

Curriculum Vitae

Selena Gayle McGee Raines

Address: 812 Darby Trace
Winchester, Kentucky 40391

Phone: 502-552-1473

Email: drselenado@gmail.com

Objective

To serve the medical needs of the people of Central and Eastern Kentucky as a family medicine physician who not only provides quality, evidence-based care for chronic conditions, but educates patients on the importance of preventative health, while also incorporating osteopathic principles and practices into treatment plans.

Education

St. Claire Regional Medical Center, Morehead, Kentucky

Osteopathic Family Medicine Residency Program- June 2018

Chief Resident 2017-2018

University of Pikeville - Kentucky College of Osteopathic Medicine (UP-KYCOM), Pikeville, Kentucky

Doctor of Osteopathic Medicine- May 2015

Undergraduate Fellowship Program in Osteopathic Principles and Practice and Anatomy

American Military University, Charles Town, West Virginia

Master of Public Health- November 2009

Bellarmine University, Louisville, Kentucky

Bachelor of Arts in Biology- May 2007

Women's Golf Team

Employment

Owner, Chief Executive Officer

Body Mind Spirit Direct Primary Care- Lexington, Kentucky

February 2024 – Present

- Serves as the small business owner of a direct primary care practice that provides patients with comprehensive primary care services for a flat monthly fee.

Hospitalist- Kentucky Physicians Group

Clark Regional Medical Center- Winchester, Kentucky

February 2024-Present

December 2017 – Dec 2021

- Works as a part-time hospitalist at Clark Regional Medical Center providing inpatient care for patients hospitalized in this 79 bed hospital.

Director of Osteopathic Education

University of Kentucky Rural Family Medicine (Morehead) Residency Program

St. Claire HealthCare- Morehead, Kentucky

August 2018 – Present

- Serves as the Director of Osteopathic Education for the University of Kentucky Rural Family Medicine (Morehead) Residency Program
- Responsible for meeting Osteopathic Recognition requirements set forth by ACGME
- Responsible for teaching residents physicians the incorporation of osteopathic principles and practices and osteopathic manipulative treatment into the practice of family medicine.

Physician- Department of Family Medicine

St. Claire HealthCare- Morehead, Kentucky

August 2018 – January 2024

- Worked as a family physician at St. Claire HealthCare, a Catholic, not-for-profit 159 bed hospital, which is the largest rural hospital in northeastern Kentucky, serving a population of over 165,000.
- Worked as a fulltime family physician providing primary care in the outpatient setting.

Physician

Norton Immediate Care Centers- Louisville, Kentucky

September 2017 – February 2019

- Worked as a part-time physician at any one of 13 immediate care centers located in the Louisville Metro area.

Resident Physician, Department of Family Medicine

St. Claire Regional Medical Center- Morehead, Kentucky

June 2015 – June 2018

- Worked as a resident physician at St. Claire Regional Medical Center, a Catholic, not-for-profit 159 bed hospital, which is the largest rural hospital in northeastern Kentucky, serving a population of over 165,000.
- As a member of the Family Medicine Department, was responsible for the care of all hospitalized patients within the Family Medicine provider group, which includes 5 outpatient clinics in the counties surrounding Morehead, Kentucky. Provided primary care services to the patients of the rural outpatient clinic in Sandy Hook, Kentucky. Responsible for the care of assigned nursing home residents at the LifeCare facility in Morehead, Kentucky.
- Provided community service and health education in the form of school sports physicals, community health fairs, and health demonstrations for future healthcare providers.

Undergraduate Fellowship Program in Osteopathic Principles and Practice and Anatomy

University of Pikeville- Kentucky College of Osteopathic Medicine- Pikeville, Kentucky

January 2013 – June 2013

July 2014- December 2014

- Worked under the direction of the Osteopathic Principles and Practices department chair to assist and instruct first and second year medical students in OPP lectures and laboratory sessions, and served as a mentor to these students during patient encounters in the KYCOM Community Clinic.
- Provided osteopathic manipulative treatment to patients in the KYCOM Community Clinic two days per week.
- Worked alongside the Pikeville Medical Center Integrated Family Practice and Neuromuscular Medicine residents and faculty to enhance my clinical knowledge of osteopathy.

