

# Aaron P. Meadows

---

## Key qualifications:

- 5 years as a Chief Editor translating medical research in the fields of neurology, immunology, cardiology, and gastroenterology for laymen and clinicians
- Medical education that provides a strong basis for understanding perspectives of medicine as a clinician, scientist, and patient
- Strong background in publishing academic and non-academic on digital and print platforms originally rooted in project management experience as a Peace Corps volunteer

## Education:

*2008 – 2012*    **Bachelor's of Arts: Exercise Science and English, Cum Laude, GPA: 3.67**

Berea College in Berea, Kentucky, USA

Coursework: Research methods, exercise physiology, biomechanics, writing, and linguistics

*2017 – 2020*    **Master's of Science: Medicine**

Shandong University of TCM in Jinan, Shandong, China

Coursework: Biostatistics, TCM, pharmacology, herbology, physiology, and diagnosis & treatment

## Employment Experience:

*11/2022 – Now*            **Clinical Research Coordinator I**

Charlottesville, Virginia, USA

- Approach patients for the purpose of eliciting their participating in NIH-funded research
- Coordinate medical staff necessary for research trial, screening, enrollment, and relevant diagnosis/treatment information that could affect timely screening and enrollment of participants into research trials
- Maintain regulatory documents, compliance, and respond to queries that may arise regarding clinical performance site procedures and source document submissions
- Submit IRB proposals for new research trials and coordinate with principal investigators in the implementation of each research project

- Gained an understanding of medical device regulations and 510k submissions with medical device research development

*07/2022 - 01/2023*     **Exercise Physiologist at Fox Rehab**

Charlottesville, Virginia, USA

- Liaise and cooperate with healthcare staff in administering rehabilitative programs for clients
- Advocate for health and wellness activities among geriatric populations with healthcare staff at various retirement homes, hospitals, and other healthcare facilities
- Design rehabilitative programs for clients (hospice, retirement homes, and private at-home) including exercise classes and personal wellness programs
- Improve outcomes for patients suffering from oncological, neurological, and musculoskeletal injuries and diseases

*05/2021 – 05/2022*     **Peace Corps Campus Recruiter at University of Virginia**

Charlottesville, Virginia, USA

*02/2021 – 08/2022*     **Scientific Translator & Editor at TopEdit**

Remote, USA

- Translate medical research and other manuscripts from Chinese to English using developmental editing and copy-editing techniques in AMA and ICMJE format
- Assist authors in submitting works to be published in SCI-level journals through providing evaluation on the overall scientific and academic quality of the manuscript and proper formatting
- Fact-check references and provide feedback regarding current trends in healthcare research
- Complete manuscript editing and rewriting within strict time frame desired by each client while ensuring 100% satisfaction

*04/2021 – 08/2021*     **Physical Therapy Technician at Graves-Gilbert Clinic**

Franklin, Kentucky, USA

*08/2018 – Now*     **Chief Editor at TCM Quarterly**

Remote, USA

- Recruit and cooperate with researchers who desire to publish their research into English, including copyright registration, content management systems, and contractual agreements
- Compose advertising and marketing materials for pharmaceutical companies within FDA guidelines relevant to the product as well as submit New Drug Applications (NDAs) on behalf of clients
- Collaborate with clinicians, clinical directors, and other stakeholders to ensure adherence to clinical deliverables and treatment protocols
- Edit and submit manuscripts to SCI- level journals on behalf of clients including the entire process from writing, editing, proofreading, to submission with a publication guarantee

- Design visual outlook of the TCM Quarterly journal from photography to image-editing for the digital, print, and website content using Adobe Creative, Photoshop, and Wordpress
- Implement SEO optimization techniques and manage website design, including social media management over Facebook and Chinese social media pages similar to Instagram
- Discover and capture original content, both digital and print for publication and marketing usage
- Manage portfolio of clinical data and publication activities of major publishers as well as institutions
- Compose medical papers for presentations for doctors and academicians to present at conferences

*08/2015 – 12/2020*    **Professor at Shandong University of TCM;**  
Jinan, Shandong, China

