

OBJECTIVE STATEMENT

Recently transitioned Army family physician with professional experience translating innovative and evidence-based practices into Military Health System (MHS); establishing training programs and pathways; and leading virtual learning collaboratives. Subject matter expertise in Lifestyle & Performance Medicine, Shared Medical Appointments (SMA), Functional Medicine, and process improvement. Looking to work with teams to develop and improve the systems and processes we use to deliver the highest quality care to the highest performing and most deserving populations in America.

EDUCATION

Martin Army Community Hospital (BMACH), Fort Benning, GA

Army Family Physician (61-H) – Board Certified

2018

Completed 3-year Army family medicine residency program JUN 2018

Institute for Functional Medicine (IFM)

Functional Medicine Certified Practitioner (IFMCP)

2018

Completed all 7 prerequisite IFM training seminars over 3 years of medical residency

Graduated IFMCP certification pathway with NOV 2018 cohort

Cleveland Clinic Foundation, Cleveland, OH

Lifestyle & Functional Medicine Elective Rotation

2016

Independently organized three week rotation with *Cleveland Clinic Center for Functional Medicine (CCCFM) & Wellness Institute (WI)* during my second year

of residency training

Learned CCCFM clinical care model and shared medical appointment (SMA) group medical visit care delivery system

Networked with *Task Force Dagger Foundation SOF Health Initiative* program director, MSG Geoff Dardia, who established a pathway for active duty and retired special force Operators to receive Functional Medicine care at the CCCFM

University of Miami Miller School of Medicine (UMMSM), Miami, FL

Medical Doctor/Masters in Public Health (MD/MPH)

2011-2015

Prestigious four-year dual degree program with integrated public health curriculum

Co-Director of MedFit student interest group

Vice President for Clinical Nutrition and Functional Medicine student interest group

IFM/Loma Linda University School of Medicine, Loma Linda, CA

Integrative and Functional Medicine Elective Rotation

2015

Completed two week didactic course introducing evidence-based integrative and functional medicine approaches to care as a fourth year medical student

Independently organized additional two weeks of shadowing with local IFMCP certified Functional Medicine providers with emphasis on learning their clinical workflow and care delivery models

IFM/ UMMSM, Miami, FL**Clinical Nutrition and Functional Medicine Course** 2015

Attended biweekly extracurricular course for practicing healthcare professionals taught by premier functional, lifestyle, and integrative medicine experts, clinicians, and researchers

Completed over 100 hours towards a 200-hour program throughout my four years of medical school

UMMSM , Miami, FL**Masters in Public Health (MPH)** 2011

Began work towards an MPH degree. Transferred into MD/MPH program

Received *Student Leadership Award* for outstanding fundraising efforts and exemplary performance

Member of *Delta Omega* honorary society in public health

Florida Atlantic University, Boca Raton, FL**B.S. in Biological Sciences - Cum Laude** 2010***Broward Community College, Davie, FL*****A.A. in Biology - Highest Honors** 2007**A.S. in Emergency Medical Services- High Honors** 2006

EMT & Paramedic Certification programs

Broward Fire Academy, Davie, FL**State Certification for Firefighter II** 2004**WORK EXPERIENCE****Independent Contractor** Jan 2023 - current**Expert Consultant**

Leveraging areas of experience and expertise to support innovation in biotech, clinical care, and medical professional education

Institute for Muscle Centric Medicine Dec 2022 - current**Lead Educator & Ambassador**

Developing curriculum teaching licensed medical professionals to reproduce patient care experience that leverages lifestyle, nutrition, exercise, and evidence-based integrative modalities to optimize the health and function of skeletal muscle - achieving dynamic wellness and longevity as a byproduct of these efforts

Young Medical PC (Dr. Gabrielle Lyon) Dec 2022 - current**Lead Physician & Practice Developer**

Delivering virtual functional medicine-based muscle-centric medical care for high performers including elite Veteran Warfighters and elite entrepreneurs

Recruited to establish systems and processes to improve patient experience, integrate health coaching, and expand clinical services

Military Health System – United States Army**Army Family Medicine Physician (61H) & Field Surgeon (62B)** 2015 - Dec 2022