Military

I served as an enlisted Soldier, attaining the rank of Staff Sergeant, in the United States Army Reserve from February 2002 to February 2014, as a Healthcare Specialist with specialty training in optometry and ophthalmology. I received extensive leadership training during my career and used that training to fill numerous leadership roles in my unit and during mobilizations. I was involved in training young Soldiers to maintain proficiency in their medical and combat tasks. I was also tasked to work in areas outside of my primary occupation, to include finance, administration, supply, and operations, which gave me experience in the daily management of an Army Reserve unit.

Military Education

Eye Specialty Course

Army Medical Command Center and School- Fort Sam Houston, Texas
March 2005- June 2005

Distinguished Honor Graduate

Healthcare Specialist Course

Army Medical Command Center and School- Fort Sam Houston, Texas
July 2002- November 2002

Honor Graduate

Military Assignments

Healthcare NCO

7218th Medical Support Unit- Grafenwoehr, Germany
July 2012- August 2012

NCOIC Optometry Clinic

Medical Task Force Shelby- Camp Shelby, Mississippi
February 2009- August 2010

Optometry NCO

MEDRETE Mission- Chepo, Panama
January 2009- February 2009

Administrative NCO

104th Forward Support Element- Fort Lewis, Washington
April 2008- August 2008

Healthcare NCO

MEDRETE Mission- Riberalta, Bolivia
August 2007

Optometry NCO

7218th Medical Support Unit- Vicenza, Italy
April 2007

Optometry NCO

MEDRETE Mission- Poptun, Guatemala
January 2006- February 2006

Healthcare NCO

MEDDAC- Fort Knox, Kentucky
March 2003- March 2005

Military Awards

Army Commendation Medal

- Four awards

Army Achievement Medal

- Three awards

Army Reserve Components Achievement Medal

- Three awards

National Defense Service Medal

Global War on Terrorism Service Medal

Armed Forces Reserve Medal with "M" device

- Two awards

Noncommissioned Officer Professional Development Ribbon

Army Service Ribbon

Army Reserve Components Overseas Training Ribbon

- Five awards

Certifications

American Academy of Family Physicians

- Advanced Life Support in Obstetrics, July 2015

American Academy of Pediatrics

- Neonatal Resuscitation Program, February 2017

American Osteopathic Board of Family Physicians

- Board Certification, 2018

American Heart Association

- Advanced Cardiac Life Support, October 2024
- Basic Life Support, December 2023
- Pediatric Advanced Life Support, October 2024

National Board of Osteopathic Medical Examiners

- COMLEX Level One: Passed, July 2012
- COMLEX Level Two-CE: Passed, August 2014
- COMLEX Level Two-PE: Passed, April 2014
- COMLEX Level Three: Passed, April 2016

Professional Memberships

American Academy of Family Physicians (AAFP), 2015-2021

American Academy of Osteopathy (AAO), 2010-Present

American College of Osteopathic Family Physicians (ACOFP), 2010-Present

American Osteopathic Association (AOA), 2010-Present

Kentucky Medical Association (KMA), 2010-2015

Kentucky Osteopathic Medical Association (KOMA), 2010-Present

Professional Activities

American College of Osteopathic Family Physicians (ACOFP)