- Create reports on educational requirements and the application process for study abroad programs and present findings to the Office of International Affairs
- Edit and copywrite university and departmental research manuscripts and materials for newsletters, literary periodicals, research conferences, speeches, and other public communication materials
- Compose introductory and promotional materials for visiting physicians and others for the university provincial hospital and museum

*07/2014 – 07/2015*    **Exercise Physiologist at Frazier Rehab Institute**  
Louisville, Kentucky, USA

- Assist clinicians and researchers on spinal cord injury research through timely submission and management of data as well as research participant coordination
- Implement locomotor rehabilitation program to patients to assist in ambulation and neurological recovery after successful spinal cord implant
- Construct 3-d human motion analysis test apparatus and analyze biomechanical and electromyographical data to assess neuroregenerative progress and ambulatory behavioral change
- Operate machinery needed for exercise testing, including: EMG, EKG, stress tests, and balance tests

*06/2012 – 06/2014*    **Peace Corps Volunteer at Peace Corps**  
Chengdu, Sichuan, China

- Coordinate a linguistics research project to create a teaching model to expedite second language acquisition for Sichuanese speakers

## **Publications:**

Meadows, A. P. (2019). Interculturalization of unidisciplinary education for Traditional Chinese Medical Education. *Bianque Medicine and Cultural Research Academic Proceedings*. 2(2), 5-9.

**Meadows, A. P. (2019)**。针对传统中医教育的跨学科教育的跨文化化。扁鹊医学与文化研究学会论文集。 **1 (1) , 10-13.**

Meadows, A. P. (2018). “Proposal for acupuncture treatment in spinal cord injury rehabilitation.” *Bianque Medical and Cultural Research Academic Proceedings*. 1(1), 212-217

Meadows, A. P. (2017). “These things made to hold.” *The Literary Yard*.

Meadows, A. P. (2016). “So you want to learn English...” *Dream*. 1(1).

Meadows, A.P., et. al. (2012). “Taiji improves kinetic link coordination.” *The International Journal of Health, Wellness and Society*, 2(2), 15-22.

## Languages:

- Mandarin Chinese (Fluent)
- English (Native)

## Awards:

- Exemplary Teacher Award by Shandong University of TCM 2015 – 2018
- Student Excellence Scholarship by Shandong Provincial Government 2018
- Foreign Student Tuition Scholarship by People’s Republic of China 2017
- Major of the Year Award by National Association of Physical Education 2012
- Paul Vernon Kreider Jr. Award for Writing by Berea College 2011
- Ernest and Emily Graham Volunteer Service Award 2011
- Full tuition scholarship Berea College 2008 - 2012

## References:

Name	Employer	Title	Relationship	Contact information
Jian Wang	Shandon University of TCM Provincial Hospital	MD, PhD	Academic and Clinical Supervisor	[REDACTED]
Alice [REDACTED]	University of Illinois	Psychologist	Former coworker	[REDACTED]

Portfolio

Aaron Meadows



Editorial sample:

The following piece was written to elicit interest in Peace Corps. It focuses on one of the main attractions of Peace Corps service: intercultural immersion.

---

Peace Corps in Ukraine: work for peace

by Aaron Meadows

On a Ukrainian farm in Borodyanka in Kyiv Oblast province, an American realized that potatoes had to be extracted from the earth. “Kartopyla” means “trap,” not “potato.” Mr. B furrowed his brows and repeated to Erica, “It means ‘potato,’” and poured a cup of raspberry herbal tea for Erica who now realized that Mr. B, Language & Cultural Facilitator (LCF) for Peace Corps Ukraine, may sing along to American classic rock at work, but language was serious. Erica accepted the tea and realized that the 27-month journey had just begun.

Erica Minich accepted an invitation to teach English in Ukraine as a Peace Corps volunteer after a difficult application process that required her to prove manageability of type-1 diabetes. Before joining Peace Corps, she lived in Japan. A Japanese neighbor, WWII veteran, took pleasure in bringing spicy snacks to the American family next door. Erica would blush bright red after eating one. To which, the neighbor would reply, “assassination attempt failure.” Years later, Erica would once again become a guest whose process of cultural assimilation is enjoyed by herself and community alike.

