

NELSON GABRIEL CASTILLO RIVERA, MPH

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PROFILE

- ✓ Third-year medical student with strong interest in Physical Medicine & Rehabilitation
- ✓ Highly self-motivated with an epidemiology and microbiology background eager to learn
- ✓ Hard-working professional with demonstrated research and work experience
- ✓ Skilled at working under pressure and limited resources
- ✓ Excellent with interpersonal skills including public interaction and communication
- ✓ Fluent in both English and Spanish, including speaking, writing and reading

EDUCATION

- 2017- Present **San Juan Bautista School of Medicine, Caguas, PR- Doctor of Medicine (M.D.)**
Third-year medical student, Class of 2021
Current GPA 3.56
- 2014-2015 **University of Puerto Rico Medical Sciences Campus, San Juan, PR- Master's Degree in Public Health (M.P.H.)- Epidemiology**
Academic Excellence Recognition
GPA 3.85
- 2009-2014 **University of Puerto Rico Mayagüez Campus, Mayagüez, PR- Bachelor's Degree in Science (B.S.)- Biology and Industrial Microbiology**
Magna Cum Laude
GPA 3.63

RESEARCH EXPERIENCE

- 2018 **National Institutes of Health, National Institute of Aging, Translational Gerontology Branch, Intramural Research Program, Baltimore, MD**
Title: Cancer protection by the fasting mimicking diet; Composition, Calories or Fasting Time?
 - Investigate the importance of diet composition of the fasting mimicking diet in differentially suppressing breast tumor growth and progression.
- 2017- Present **San Juan Bautista School of Medicine, Caguas, PR**
Title: Analysis of multi-resistant bacteria in hospitals from the central region of Puerto Rico
 - Describe the prevalence of antimicrobial resistant bacterial isolates from 2013-2018.
- 2015 **University of Puerto Rico Medical Sciences Campus, San Juan, PR**
Title: Yabucoa Health Study- Graduate Thesis
 - Cross-sectional study to describe the prevalence of chronic disease (mainly cancer) and its association with environmental pollution in Yabucoa, PR.
- 2014-2015 **University of Puerto Rico Medical Sciences Campus, San Juan, PR**
Title: Prevalence of Chronic Disease among Puerto Ricans; ECHORN Longitudinal Study
 - Cohort study to determine the prevalence of chronic disease among Puerto Ricans, as well as the social, biological, and economical factors associated to these diseases.
- 2014 **Wright State University Boonshoft School of Medicine, Department of Community Health, STREAMS Program, Dayton, OH**
Title: Predictors of poor physical performance in middle and old-aged people
 - Retrospective study to identify predictors of future poor physical performance, determined by the Short Physical Performance Battery Test, in participants from the Fels Longitudinal Study.

- 2013 **Wright State University Boonshoft School of Medicine, Department of Community Health, STREAMS Program, Dayton, OH**
Title: Physical function and grip strength influences on bone health
- Cross-sectional study to predict total body, femoral neck and lumbar spine bone mineral density using physical function and grip strength in participants from the Fels Longitudinal Study.
- 2011 **Kansas State University, Department of Plant Pathology, REU & SUROP Programs, Manhattan, KS**
Title: Identification and comparison of viruses in native grass (bigbluestem) and a crop plant (wheat)
- Compare virus diversity in native grasslands with agronomic crops.

WORK EXPERIENCE

- 2016-2017 **Youth Prevention Program, Comprehensive Cancer Center of PR & UPR Mayagüez Campus- Role:** Epidemiologist
- Development of prevention strategies for HIV, HPV, tobacco use, condom use and mental health in 18-24-year-old students of the UPR Mayagüez Campus and communities in the western region of Puerto Rico.
- 2015 **JEL Consulting, Inc., San Juan, PR- Role:** Health Consultant
- Employed under the Puerto Rico Health Insurance Administration for the development of health quality reports, quality monitoring system for the beneficiary satisfaction survey and statistical analysis for health reports.
- 2010-2014 **General Library at University of Puerto Rico, Mayagüez, PR- Role:** Student Assistant
- Tasks/duties included: registration of library users, processing fines, resource and study-room loans, and opening/closing the library.

