back Office Medical Assistant**, *Premiere Plastic Surgery, Pasadena, CA*  
January 2015-August 2019

- Managed the daily operations along with regular back-office duties.

**Interviewer**, *Keck School of Medicine PA Program, Los Angeles, CA*  
September 2017-Current

- Interview and evaluate prospective students applying to the PA Program.
- Consult with faculty regarding the merits of incoming students.

**Wound Care Educator**, *Premiere Plastic Surgery, Pasadena, CA*  
January 2015-August 2016

- Educated patients and their families on the basics of wound care, sterilization and the symptoms of infection.
- Acted as an accessible resource to patients with questions and concerns regarding their wound care.

**EMT-Basic**, *Care Ambulance, East Los Angeles, CA*  
November 2013-May 2014

- Responded to 911 calls in the East Los Angeles Area.
- Reacted quickly and efficiently in high-pressure situations by providing necessary medical care to patients.

**Lead Lifeguard Supervisor**, *Gerrish Swim and Tennis Club, Pasadena, CA*  
June 2006-August 2013

- Responded to all first aid incidents and water emergencies.
- Managed all lifeguard certifications and daily activities.
- Oversaw operations of 5 pools in a large swim club, created schedules for staff, planned and conducted lifeguard trainings.

## **EDUCATION**

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**Master of Physician Assistant Practice, Keck School of Medicine**

August 2016-May 2019

University of Southern California, Los Angeles, CA

**Bachelor of Science in Kinesiology – Cum Laude**

September 2008-May 2013

California State University San Marcos, San Marcos, CA

**Medical Professional Legal Consultant**

January 2026-February 2026

California State University San Marcos: Extended Learning, San Marcos, CA

## **ACCOMPLISHMENTS**

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Published several peer-reviewed articles, including how to implement telehealth into plastic surgery

Current member of the APP Ambassador Committee at Stanford Health Care 9/2020-Current

Completed quality improvement projects as part of the ACTION (Ambulatory Care Team Improvement & Optimization) Committee at Stanford Health Care 9/2023-9/2024

Recipient of the 2012 Excellence in Academic Achievement award from the College of Math and Sciences at CSUSM

Recipient of the 2013 Outstanding Student Researcher award from the Kinesiology faculty at CSUSM  
Anatomy and Physiology teacher's assistant at CSUSM from *Jan 2013-May 2013*  
Biomechanics research assistant at CSUSM from *Aug 2012-June 2013*

## **CURRENT LEADERSHIP ROLES**

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### **Lead clinician of the Stanford Scar Clinic, *Division of Plastic and Reconstructive Surgery at Stanford Healthcare***

December 2023-Current

- Established and currently lead the Stanford Scar Clinic, a specialized service focusing on the evaluation and treatment of complex scars.
- Provide comprehensive clinical management, including non-surgical and surgical options.
- Serve as the primary clinician responsible for patient assessment, procedural care, and longitudinal outcome tracking.
- Developed clinical workflows, patient education materials, and treatment protocols to standardize care and improve patient outcomes.

### **Lead clinician of the Reconstruction Clinic Teaching Rounds, *Division of Plastic and Reconstructive Surgery at Stanford Healthcare***

December 2024-Current

- Created the Reconstruction Clinic Teaching Rounds, an internal education series for clinic providers and staff to strengthen knowledge of core plastic surgery topics and enhance clinical workflows.
- Responsible for creating content, delivering lectures, and coordinating with interdisciplinary teams.

## **CONFERENCE/ABSTRACT PRESENTATIONS**

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*A Comprehensive Guide to Conservative Scar Management*, 2024 Advanced Practice Provider Excellence Through Collaborative and Learning Conference. Stanford University, Palo Alto, CA. October 2024

*Understanding the Patient and Provider Experience with Telehealth in Plastic Surgery*, 16<sup>th</sup> Annual Academic Surgical Congress. Palo Alto, CA. November 2021

*Renuva Restores Volume and Promotes Regeneration of Irradiated Soft Tissue*, 65<sup>th</sup> Annual Plastic Surgery Research Council. OMNI King Edward Hotel, Toronto, Ontario, Canada. May 2020.

*Phase Resetting Behavior in Human Gait is Influenced by Treadmill Walking Speed*, Dynamic Walking Annual Meeting 2013. Carnegie Mellon University, Pittsburgh, PA, June 2013

## **PUBLICATIONS**

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*Patient and surgeon experiences with video visits in plastic surgery-toward a data-informed scheduling triage tool.*

Brown-Johnson, C. G., Spargo, T., Kling, S. M., Saliba-Gustafsson, E. A., Lestoquoy, A. S., Garvert, D. W., ... Nazerali, R. S. (2021).

*Dress to Impress: Public Perception of Plastic Surgeon Attire.*

Dayani, F., Thawanyarat, K., Mirmanesh, M., Spargo, T., Saia, W., & Nazerali, R. (2021). Dress to Impress: Public Perception of Plastic Surgeon Attire. *Aesthetic Surgery Journal*.

*Phase resetting behavior in human gait is influenced by treadmill walking speed.*

Nessler, J. A., Spargo, T., Craig-Jones, A., & Milton, J. G. (2016). Phase resetting behavior in human gait is influenced by treadmill walking speed. *Gait & Posture*, 43, 187–91.

## **PROFESSIONAL ORGANIZATIONS**

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- American Academy of Physician Associates
- California Academy of Physician Associates
- Association of Plastic Surgery PAs
- The Academy of Physician Associates in Legal Medicine

## **VOLUNTEER EXPERIENCE**

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### **Volunteer Search and Rescue, *San Mateo County Search and Rescue***

January 2023-Current

- Volunteer to search for lost people in San Mateo County and the surrounding counties.
- Provide medical care and plan extrication for lost/injured people.
- Currently work as a Type-1 searcher, which involves searches in extreme temperatures, rugged terrain, and high elevations.

### **Math and Science Tutor, *Boys and Girls Club, Pasadena CA***

June 2013-July 2014

- Provided free after-school tutoring in math and science for all ages
- Developed a program that helped connect young students who were interested in medicine with current MD and PA students.