- Attended the 2024 Annual Convention in New Orleans, Louisiana.
- Represented the Kentucky delegation at the 2024 ACOFP Congress of Delegates
- Appointed to the 2024-2025 Preceptorship Committee
- Attended the 2023 Annual Convention in Orlando, Florida.
- Represented the Kentucky delegation at the 2023 ACOFP Congress of Delegates
- Appointed to the 2023-2024 New Physicians Committee
- Attended the 2022 Annual Convention in Dallas, Texas
- Represented the Kentucky delegation at the 2022 ACOFP Congress of Delegates
- Appointed to the 2022-2023 New Physicians Committee
- Represented the Kentucky delegation at the 2021 ACOFP Congress of Delegates, virtual meeting
- Appointed to the 2021-2022 New Physicians Committee
- Attended the 2019 Annual Convention in Chicago, Illinois
- Represented the Kentucky delegation at the 2019 ACOFP Congress of Delegates in Chicago, Illinois
- Appointed to the 2019-2020 Osteopathic Principles and Practices Teaching Resources Committee
- Attended the 2018 Annual Convention in Austin, Texas
- Represented the Kentucky delegation at the 2018 ACOFP Congress of Delegates in Austin, Texas
- Appointed to the 2018-2019 Osteopathic Principles and Practices Teaching Resources Committee
- Participated in the 2018 ACOFP Future Leader Conference in New Orleans, Louisiana

American Academy of Osteopathy (AAO)

- Attended the 2024 American Academy of Osteopathy Convocation in Colorado Springs, Colorado.
- Attended the 2022 American Academy of Osteopathy Convocation in Orlando, Florida.
- Attended the 2020 American Academy of Osteopathy Convocation in Colorado Springs, Colorado
- Attended the 2019 American Academy of Osteopathy Convocation in Orlando, Florida
- Attended the 2018 American Academy of Osteopathy Convocation in Dallas, Texas as a member of the PAAO
- Attended the 2017 American Academy of Osteopathy Convocation in Colorado Springs, Colorado as a member of the PAAO
- Attended the 2016 American Academy of Osteopathy Convocation in Orlando, Florida as a member of the PAAO
- Attended the 2015 American Academy of Osteopathy Convocation in Louisville, Kentucky as a member of the SAAO and NUFA. Competed in the A. Hollis Wolfe Case Presentation Competition
- Attended the 2014 American Academy of Osteopathy Convocation in Colorado Springs, Colorado as a member of the SAAO and NUFA
- Attended the 2013 American Academy of Osteopathy Convocation in Orlando, Florida as a member of the SAAO and NUFA

- Attended the 2012 American Academy of Osteopathy Convocation in Louisville, Kentucky as a member of the SAAO

American Osteopathic Association (AOA)

- Participated in the AOA's 2024 D.O. Day on Capitol Hill in Washington, D.C.
- Appointed to the 2023-2024 Bureau of Emerging Leaders as the Immediate Past New Physician in Practice Board of Trustees member.
- Represented the Kentucky delegation at the 2023 AOA House of Delegates in Chicago, Illinois
- Participated in the AOA's 2023 D.O. Day on Capitol Hill in Washington, D.C.
- Appointed to the NBOME's Core Competency Capstone (C3DO) Advisory Panel in April 2023
- Attended the 2022 OMED convention in Boston, Massachusetts.
- Appointed as the 2022-2023 New Physician Member on the Board of Trustees
- Represented the Kentucky delegation at the 2022 AOA House of Delegates in Chicago, Illinois
- Participated in the AOA's 2022 D.O. Day on Capitol Hill in Washington, D.C.
- Appointed as the 2021-2022 New Physician Advisor position on the Board of Trustees
- Represented the Kentucky delegation at the 2021 AOA House of Delegates, virtual meeting
- Participated in the AOA's 2021 Virtual D.O. Day on Capitol Hill in Washington, D.C.
- Appointed as a 2020-2021 new physician in practice member of the Bureau of Emerging Leaders
- Represented the Kentucky delegation at the 2020 AOA House of Delegates, virtual meeting
- Attended the 2019 OMED convention in Baltimore, Maryland
- Appointed as a 2019-2020 new physician in practice member of the Bureau of Emerging Leaders
- Appointed as the 2019-2020 new physician in practice member of the Strategic Planning Committee
- Represented the Kentucky delegation at the 2019 AOA House of Delegates in Chicago, Illinois
- Attended the 2018 OMED convention in San Diego, California
- Appointed as the 2018-2019 new physician in practice member of the Bureau of Socioeconomic Affairs
- Represented the Kentucky delegation at the 2018 AOA House of Delegates in Chicago, Illinois
- Attended the 2017 OMED convention in Philadelphia, Pennsylvania
- Represented the Kentucky delegation at the 2017 AOA House of Delegates in Chicago, Illinois
- Participated in the AOA's 2017 D.O. Day on Capitol Hill in Washington, D.C.
- Attended the 2016 OMED convention in Anaheim, California
- Appointed as the 2016-2017 resident member of the Committee on Governance and Organizational Structure, as well as the Constitution and Bylaws Subcommittee
- Completed the 2016-2017 Training in Policy Studies (TIPS) program
- Participated in the AOA's 2012 D.O. Day on Capitol Hill in Washington, D.C.