Peace Corps assigned Erica to a host family. Delighted to receive their guest, the mother prepared a pig’s head as the central piece of a Ukrainian feast. Erica entered the home, accepted tea, spoke Ukrainian, relaxed, turned to face the table, and screamed. She had grown up eating perogies, but even her Ukrainian mother never heard of *salo* (cured pig fat) or *kholodets* (meat aspic). Trying new foods wasn’t the most difficult part of Erica’s service; it was the training.

Peace Corps Ukraine program managers place incoming volunteers into cluster groups to complete their training. Erica and her cluster-mates supported each other through the difficulties of learning Ukrainian in communities that also spoke Surzhyk, a mixed Ukrainian dialect. LCF, Security officers, Medical officers, and various other personnel facilitate skill training, language learning, and cultural assimilation for about nine weeks during Pre-Service Training (PST).

After PST, Erica met her second host family and site. In the small town of Borodyanka, she caught gossip from babushkas in the bazaar, befriended a wild dog, wrote on Communist-red chalkboards, facilitated camps for kids, and walked down streets still decorated with Lenin propaganda and the occasional Soviet-era tank. At the school, the women were bosses. Workers adhered to a strict hierarchal working environment routinely paused by moments of reverie. As her host family father would fill half of a coffee mug with vodka, toss it down, and declare in one of the few English phrases learned from Erica, “to work!”

Reflecting on her Peace Corps experience, Erica stated that the positive benefits far outweighed negative effects. A strong sense of perseverance in the face of adversity and inspiration

to innovate constitute the skills that she translates from her Peace Corps service to her career in K-12 education. In addition, it enabled Erica to educate about the importance of the current invasion of Ukraine. A student who scored highly on a test asked Erica to be rewarded by getting their nails painted in Ukrainian blue & yellow. In small and large ways, we can plant seeds for a brighter future.

In talking with Aaron Meadows, UVA Peace Corps recruiter, they reflected on how the pandemic and political situations have affected the evacuation and reinstatement of Peace Corps activities in Ukraine. On February 24, 2014, Peace Corps announced [safe evacuation](#) of all volunteers preceding the Russian annexation of the Crimean Peninsula from Ukraine. Then, volunteers returned. COVID-19 global pandemic necessitated a global evacuation of volunteers. Now, as [Peace Corps plans to start sending](#) volunteers to sites across 24 countries in Africa and the Americas, how has the world changed? How will grassroots areas greet American volunteers?

As Carol Spahn said to [NBC News](#), “This is not the same Peace Corps you know from 10 or 20 – or even two years ago. We have preserved the enduring ‘magic’ that brings us together again and again—after all these years—to support an agency and a mission we love and care about while fundamentally changing the pieces that make us better.” To learn more about Peace Corps service, visit [peacecorps.gov](http://peacecorps.gov) and contact your local recruiter.

Editorial Sample:

This writing blends both information about Traditional Chinese Medicine and the political nature of soft power diplomacy. It was intended to raise awareness for TCM practitioners and persons interested in it.

---

Current trends in TCM international dissemination

by Aaron P. Meadows

The internet, which can instantly connect persons from opposite ends of the earth, has become a major tool for the spread of Traditional Chinese Medicine (TCM) around the world. Not only because of its speed, but the nature of the internet users, accessibility, audience size, and conformity with current market trends could enable TCM to spread further than it has ever spread before.

The speed at which a person can connect is ever-more obvious through the online educational platform which has effectively supplemented if not replaced education in the USA, China, and various other places in the world. Not only that, world-renown universities such as Harvard regularly offer online classes. Often referred to as “distance learning,” the National Center of Educational Statistics (NCES) reported that 3,259,560 students were enrolled exclusively in distance education courses, 441,646 in exclusively distance education institutions, and 3.67 million in some distance education courses in Fall 2018 [1]. The number rose to 34.7% from 33.1% from the previous year, showing a slow but growing trend in the popularity of online education. As seen, the persons receptive and interested in online courses has grown, implying the feasibility of using this platform to not only spread TCM culture and knowledge, but it can also potentially allow TCM schools to reach out to more students for part-time or even full-time enrollment.