Entrance through Health Professional Scholarship Program (HPSP)

Brigade Surgeon – 2ABCT / 1ID, FT Riley, KS**2021 - Dec 2022**

Responsible for health and wellness of over 4200 Soldiers assigned to 2nd Armored Brigade Combat Team (2ABCT) as part of 1st Infantry Division (1ID)
 Advised Brigade Commander on all matters related to health risk and mitigation strategies for mission, training, and daily operations
 Supervised and mentored seven Battalion Surgeons (physician assistants) and four remotely attached physicians
 Served as Medical Director for Custer Hill Health Clinic
 Updated, improved, and relaunched clinical and health support operations for 2ABCT and CHHC after COVID.
 Integrated Holistic Health & Fitness (H2F) brigade assets into 2ABCT force health protection and health support services

Primary Care Clinician – Womack Army Medical Center, FT Bragg NC**2018 - 2021**

Outpatient clinician at Joel Health Clinic (2y) & Family Medicine Residency Clinic (1y) seeing clinic full-time
 Empaneled over 1500 of most complex patients in WOMACK primary care system with about 70% veteran or geriatric with chronic pain and comorbid conditions
 MToE-assigned (MAP) to 36th MCAS/ 261st MMB as a Role-2 physician
 Completed various field trainings and a COVID-related deployment to NY/NJ from MAR – MAY 2020

**Seminole Tribe Fire Rescue (STFR); Brighton, Big Cypress & Hollywood, FL.
 Rescue Lieutenant/ Firefighter/ Paramedic– Full Time Employment****January 2006 – June 2011**

Provided Fire Suppression Activities, Emergency Medical Care, Public Service Assistance for Seminole Indian Tribal Communities
 Promoted to Rescue Lieutenant after 1.5 years of employment. Placed *1st out of 15 applicants* following a written exam and oral interview promotional exam process
 Responsible for medical training and remediation for over 100 firefighters

**American Ambulance, Hollywood, FL
 EMT/ Driver****2005**

Provided Basic Life Support and Inter-facility Medical Transport

**ACES Engineering, Ft. Lauderdale, FL
 Architectural Draftsman****2003 – 2004****RELATED EXPERIENCE****Learning Collaboratives****Convener & Facilitator – Task Force Resilience****2020 - 2021**

MISSION: Accelerating the dissemination and implementation of Personalized Lifestyle and Integrative Medicine solutions to address the COVID-19 morbidity and mortality risk factors while dually enhancing the resiliency of military community members and securing the future fighting force
 Co-led task force that aligned and mobilized over forty action-oriented military, veteran, and civilian healthcare and human performance professionals serving the military

community with endorsement and engagement from DoD Human Performance center of excellence: Consortium for Health and Military Performance (CHAMP)
 Defined and disseminated force-wide - as well as through civilian and VA channels - the concepts of Personal Protective Lifestyle & Nutrition (PPL & PPN): activities of daily living and food and nutrients that enhance immune and metabolic resiliency to reverse disease and optimize performance
 Co-presented a series of lectures (10 total, 8 virtual, 2 in-person) on the COVID-19 threat and ways to mitigate with PPL & PPN

Convener & Facilitator – Warfighter Brain Health & Suicide Prevention Collaborative 2019 - 2021

MISSION: Accelerating dissemination and implementation of innovative solutions to address Holistic Brain Health & Suicide Prevention by sharing best practices and lessons learned among clinical systems conducting clinical care, education, and research to support the Warfighter Community
 Grew collaborative from 10 diverse professional thought- and opinion-leaders to over 60 in 6 months
 Members represented clinicians, researchers, educators, policy-makers, and human performance professionals in the VA, DoD, Governmental, and Civilian sectors
 Coordinated and hosted meetings on ZOOM platform, consolidated minutes and helpful resources links and documents sent out afterwards with recording
 Facilitated introductions and exploratory conversations between members to create synergistic opportunity

Convener & Facilitator – Institute for Functional Medicine (IFM) VA/DoD Working Group 2019 - 2020

