

DANIELLE (DANI) SYCHOWSKI

EDUCATION

Resurrection Medical Center **June 2026 – June 2029**
Emergency Medicine Residency | Chicago, IL

Midwestern University **Aug 2022 – May 2026**
Chicago College of Osteopathic Medicine
Doctor of Osteopathic Medicine

Northwestern University **March 2020 – March 2021**
School of Professional Studies
Certificate in Advanced Studies in Biology for the Health Professions | Chicago, IL

Lake Forest College **Aug 2015 – May 2019**
Bachelor of Arts in Neuroscience and Psychology | Lake Forest, IL
Honors: Presidential Scholar, Johnson Science Scholar, Honors Fellow, Cum Laude

LEADERSHIP EXPERIENCE

Emergency Medicine Residents' Association, Leadership Academy Jan 2026 – present
Leadership Academy Class of 2026

- Participate in virtual monthly meetings focused on developing different leadership skills
- Create a capstone project, in progress to be an advocacy series for social media platforms that breaks down policy relevant to emergency medicine

Doctors For America, Copello Health Advocacy Fellow Aug 2024 – Aug 2025
2024-2025 Gene A. Copello Health Advocacy Fellowship Program

- Attend monthly meetings to learn from national experts and other fellows about advocacy, community organizing, media relations, writing and giving testimony, and impactful engagement with legislators
- Create and present a capstone project from work done in the Community Health and Prevention Impact Area

Medical Student Council, Delegate to the AMA-MSS Jan 2024 – Dec 2025
Emergency Medicine Residents' Association – American College of Emergency Physicians

- Participate in monthly MSC meetings and provide updates related to the AMA-MSS, recent AMA policy statements, or other relevant AMA activity
- Assist other MSC or EMRA members in drafting resolutions and understanding the policy development process
- Provide testimony on behalf of the MSC during EMRA reference committee hearings

Doctors For America, Subcommittee Co-Chair Dec 2023 – Dec 2025
Gun Violence Prevention – Community Health and Prevention Impact Area

- Assisted in developing 2024 work plan for the subcommittee
- Attend monthly Impact Area leadership calls to provide updates on our subcommittee as well as monthly general body meetings to collaborate with members on work plan items
- Moderated the February 2024 Advocacy Grand Rounds: Physician's Role in Prevention of Unsafe Firearm Storage <https://youtu.be/q2KigMdM5Ks?si=qqzfd-ztfSFjEXL>

- Collaborate with organizations such as the White House Office of Gun Violence Prevention, Scrubs Addressing the Firearm Epidemic, and Brady to create toolkits and resources about gun violence prevention for healthcare professionals
- Curated an infographic about Extreme Risk Protection Orders posted to the Doctors For America website

Mini Medical School Program, High School Outreach Coordinator July 2023 – Nov 2023

Chicago College of Osteopathic Medicine – Downers Grove, IL

- Oversee the High School Outreach committee
- Compile a list of local high schools with contact information of principals and send program information/link to application to pass on to students
- Review applications and put together list of accepted students

American Medical Association-Medical Student Section, Outreach Leader July 2023 – May 2024

Chicago College of Osteopathic Medicine – Downers Grove, IL

- Serve as liaison between our campus chapter and the national AMA-MSS
- Promote the AMA-MSS to students at CCOM and keep track of membership dues

Student Government Association, Vice President/Treasurer April 2023 – May 2024

Chicago College of Osteopathic Medicine – Downers Grove, IL

- Assist and accompany the SGA President with any tasks or meetings with the Deans Office
- Set the budget for the 2023-2024 school year and allocate funds to CCOM clubs/organizations
- Attend COSGP meetings with the SGA President
- Created the “CCOMmendations” initiative to promote kindness and celebrate the achievements of CCOM students

Emergency Medicine Club, Treasurer April 2023 – May 2024

Chicago College of Osteopathic Medicine – Downers Grove, IL

- Keep track of club funds and transactions as well as members who have paid dues to approve membership on Pulse
- Coordinate Stop The Bleed training for members and the campus community. To date, we have trained 122 members of the campus community