Online education at TCM schools could only be implemented for courses that do not require clinical skills trainings and practicums. Much of the clinical practice in TCM requires hands-on experience and testing [2]. But some do not require a non-distance learning environment. For example, much of the theoretical basis of TCM could be learned on an online medium with or without an interaction with a teacher, especially for non-seminar, entry-level courses. Some organization offer continuing-education units (CEU) or general online education modules for the public, but there exists little to no educational platform, which is solely offered online for college-credit toward a degree. Coursera runs a free online course for the general public that serves as a introductory course to some of the tenets of TCM called “Everyday Chinese Medicine” [3]. eLotus offers CEU units, similar to various other platforms [4]. The online course offered by Coursera is connected with The Chinese University of Hong Kong, offers a certificate, and features professional teachers from the university. While given with a certificate, there exists no usefulness for that certificate. It can’t be used toward college credit for a degree, and it doesn’t have the same use as a CEU would toward an existing



professional. As a result, the potential for reaching a larger audience would be diminished by the lack of persuasiveness--whether free or paid--as there is not incentive for taking the course other than for the satisfaction of one's curiosity. While free, it still requires a person to invest their time. In a fast-paced world, time is money.

Providing the potential customer with an incentive could improve the persuasiveness of an online education program. But a person who would want credit toward a degree and maintains interest in a TCM course is probably a student who wants to study TCM. It wouldn't successfully attract a person who is only interested in TCM as a course which leads to attainment of a degree. So, for promoting TCM toward persons curious and persuading them to invest their time into a program, it may be better to target a general audience whose curiosity remains their main motivation.

One of the most meaningful ways to reach someone in the medical field is through treatment. Many persons who have become interested in TCM have usually experienced it firsthand. But there exists the trouble of finding a practitioner, their address, and deciding to follow-through with the decision. The depth of this investment could potentially dissuade a person unsure of whether they really want to try TCM. A platform that could allow a person to test the water before they dive could potentially reach the uncertain customer. That platform is the internet, namely "telehealth."

In China, the growth of online-doctor consultation has been growing slowly, and its dissemination is impeded by a variety of factors. One of the issues may be due to its largest market--the elderly [4]. TCM consultation also requires a bit of face-to-face consultation. But the entire diagnosis part doesn't actually have to be face-to-face. To be exact, inspection and inquiring could both be communicated over the internet prior to a direct consultation--that's half of the diagnosis process. During this type of consultation, the doctor could also introduce other information to the potential patient so that the person can make an informed decision as to whether they want to try TCM. Their confidence when talking into the clinic could be greater than if they didn't, potentially leading to a preference for this type of consultation and TCM treatment. This could also be the same platform where TCM doctors assist persons with their TCM prescriptions, allowing for greater ease in the whole process. For example, if a patient is uncertain about the preparation of an herbal decoction, they could call their doctor for advice on the preparation of the herbs. Such services could also be free or charged, depending on the requirement and preferences of the doctors and the patients.

The online platform for consultations and education could be limited by the legal liability of providing consultations or giving medical advice online. This obstacle has already been passed by various platforms for conventional medical doctors. So, while there are obstacles, and specific limitations would have to be put into place, the need for online development is evident as more persons use online-services more than traditional services. So, not only for the promotion of TCM abroad, but an online platform could also increase the competitiveness of TCM as it seeks to reach younger, non-Chinese markets.