MISSION: Advancing healing partnerships that use the Functional Medicine operating system to deliver Personalized Lifestyle and Integrative Medicine that addresses root cause dysfunction in military service member population
 Pitched concept to IFM Leadership and gained commitment to host VA/DoD Meet-up at Annual International Conference (AIC)
 Led IFM planning team virtually in developing gameplan, agenda, and invite-list for
 Facilitated 2019 “Meet-To-Learn” Luncheon with over 20 invite-only participants sharing their objectives, needs, and concerns which were consolidated and shared afterwards as meeting minutes
 Compiled key themes and concepts into a “Mission Status Update” document that was shared with attendees, stakeholders, and members of the growing Military Functional Medicine Community
 Provided summary and consolidated feedback on first iteration in “Workshop Report” identifying best practices and lessons learned for future iterations
 Modified 2020 VA/DoD Working Group meeting format to “Give & Get” to increase IFM visibility and engagement while dually increasing meeting efficiency and capacity

2019 AIC meet-up

Convener & Facilitator – Operation Restore Collaborative

2016 - 2020

MISSION: Returning complex and seemingly-untreatable Veteran Special Operation Forces (SOF) community members to optimal health and wellness through expansion of existing Personalized Functional Medicine care pathways while performing high quality collaborative clinical research
 Grew membership from 4 agencies to over 20 in three years

Organized time, attention, energy, and resources around 4 clear Lines of Effort (LOEs):
 Connection to Care, Education & Advocacy, Credentialing Pathway, Registry to Facilitate Research
 Disseminated annual "Mission Status Update" document with updates on 4 LOEs
 Facilitated introductions and exploratory conversations between members and interested parties to identify synergistic opportunities

Womack Army Medical Center (WOMACK), FT Bragg, NC

Clinical Champion – Shared Medical Appointments (SMA)

2018 - current

Consultation support to incorporate SMA care model into organization-wide Process-Improvement (A-3) Project to improve population management of Metabolic Syndrome for all MEDCEN beneficiaries
 Only Provider at MEDCEN-level offering Battlefield Acupuncture (BFA) Follow-up Visits using SMA model to increase access, efficiency, and quality of care for chronic pain panel patients
 LECTURE: "Shared Medical Appointments (SMA) in the DHA" on MAR 2019 at Annual Conference for Uniformed Service Academy for Family Physicians (USAFFP) in St Louis, MO
 LECTURE: "Implementing Shared Medical Appointments for Pain in Your Practice" on MAY 2019 at Annual International Conference for IFM in San Antonio, TX
 LECTURE: "Shared Medical Appointments Applied to Chronic Pain" on JUL 2019 for Integrated Pain Management Clinic Network Virtual Learning Community reaching DoD-specific audience of over 60 diverse healthcare practitioners and administrators representing over 10 clinical locations across the Military Health System
 LECTURE: "Implementing BFA SMA in Your Practice" on NOV 2019 for National Capital Region Pain Initiative Integrative Medicine Virtual Learning Community

Clinical Champion – Functional Medicine

2018 - current

Teaching faculty for only Functional Medicine training pathway in the DoD which is hosted annually at Walter Reed Hospital by the National Capital Region Pain Initiative
 LECTURE: "Functional Medicine: Addressing the Root of Human Systems Malfunction" on MAR 2018 at Annual Conference for USAFFP in Ponte Vedra Beach, FL
 LECTURE: "Functional Medicine Approaches to Chronic Pain in the Military Health System" on MAY 2019 at Annual International Conference for IFM in San Antonio, TX
 LECTURE: "Functional Medicine Approaches to Chronic Pain" on AUG 2019 for Integrated Pain Management Clinic Network Virtual Learning Community reaching DoD-specific audience of over 60 diverse healthcare practitioners and administrators representing over 10 clinical locations across the Military Health System
 Standardized consultation process for patients in Military Health System to receive Functional Medicine care as a specialty clinical service
 Developed and disseminated packet to facilitate communication between patient and practitioner to complete consultation to Functional Medicine clinics in civilian network who are trained and credentialed through IFM
 Standardized method for Functional Medicine case presentations, setting a new standard for military medical learners in academic and professional settings
 LECTURE: "Standardizing Functional Medicine Case Presentations: Framework and Tools for Academia" on MAY 2020 at Annual International Conference for IFM in Phoenix, AZ