SNMA’s Scrubs Addressing the Firearm Epidemic, Chapter Founder April 2023 – May 2026

Chicago College of Osteopathic Medicine – Downers Grove, IL

- Established a campus chapter of SAFE under the Student National Medical Association, making us the final medical school in Illinois to have a chapter
- Recruit new members and encourage completion of online modules
- Attend virtual meetings with the SAFE leadership team

Student Government Association Class Council, Class of 2026 President Sept 2022 – May 2023

Chicago College of Osteopathic Medicine – Downers Grove, IL

- Attend all student government and student senate meetings as a voting member
- Field and address concerns or questions from the Class of 2026 as well as serve as primary distributor of pertinent class information
- Communicate with other classes and the Deans Office when appropriate

Life Goes On at Lake Forest College, Founder and President Oct 2016 – May 2019

Lake Forest College – Lake Forest, IL

- Founded a student organization that raises awareness of organ and tissue donation and provides information on how to register as a donor
- Planned outreach events and fundraising for Donate Life America

RESEARCH EXPERIENCE

Shirley Ryan AbilityLab – Biologics Lab, Dr. Rick Lieber

Oct 2019 – Jan 2022

Research Technician – Chicago, IL

- Developing a mouse model of cancer-associated cachexia
 - Duties included daily checks on mice; taking mouse weights and grip strength weekly; assist with the surgical implantation of pancreatic cancer cells; transport to weekly MRI and behavioral testing assays; collect muscle tissue (both fixed and fresh-frozen); weigh hindlimb muscles; perform sectioning and histology
- Systematic review on muscle passive mechanical properties
 - Assisted in the design, planning, initial literature search, abstract review, and full-text review. Also worked to extract data from full texts to organize into tables and figures
 - Resulted in publication in the *Journal of Biomechanics*

Rosalind Franklin University – Peterson Lab, Dr. Daniel Peterson

May 2017 – May 2019

Research Assistant – North Chicago, IL

- Inflammation after traumatic brain injury in a rat model
 - Conducted senior capstone project that assessed different inflammatory markers in the hippocampus of rats after TBI
 - Utilized immunofluorescence staining, wet-mounting tissue, confocal microscopy, and cell counting

Lake Forest College – DebBurman Lab, Dr. Shubhik DebBurman

May 2016 – Aug 2016

Research Assistant – Lake Forest, IL

- Toxicity of familial mutants and truncations of alpha-synuclein in a budding yeast model
 - Learned basic lab skills such as notebook upkeep, whole cell PCR, serial dilution spotting assay, confocal microscopy, and gel electrophoresis

PUBLICATIONS AND PRESENTATIONS

Publications

Roy, I., Binder-Markey, B., Willbanks, A., **Sychowski, D.**, Phipps, T., Barber, A., ... & Lieber, R. L. (2024). "Low-dose orthotopic cancer implantation permits measurement of longitudinal functional changes associated with cachexia." *Journal of Applied Physiology*, 137(3), 705-717.

Roy, I., Binder-Markey, B., **Sychowski, D.**, Willbanks, A., Phipps, T., McAllister, D., ... & Lieber, R. L. (2023). "Gait speed is a biomarker of cancer-associated cachexia decline and recovery." *bioRxiv*, 2023-11.

Binder-Markey, B., **Sychowski D.**, and Lieber, R. "Systematic review of skeletal muscle passive mechanics experimental methodology." *Journal of Biomechanics* 129 (2021): 110839.