COMMUNITY SERVICE AND OUTREACH ACTIVITIES

- 2020 **Shriners International Outreach Clinic, San Juan VA Medical Center, VA Caribbean Healthcare System, San Juan, PR.** Outpatient clinic to provide orthopaedic care to children. Health services extend to treat upper and lower extremity limitations, physical medicine and rehabilitation, wheelchair services, radiology imaging and orthotics and prosthetics.
- 2020 **Health Clinics by medical students at Barrio Quebradas, Guayanilla, PR.** Health clinics following aftermath of earthquakes that affected the south region of PR. Primary care services.
- 2020 & 2019 **Mini-Med Day for Undergraduate Students, San Juan Bautista School of Medicine, Caguas, PR.** Activity organized by Latino Medical Student Association. Provided a platform that allowed undergraduate students to experience the first two years of medical school, including theory-related didactics and clinical skills workshops.
- 2019 **MSK anatomy and clinical skills Workshop for 1st year medical students, San Juan Bautista School of Medicine, Caguas, PR.** Activity developed by the Physical Medicine & Rehabilitation Interest Group.
- 2019 **San Juan Bautista School of Medicine Student Associations Fair, Caguas, PR.** Outreach activity assisted, representing the Physical Medicine & Rehabilitation Interest Group.
- 2019 **Health Fair Mayagüez, Centro Cultural del Municipio de Mayagüez, PR.** Health fair promoted by the Physical Medicine & Rehabilitation Interest Group.
- 2019 & 2018 **4th & 5th Community Health Fairs (Salud y Bienestar en Familia), San Juan Bautista School of Medicine & Urbanizacion Santa Elvira, Caguas, PR.** Health fair organized and promoted by the Latino Medical Student Association. Primary care services, including triage, glucose/cholesterol, vaccination, gynecological tests and pharmacy services were provided. Health promotion strategies, exercise planning, educational seminars were facilitated.
- 2018 **1st panel of Internal Medicine Residencies in PR, San Juan Bautista School of Medicine, Caguas, PR.** Activity developed and organized by the Internal Medicine Interest Group.

- 2015 **Recinto Pa' La Calle (RPC), San Juan, PR.** Voluntary group focused on delivering primary care services (treat ulcers, supply medical kits, provide food) to homeless people and people in need around the San Juan area.
- 2014 **Medlife Organization Mobile Clinics, Riobamba, Ecuador & Lima, Peru.** Community clinics to deliver primary care services. Worked along with health professionals (primary physicians, dentists, nurses, health educators) to help improve low-income community health problems.

PROFESSIONAL AFFILIATIONS

- 2019- Present • American Academy of Physical Medicine and Rehabilitation (AAPM&R)
- 2019- Present • Physical Medicine & Rehabilitation Interest Group, Vice-President
- 2018- Present • The Diversity in Aging Research Pipeline Program (DARPP) of NIA/NIH
- 2018- Present • American College of Physicians (ACP)
- 2018- Present • Internal Medicine Interest Group, MS3 Representative
- 2018- Present • Latino Medical Student Association
- 2017- Present • American Medical Association
- 2014- 2015 • Epidemiology and Biostatistics Student Association
- 2013- 2014 • Medlife Organization
- 2012- 2014 • Beta Beta Beta National Biological Honor Society
- 2011- 2014 • Golden Key International Honor Society

AWARDS AND HONORS

- 2019 • Promoting Post-baccalaureate Opportunities for Hispanic American Fellowship Award
- 2019 • Third Interdisciplinary Research Symposium, San Juan Bautista School of Medicine Poster Presentation in Translational Sciences 2nd place
- 2015 • University of Puerto Rico Medical Sciences Campus, MPH Student Academic Excellence Distinction Award
- 2014 • The Association of University of Puerto Rico Alumni and Friends Abroad (UPRAA) Scholarship Awardee
- 2014 • SACNAS 2nd Annual Symposium: *Science and Technology, Innovation through Research* Poster Presentation 1st Place
- 2010-2014 • Academic Excellence, University of Puerto Rico, Mayaguez Campus
- 2013 • Annual Biomedical Research Conference for Minority Students (ABRCMS) Student Travel Award
- 2013 • Boonshoft School of Medicine, STREAMS Poster Presentation Conference 2nd place
- 2013 • University of Puerto Rico Mayaguez Campus BioTalents Workshop Awardee
- 2012 • Beta Beta Beta National Biological Honor Society Group Leader Award