References:

1. Grinder, S. A., Kelly-Reid, J. E., & Martin, F. B. (2019). *Enrollment and Employees in Postsecondary Institutions, Fall 2017; and Financial Statistics and Academic Libraries, Fiscal Year 2017*. National Center for Education Statistics: Institute of Education Sciences.
2. 刘笑。“互联网+”时代下中医药文化传播面临的挑战和思考。新闻研究导刊。11 (7) : 227, 242。
3. Everyday Chinese Medicine. (2020). Retrieved June 07, 2020, from <https://www.coursera.org/learn/everyday-chinese-medicine>
4. Continuing Edu. (2020). Retrieved June 07, 2020, from [www.elotus.org](http://www.elotus.org)

Research Sample (USA):

I published this research with the International Journal of Health, Wellness, and Society while an undergraduate in Berea College. It includes the results of research that I conducted with Dr. Jeffrey McClung. The abstract's format adheres to the journal's specifications.

---

### Taiji Improves Kinetic Link Coordination

Aaron Meadows, Berea College, Kentucky, USA

Jeffrey McClung, Berea College, Kentucky, USA

**Abstract:** The purpose of this study was to see if learning Tai Chi could have a cross-training effect on movements that require very rapid movements with force generation as the targeted end result. Nine subjects (4 women, 5 men, 18–22 yrs., BMI < 25) completed the study. All had limited experience in the martial arts prior to this study. The average number of hours attended by the subjects was  $32 \pm 10.5$  hrs. over six weeks. The pre-instruction functional movement screen (FMS) ( $17.3 \pm 1.5$ ) compared to post-instruction ( $20.1 \pm 1.5$ ),  $p < .01$ . In the standing medicine ball throw, the running medicine ball throw, and the overhand ball throw, the initial movement pattern showed a simultaneous segmental rotation (SSR) at the knee, hip, and shoulder, followed by sequential segmental rotation in the elbow and wrist. In the posttests, all segments showed a sequential segmental rotation pattern ( $p < .05$ ). In the tennis forehand, SSR followed shoulder to wrist in the pre-test, then SSR from knee to wrist post-instruction, though the differences were not significant ( $p = .57$ ). Results showed that Tai Chi training improves the quality of functional movement. Tai Chi can improve coordination in high-speed movement, even though it is practiced in slow, controlled movements.

**Keywords:** Tai Chi, Functional Movement Screen, Coordination, Cross-training

**Source:**

Meadows, A.P., et. al. (2012). "Taiji improves kinetic link coordination." *The International Journal of Health, Wellness and Society*, 2(2), 15-22.

Research Samples (China):

I first published these with Shandong University of TCM Journal while a postgraduate. The abstracts' format adheres to the journal's specifications.

---

## **Meta-analysis of acupuncture and integrative acupuncture efficacy in treatment of Lumbago**

**Author:** Li Jianliang (Aaron Parneal Meadows)

### **Abstract**

**Objective:** This research aimed to assess the value of integrative acupuncture compared to acupuncture in the treatment of acute and chronic back pain according to the mean scores of the Visual Analogue Scale (VAS) and the Oswestry Disability Index (ODI).

**Materials and Method:** 75 RCT studies were included. The analysis included data from 5,356 participants. SPSS 26.0 was used for statistical analyses. A preliminary search of the literature yielded 8,234 articles from CNKI and 178 articles from MEDLINE concerning acupuncture treatment of lumbar pain. Articles which met the required criteria excluded all except for a total of 75 articles [2-76]. 51 of the research articles included simple acupuncture treatments, and 24 of the studies used comprehensive acupuncture treatments for back pain. The total number of participants within the group of articles equaled 5356 research participants. Of which, 2658 were men, and 2698 were women. The average age of the participants was 48.24 years old with a standard deviation of 8.75 years (see table 1).

**Results:** The mean difference of VAS scores for acupuncture were 4.4053(1.49635) and 4.3225(1.92546) for integrative acupuncture treatment. For ODI, the mean for acupuncture treatment was 18.6722 (9.05878) and 11.7575(3.04747) for integrative acupuncture. For ODI, the mean score of acupuncture was 8.54(5.42019) and 11.7575(3.04747) for integrative acupuncture treatment. T-tests and Levene's test revealed no statistically significant difference ( $p>0.05$ ). Statistical significance (0.007) was observed comparing treatment and injury type according to ODI scores.

