

# Darwin Christopher Nelson, D.O.

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## Education

### Doctor of Osteopathic Medicine

August 2017 - June 2022

Touro University, Touro College of Osteopathic Medicine  
Middletown, NY

### Post-Baccalaureate Graduate Certificate

September 2014 - May 2016

Virginia Commonwealth University, Medical College of Virginia Health Sciences Division  
Richmond, VA

### Bachelor of Science in Bioengineering

September 2010 - June 2015

University of California, Henry Samueli School of Engineering and Applied Science  
Los Angeles, CA

## Selected Clinical Experiences

### Bergen New Bridge Medical Center

January 2023 - Present

- A clinical affiliate of Rutgers New Jersey Medical School, a nonprofit safety net facility providing quality comprehensive services to the diverse communities of Bergen County and beyond
- Core services include acute and ambulatory care, mental health and substance use disorder treatment and long-term care
- Full-service hospital, 24/7 emergency department, surgical suites, physical rehabilitation, pharmacy, laboratory, radiologic services with digital mammography and over 26 medical specialties
- Veterans Community Care Provider, leader in LGBTQ Healthcare Equality in the Human Rights Campaign Healthcare Equality Index

### New York Bariatric Group

October - November 2022

- Rotated through bariatric clinic in Glen Ridge, Clara Mass Medical Center, and Mountainside Medical Center
- Gained familiarity of gastric sleeve surgery, Roux-en-Y gastric bypass, biliopancreatic diversion with duodenal switch, hiatal hernia repair with Toupee fundoplication

### A.I.M.S. Education

July - August 2022

- Accredited by the Bureau of Health Education Schools with programmatic accreditation for Surgical Technologist program, pending institutional Accreditation by the Commission on Accreditation of Allied Health Education Program
- Surgical Technologist Certification by National Board of Surgical Technologists and Surgical Assistants pending completion of clock hours

### SURG-PREP Surgical Assisting Boot Camp

July - August 2022

- Surgical Assistant - Certified by American Board of Surgical Assistants, with professional liability and pending licensure

- Completed Basics of Surgery Clinical Course at SURG-PREP, a comprehensive, integrated, hands on surgical preparatory course by Dr. John F. Kane, medical director
- Rotation through ambulatory surgery centers and clinics in Chicago, IL

### **Wright-Patterson Medical Center**

June 2022

- Joint military-civilian partnership with Miami Valley Hospital and Wright State University
- Familiarized with interns, residents, attendings on site and on call duties beginning with pre-op admission, the surgical operation, post-op care and clinic

### **Dr. Tro's Medical Weight Loss and DPC**

December 2021 - March 2022

- Clinical research assistant that evaluated common characteristics of successful weight loss maintainers
- Treated patients under the guidance of American Board of Obesity Medicine certified and internist Dr. Tro Kalayjian
- Separately completed telerotation by Association of Obesity Medicine Association - Full Seminar, a four-week elective rotation

### **Offutt Ehrling Bergquist Clinic**

November - December 2021

- Joint military-civilian partnership with the University of Nebraska Medical Center, with sports medicine, integrative medicine therapies
- Rotation in Battlefield Acupuncture, Vasectomy Clinic, Migraine Botox clinic, Plasma Rich Platelet (PRP) prolotherapy, fracture clinic

### **Fort Belvoir Community Hospital**

October - November 2021

- FBCH provides all levels of services for Department of Defense (DoD) members in the National Capital Region
- Learned handheld Point-of-Care Ultrasound (POCUS) applications, vendor specific testing, and medical care of active-duty personnel and their dependents

### **Garnet Health Medical Center**

December 2020, May 2021,  
November 2022

- Award winning 383 bed hospital located in Middletown, NY and serving the greater Hudson Valley Region
- Newest built from the ground up hospital in New York with three da Vinci XI surgical systems, 16 operating rooms as well as recently renovated helipad and parking garage
- Rotation services included primary medicine, primary surgical, and pathology teams
- Participated in didactics, mortality and morbidity conferences, tumor boards
- Assisted and/or observed on over 100 cases ranging from general surgery, foregut, bariatrics, vascular, endo-vascular, plastics, trauma, colorectal, breast and thoracic
- Sub-intern level team management of post-op and SICU level care of patients with combined census of up to 30 patients
- Learned phlebotomy, blood banking, state of the art autonomous blood culture processing, compliance, and testing
- Familiarized with the steps of initial tumor biopsy to gross dissection to slide preparation to immunohistochemical workup to confirmation of disease
- Learned step-by-step procedure of Frozen Sections for tumor margins
- Rounded on up to 8 medical ward patients, acting sub-intern for internal medicine service
- Identified possible quality improvement project for basal vs sliding scale insulin to improve patient compliance post discharge

- Identified and successfully managed agitated patients in opioid withdrawal early morning pre rounds.
- Coordinating with social services, utilized cognitive behavioral therapy, motivational interviewing, successfully had discharge of 28 day plus hospitalized patient recovering from COVID-19 pneumonia
- Worked closely with translators and provided support for minority and medically underserved patients suffering from substance use disorder