PRESENTATIONS

- 2019 • Nelson G. Castillo Rivera. Cancer protection by the fasting mimicking diet; Composition, Calories or Fasting Time?
 - Poster Presentation. Third Interdisciplinary Research Symposium San Juan Bautista School of Medicine, Caguas, PR

- 2018 ○ Poster presentation. National Institutes of Health Summer Research Program Poster Day, Bethesda, MD
- 2018 ○ Poster presentation. National Institute on Aging, Intramural Research Program Summer Student Poster Day, Baltimore, MD
- 2017 • Nelson G. Castillo Rivera. Oral Presentation. Public Health in the West region: health services challenges. Youth Prevention Program, University of Puerto Rico, Mayagüez Campus Mayagüez, PR
- 2016 • Nelson G. Castillo Rivera. Oral Presentation. Peer Promotor Training; Recruitment Strategies for Needs Assessment Study. Youth Prevention Program, University of Puerto Rico, Mayagüez Campus Mayagüez, PR
- 2015 • Nelson G. Castillo Rivera. Yabucoa Health Study (Graduate Thesis)
 - Radio interview. Tras la noticia Program with radio host Vilmar Trinta, WALO 1240 AM Radio Station, Humacao, PR
 - Radio interview. Para el Record Program with radio host Debra Feliciano Ledee, WALO 1240 AM Radio Station, Humacao, PR
 - Oral presentation. Yabucoa Health Study Presentation Conference, Yabucoa Community Center, Yabucoa, PR
- 2014 • Nelson G. Castillo Rivera. Poster Presentation. Predictors of poor physical performance in middle and old-aged people. STREAMS Presentation Conference, Wright State University, Boonshoft School of Medicine, Dayton, OH
- 2014 • Nelson G. Castillo Rivera. Physical function and grip strength influences on bone health
 - Poster presentation. SACNAS 2nd Annual Symposium: *Science and Technology, Innovation through Research*, University of Puerto Rico, Mayagüez Campus Mayagüez, PR
 - Poster presentation. 34th Annual Forum of Investigation and Education Symposium, University of Puerto Rico, Medical Sciences Campus, San Juan, PR
 - Poster presentation. Beta Beta Beta National Biological Honor Society District Convention Conference, Aguadilla, PR
 - Poster presentation. Annual Biomedical Research Conference for Minority Students (ABRCMS), Nashville, TN
 - Poster presentation. STREAMS Presentation Conference, Wright State University, Boonshoft School of Medicine, Dayton, OH
- 2011 • Nelson G. Castillo Rivera. Identification and comparison of viruses in native grass (bigbluestem) and a crop plant (wheat)
 - Oral presentation. REU Program Presentation Conference, Kansas State University, Manhattan, KS
 - Oral presentation. SUROP Program Presentation Conference, Kansas State University, Manhattan, KS

EXTRACURRICULAR ACTIVITIES

- 2019 **Advances in Rehabilitation of Traumatic Injury Symposium**, UPR School of Medicine, Department of Physical Medicine and Rehabilitation and Sports Medicine, San Juan, PR
- 2019 **VA PM&R Residency Program Tour**, San Juan VA Medical Center, VA Caribbean Healthcare System, San Juan, PR. Residency program details.
- 2019 **UPR-RCM PM&R Residency Program Tour & Journal Club**, University District Hospital, San Juan, PR. Residency program details.
- 2019 **CASTING procedure, laparoscopy & suture techniques Workshops**, San Juan Bautista School of Medicine, Caguas, PR.
- 2019 **American Academy of Allergy Asthma & Immunology (AAAAI) Annual Meeting**, San Francisco, CA.

2018

Workshop in sign language with medical vocabulary by American Sign Language Educational Services, San Juan Bautista School of Medicine, Caguas, PR.

CERTIFICATIONS AND SKILLS

- ✓ Basic Life Support (BLS) by American Heart Association
- ✓ Respirator Mask-fit Testing by Learning & Education Medical Response System
- ✓ HIPPA and OSHA certified by SJB School of Medicine
- ✓ Certified by the Health Department to provide HIV rapid testing and prevention counseling
- ✓ Computer skilled using Windows programs, Minitab, *JMP* and *STATA*
- ✓ Trained in molecular techniques such as ELISA, RNA extraction, RT-PCR and Western Blot

References available upon request