Sychowski, D., Mahmood, H., and Thomas, R., "A Tale of Two Moods: Energy Deficiency in Bipolar Disorder", *Lake Forest College Eukaryon*, (14), 2018. <https://www.lakeforest.edu/live/news/9272-a-tale-of-two-moods-energy-deficiency-in-bipolar>

Sychowski, D., "Neurotoxins and the Effects on the Chamorro People of Guam", *Lake Forest College Eukaryon*, (13), 2017. <http://www.lakeforest.edu/live/news/8007-neurotoxins-and-the-effects-on-the-chamorro-people>

Presentations

Roy, I., Binder-Markey, B., **Sychowski, D.**, McAllister, D., D'Andrea, D., Franz, C., Dwinell, M., and Lieber, R. "Rehabilitating cachexia: development and functional characterization of a novel longitudinal and translational model of cancer-associated cachexia," International Conference on Cachexia, Sarcopenia and Muscle Wasting, Dec 11-13, 2020.

Sychowski, D., Love, J., Greene, R., and Peterson, D. "Investigation of the Neuroinflammatory Response in Hippocampal Subfields After a Single Mild Traumatic Brain Injury (mTBI) in Rats", Glassman Symposium, Lake Forest College, 2018.

Sychowski, D., Love, J., Thaqi, M., and Peterson, D. "Evaluation of the Hippocampus After Repeated Concussive Traumatic Brain Injury (TBI) at a Chronic Time Point in Rats", Glassman Symposium, Lake Forest College, 2017.

Ganev, Y. and **Sychowski, D.** "Model of Parkinson's Pathology in Yeast: α -Synuclein Modifications and Variants", Richter Symposium, Lake Forest College, 2016.

CLINICAL EXPERIENCE

ScribeAmerica – Medical Scribe (Outpatient Cardiology) March 2021 – Oct 2021
Park Ridge, IL

- Used electronic medical records (Epic) to accurately document patients' office visits
- Proficient at navigating Epic, writing a history of present illness, and scribing based on dictation from physicians and healthcare providers

Shirley Ryan AbilityLab – Volunteer Patient Ambassador Jan 2020 – June 2021
Chicago, IL

- Transported patients to and from physical and/or occupational therapy sessions
- Assisted in cleaning/disinfecting equipment and maintained supply of PPE at stations

ScribeAmerica – Medical Scribe (Emergency Medicine) Feb 2018 – Oct 2019
Libertyville, IL

- Worked alongside several emergency medicine providers in a level 1 trauma center to facilitate workflow
- Used electronic medical records (Epic and Cerner) to accurately document patients' stay in the ED from medical history to medical disposition

WORK EXPERIENCE

Midwestern University – Coffee Shop Worker (Barista) July 2023 – May 2025
Downers Grove, IL

- Accurately and efficiently complete coffee and other beverage orders
- Report low stock of items to manager and ensure food in refrigerators is maintained at appropriate temperature

ScribeAmerica – Senior Ambassador / Hiring Manager Sept 2021 – May 2022
Park Ridge, IL

- Reviewed applications, conducted interviews, and considered placement for potential scribes within the Chicagoland area
- Attended recruiting events and maintained communication with chief scribes to stay up to date on hiring needs

VOLUNTEER EXPERIENCE

Chicago College of Osteopathic Medicine – Soft Tissue Clinic

Feb 2023 – May 2024

Clinic Volunteer – Downers Grove, IL

- Take history, vitals, and perform osteopathic structural examination on patients
- Present patient to attending osteopathic physician and develop treatment plan
- Perform osteopathic manipulative treatment techniques depending on patient symptoms

Chicago College of Osteopathic Medicine - Admissions Office

Sept 2022 – May 2024

Student Ambassador – Downers Grove, IL

- Attend the “current student question and answer panel” during virtual interview sessions for the Chicago College of Osteopathic Medicine
- Give campus tours to prospective students

Chicago College of Osteopathic Medicine – Mini-Medical Program

Aug 2022 – Nov 2022

High School Outreach Committee member – Downers Grove, IL

- Conducted outreach, communication, and selection of local high school students for Midwestern University’s Mini-Medical School program