Kentucky Osteopathic Medical Association (KOMA)

- Elected as President-elect of the Board of Trustees for 2023-2025
- Attended the 2023 Annual Conference and presented the topic of The Osteopathic Approach to the Geriatric Patient
- Attended the 2022 Annual Conference
- Attended the 2021 Annual Conference
- Elected as Secretary of the Board of Trustees for 2019-2021, and 2021-2023
- Attended the 2019 Annual Conference and presented on the topic of pediatric abusive head trauma
- Elected as a member of the Board of Trustees for 2018-2019
- Attended the 2018 Annual Conference and presented on the topic of integrating OMT into the outpatient setting
- Current chair of the KOMA Membership Committee
- Elected as the resident member of the Board of Trustees for 2017-2018
- Attended the 2017 Annual Conference and presented on the topic of pediatric abusive head trauma

- Attended the 2014 Annual Conference and provided osteopathic manipulative treatments to attendees under the supervision of UP-KYCOM Osteopathic Principles and Practices department faculty
- Attended the 2013 Annual Conference and provided osteopathic manipulative treatments to attendees under the supervision of the UP-KYCOM Osteopathic Principles and Practices department chair

Publications

Raines, S. GM., Ramey, A. L. (2020). Osteopathic Manipulative Treatments for Pediatric Conditions. *Osteopathic Family Physician* 12(6): 25-29. Doi:10.33181/12063

Raines, S. GM. (2017). Kentucky's Pending Medicaid Waiver: Potential Impacts of a Work/Community Engagement Requirement. *KAFP Journal* 89: 12-16.

Shanahan, L. KT., Raines, S. GM., Coggins, R. L., Moore, T., Carnes, M., Griffin, L. (2017). Osteopathic Manipulative Treatment in the Management of Isaacs Syndrome. *J Am Osteopath Assoc.* 117(3):194-198. doi:10.7556/jaoa.2017.035

Professional Achievements and Awards

State Emerging Leaders Award- Kentucky

- American Osteopathic Foundation, 2022

Health Professional Leadership Award

- Northeast Kentucky Area Health Education Consortium, 2022

Clinical Medical Educator of the Year

- University of Pikeville Kentucky College of Osteopathic Medicine, 2021

Attending Paper of the Year

- American College of Osteopathic Family Physicians, 2020

The Heart of Family Medicine Award

- St. Claire HealthCare Family Medicine Residency Program, 2018

Ram's Head Award

- University of Pikeville Kentucky College of Osteopathic Medicine, 2015

John A. Strosnider, DO Memorial Scholarship Award

- University of Pikeville Kentucky College of Osteopathic Medicine, 2015

Hobbies and Interests

Spending time with my husband and children, Golf, Hiking, Gardening, Travel, SCUBA Diving- SSI Certified Master Diver, Scrapbooking, Cooking, Sewing