### **Horizon Family Medical Group**

April 2021

- Precepted by Dr. Sashi Makam, a Harvard Medical School Global Clinical Scholars Research graduate, and Mid-Hudson Medical Research President
- Familiarized with latest clinical research on silent interfering RNA for treatment resistant tertiary prevention of familial hypercholesterolemia

### **Kingsbrook Jewish Medical Center**

August 2019 - March 2020

- 303 bed full service community teaching hospital in Brooklyn, NYC
- Acquired interviewing and geriatric care skills on wards for ventilator dependent patients
- Practiced mini-mental exams, cognitive behavioral therapy, motivational interviewing on inpatient floors and at Long Island Jewish Medical Center
- Appreciated importance of emergency medicine in a community setting as a social safety net, evaluated large diversity of complaints ranging from hernias, fractures, manic attacks, uncontrolled diabetes, incision and drainage, suturing

### **Duke Street Medical and Dental Group**

June 2015 - June 2017

- Medical Assistant under the guidance of Dr. Kim Nguyen
- Learned basics of private practice administration, patient history and physical exams

### **Team Dental Group**

June 2015 - June 2017

- First assist and lab tech under the guidance of Dr. Thuan Nguyen
- Sterile equipment processing

## **Leadership**

### **U.S. Air Force Officer**

October 2017 - Present

- Recipient of Health Professions Scholarship Program via US Air Force
- Distinguished Graduate of Commissioned Officer Training at Officer Training School in Montgomery, Al

### **Uniformed Services Academy of Family Physicians Annual Conference**

April 2022

- Midline/Extended Dwell Peripheral IV Catheter Insertion for Physicians Didactic and Hands-on Training course certified
- Point of Care Ultrasound sub-committee student participant and received 4 hours of live training in basic bedside ultrasound examination

### **Student Organizations**

October 2017 - May 2020

- Point of Care Ultrasound sub-committee student participant and received 4 hours of live training in basic bedside ultrasound examination
- Treasurer and mentor of Armed Forces club at TouroCOM

- Vice President, Student American College of Osteopathic Family Physicians at TouroCOM

### UCLA Tech Camp

June 2012 - August 2012

- Paid position by the school of Engineering and Applied Sciences to mentor high school students interested in S.T.E.M. fields
- Presented a curriculum over 4 weeks to give students the knowledge necessary to build and program an autonomous robot to perform a simulated rescue operation

### Laboratory Research

#### UCLA, Department of Biochemistry

April 2012 - July 2013

- Undergraduate Researcher, Dr. James Bowie lab
  - Researched hydrogen bonding and protein folding using web-lab techniques  
Particular focus on membrane proteins and their 3-D structure in cells

### Certifications

**American Board of Surgical Assisting:** Certified Surgical Assistant (SA-C #22-484), Surgical Assistant License pending

**National Healthcareer Association:** Certified Medical Assistant, Phlebotomy Tech, EKG Tech, Billing and Coding Specialist, Electronic Health Records Specialist

**First Aid:** BLS and ACLS, QPR Suicide Prevention, Narcan/Naloxone

**NY State Education Department:** Infection Control and Barrier Precautions, Prescribing Controlled Substances Education, Child Abuse Mandated Reporter Training

**Department of Defense:** Operational Security, Cyber Security

**Other:** Instrument Rated US Private Pilot /w 250 hours primarily in Cessna 172

### Extracurricular Activities

USAFP Annual Meeting and Exposition; Anaheim, Ca

March 2022

Virtual International CHADD Conference

October 2020

Zimmerpalooza Volunteer; Los Angeles, CA

March 2013

AMSA Conference; UC Davis

April 2012, 2011

Robogames International Robotics Competition; San Mateo, CA

April 2011

AMSA Conference; UC San Diego

April 2011

### Organizations

- AmeriClerkships Medical Society
- American Board of Surgical Assistants
- American College of Osteopathic Family Physicians
- Alpha Chi Sigma Professional Co-Ed Chemistry Fraternity
- UCLA Academic Advancement program High A.I.M.S. scholar
- 2011 Summer Medical and Dental Education Program Graduate
- 2010 People to People Student Ambassador to Fuji, Australia, New Zealand
- 2009 California State Summer school for Mathematics and Science (COSMOS); UCI
- Aircraft Owners and Pilots Association

### Professional Interests

General Surgery; Minimally Invasive Surgery, Bariatrics, Surgical Critical Care, Endovascular, Plastic Reconstructive Surgery

Restoring health to everyday people and pushing the boundaries of what is possible

### Hobbies

Custom built electric assisted Brompton bicycle. Competitive Tennis Player. SpaceX Investor. Outdoor adventurer. Aquascaper and Pet Shrimp Keeper. Amateur diamond gemologist, Snowboarder. General Aviation Instrument Rated Pilot.