Illinois Medical Professionals Action Collaboration Team

July 2022 – Feb 2023

Media Content Intern – Chicago, IL

- Under the direction of the intern and media content coordinators, post any relevant news or action items from any of the IMPACT team members including news articles, journal publications, or television interviews
- Assist with the compilation of gun violence prevention resources into a document that can be accessed by the community

PROFESSIONAL AFFILIATIONS

Illinois State Medical Society, July 2025 – present

Appointed to the Council on Medical Service

Doctors for America, July 2023 – present

Community Health & Prevention Impact Area

Co-Chair of the Gun Violence Prevention subcommittee

American College of Osteopathic Emergency Physicians, Feb 2023 – present

ACOEP-RSO Student Member

American College of Emergency Physicians, Jan 2023 – present

ACEP/EMRA Member

EMRA Medical Student Council AMA-MSS representative

Coauthor on resolutions submitted and adopted at EMRA Representative Council meetings

1. F’24: Encouraging Research and Integration of AI tools in Emergency Medicine Residency Training
2. F’24: Supporting EMTALA and Emergency Physician Protection for Clinical Decision-Making in Stabilizing Critical Pregnant Patients
3. F’25: Supporting the Use and Further Adoption of Prehospital Whole Blood in EMS systems
4. F’25: Promoting Dedicated Psychiatric Emergency Training in Emergency Medicine Residency Programs
5. S’26: Transparency in the Use of Artificial Intelligence Tools in Emergency Medicine Residency and Fellowship Applications
6. S’26: Increased Preparedness for End-of-Life Discussions Among Medical Students and Residents

American Medical Association, Aug 2022 – May 2026*Medical Student Section*

Coauthor on a resolution submitted (approved as amended at AMA-MSS I-23 assembly):

1. Addressing Default Proceed Sales of Firearms and ‘Stand your Ground’ Laws

American Osteopathic Association, Aug 2022 – present*Illinois Osteopathic Medical Society Member***Student Osteopathic Medical Association, July 2022 – May 2026***SOMA Student Member*

Primary author on two resolutions that were passed at SOMA House of Delegate meetings:

1. S-23-09 Incorporating Gun Violence Prevention Education into Osteopathic Medical School Curriculum
2. F-23-15 Support for Extreme Risk Protection Orders/Red Flag Laws in Cases of Imminent Firearm Violence

AWARDS AND HONORS

➤ Class of 2026 Gold Humanism Honor Society	➤ 2019 Nu Rho Psi Senior Leadership and Service Award
➤ 2025 CCOM Student Doctor of the Year	➤ 2018 Robert B. Glassman Endowed scholarship in neuroscience and psychology
➤ 2023-2024 TOUCH Gold Award	➤ 2015-2016 Lake Forest College Honors Fellow
➤ 2023-2024 CCOM Student Doctor of the Year nominee	➤ 2018, 2019 Lake Forest College Dean’s List
➤ 2022-2023 TOUCH Silver Award	➤ Scholarly merit recipient at the Robert B. Glassman Memorial Brain, Mind, and Behavior Symposium
➤ 2023 Midwestern University Office of Student Services Outstanding Leadership and Service Award	

OTHER

Online Medical Spanish course	March 2024 – May 2026
Advanced Cardiac Life Support	June 2025
Basic Life Support	June 2025
IM Leagues – Intramural Pickleball	Nov 2023 – Jan 2024
QPR Gatekeeper Instructor	Oct 2023 – present
Stop the Bleed Trainer	June 2023 – present
Midwestern University Resident Assistant	May 2023 – May 2024
Midwestern University Nalox-Now Certification	Jan 18, 2023
IM Leagues – Intramural Volleyball	Dec 2022 – Feb 2023
QPR Gatekeeper Training – QPR Institute	Oct 24, 2022
Crisis Text Line – Crisis Counselor	Nov 2019 – Jan 2022
Delta Delta Delta Sorority – Epsilon Beta Chapter Alumni Member	Oct 2018 – present
Student Athlete – Lake Forest College Softball	Aug 2015 – Dec 2017