### **Conclusion:**

There was no statistically significant difference in the overall treatment of acute and chronic back pain by acupuncture or integrative acupuncture. Researchers assert that there appears no beneficial benefit according to measurements of pain (VAS) or disability (ODI), but they suggest that further research into the types of injuries, length of injury, and treatment type may reveal an advantage.

**Keywords:** lumbago; back pain; integrative acupuncture; acute lumbago; chronic lumbago;

# Meta-analysis of acupuncture and integrative acupuncture efficacy in the treatment of lumbago

**Author:** Aaron Meadows

## Abstract

**Objective:** To evaluate the efficacy and safety of acupuncture in the treatment of acute and chronic low back pain by systematic evaluation of evidence-based medicine.

**Methods:** According to Cochrane system evaluator's manual, the inclusion and exclusion criteria, and literature retrieval strategy comprised the fundamental basis for analysis. After searching CNKI, VIP, Wanfang and PubMed databases, researchers evaluated the methodological quality of the included literature. Revman 5.3 software analyzed the scores from outcome indicators, Visual Analogue Scale (VAS) and Japanese Orthopedic Score (JOA), to evaluate the efficacy over the course of each Randomized-Controlled Trial (RCT). Relative risk (RR) at 95% confidence interval (CI) was used to qualify data, and standardized mean difference (SMD) at a 95% confidence interval (CI) would reveal the degree of efficacy of acupuncture versus integrative treatment for lumbago.

## Result:

1. A total of 440 articles were retrieved, and 17 research articles that met the inclusion criteria were finally included, totaling 17 Chinese articles.
2. Literature quality: the researcher only analyzed a comparatively small number of articles.
3. The results of meta-analysis showed statistically significant pain alleviation of lumbago. In the comparison of efficacy before and after treatment, all the 17 trials contained significant results.

**Conclusion:** Acupuncture combined with other methods in the treatment of acute and chronic low back pain exceeds the degree of pain alleviation of acupuncture alone, can reduce the pain of patients and improve the quality of life of patients.

**Key words:** acupuncture alone; moxibustion; acute low back pain; chronic low back pain; Meta-analysis

Essay example (China):

This piece was written to be published in the Bianque Medical and Cultural Research Society Academic Proceedings. This is only a preview.

---

针对传统中医教育的跨学科教育的跨文化化

作者: Aaron P. Meadows

在 5000 个不同的群体中传播、涉及 3.7 亿人的传统医学实践，通过《联合国土著人民权利宣言》（UNDRIP）第 24 条的实施得到了国际上的认可，该宣言确认了这些人对其传统医学和健康实践的权力<sup>9</sup>。尽管不是具有法律约束力的文件，但该文件形成了保护和促进传统医学实践，知识产权以及相关草药知识的中心论调。然而，有 143 个联合国会员国采用了具有民族或地区意义的政策，其中第 24 条对确认土著人民的基本权利及其传统医学信仰和习俗做出了贡献。由于传统医学在不同国家的成功水平各不相同，因此能否成功实施尚待确定。无论是在拉丁美洲国家还是传统中医中，保护和整合方面所面临的挑战仍然是：西方生物医学在政策和融资方面的持续主导地位，某些国家政策实施的缺乏，传统医学发展和教育的低优先级，以及跨文化交流和合作失败不断加剧的趋势。在保持独特性的同时，为了在保存多样性的同时发扬传统医学，世界各地各种传统药物主要是确定在传统医学组织、资金募集以及对传统医学对立和批评的反应性言论方面在本土的领导地位。因此，传统医学，尤其是传统中医药，可能面临边缘化甚至在欧洲国家以及美国（亚洲以外最大的中药出口地区）被禁用的问题。通过对不同类型的传统药物的分析，本研究为地方，国家和国际层面的决策者提出了一系列建议，包括基于体现共同点的具有文化契合性的监管环境的发展，取消限制土著人民对健康体系领导和自治的实施合同模式，领导和自治系统的卫生系统应由土著人民承担，以及对真正的跨文化卫生计划和实践发展的促进，以促进交流和融合，而不是反对和隔离，同时保持医疗发展的后勤工作。