WORKSHOP: “Operational Environment & Root Cause Dysfunction: Preventive Maintenance Checks & Services” on NOV 2019 for USASOC Senior Spouses Summit – 2.5 hr workshop delivered to 20 wives of senior Army SOF Leadership

WORKSHOP: “Operational Environment & Root Cause Dysfunction: Preventive Maintenance Checks & Services” on APR 2020 at Annual Conference for USAFP in Anaheim, CA – 4 hr workshop delivered to Triservice military family physicians

WORKSHOP: “Operational Environment & Root Cause Dysfunction: Preventive Maintenance Checks & Services” on AUG 2020 at Annual Pain Skills Training for National Capital Region Pain Initiative virtual conference – delivered 4 hr workshop twice to reach over 100 military clinical and administrative professionals who operate in the MHS

Repeated series of 2 x 4 hr workshops in 2021 for same Annual Pain Skills Training conference with max-packed attendance

Clinical Champion – Dissemination & Implementation Science

2018 - current

Attended 11th Annual Conference for Science of Dissemination & Implementation in Health in DEC 2018

Completed “Trip Report” highlighting lessons learned, professional connections, and opportunities to adopt and innovate best practices locally

Briefed organizational leaders formally and informally to share value of incorporating Implementation Science frameworks and concepts into organizational quality improvement efforts

Appointed Committee Chair for WAMC Process Improvement Committee

Facilitated connection to VA Quality Enhancement Research Initiative (QUERI) network nationally and locally through Duke/Durham VA Center of Innovation (COIN) representatives

Updated Committee Charter to reflect Implementation Science frameworks and concepts

Developed and deployed method of cataloging and communicating critical information for “Change Management” to increase awareness and accountability of the things we are doing to improve the quality, safety, access, readiness, and patient experience at the organization-level

Defined professional development pathway for military health professionals with interest in further training and experience in Implementation Science

National Working Group Member for 2020 update of VA/DoD Clinical Practice Guidelines for Obesity

National Working Group Member for 2022 update of VA/DoD Clinical Practice Guidelines for Headaches

BMACH, FT Benning, GA

Clinical Champion – Shared Medical Appointments (SMA)

2016 - 2018

Completed site visits to 4 best practice locations to learn care delivery model (Wellness Institute in

Cleveland OH; Hennepin County Medical Center in Minneapolis MN; Emory Lifestyle Medicine Clinic in Atlanta GA; and VA Therapeutic Lifestyle Clinic in Iowa City IA)

Attended full-day CME training on SMA Implementation hosted by Cleveland Clinic Foundation

Standardized MHS Billing and coding practices for SMA care delivery model by elevating query through PASBA to Triservice Coding Working Group who provided explicit guidance via appendix to current MHS guidelines

Modified 3 existing programs at BMACH to fit SMA model (Tobacco Cessation, Vasectomy, Diabetes Self-Management Teaching)
 Piloted Obesity SMA program with my empanelled patients
 Plan to present SMA clinical model and outcomes to DHA to establish care pathway and standardize SMA model for MHS

Clinical Champion – Obesity Clinical Practice Guideline (CPG)

2016 - 2018

Subject matter expert on VA/DoD Clinical Practice Guideline for Obesity at BMACH
 Defined pathway between current state and end state for BMACH to adhere to CPG best practices
 Provided hospital-wide education on CPG best practices via 3 didactic lectures and online webinar training
 Selected by CPG Champion Committee to orient new CPG Champions and to establish systems and processes to standardize CPG champion role

Clinical Champion – Empowerment Course (Lifestyle Modification program based on CDC Diabetes Prevention Program [DPP])

2015-2018

Revised participant intake forms to include validated survey tools and introduced patient-centered outcome measures to evaluate impact of program
 Led collaborative team to modify existing program to switch to new DPP *Prevent T2* curriculum which incorporated group visit model
 Certified Lifestyle Coach for CDC Diabetes Prevention Program to facilitate group visits

PI/QI Project – Diabetes SMA

2018

Brought on by clinical team that recently launched Diabetes Self-Management Teaching (DSMT) program to advise and assist.
 Converted DSMT program to SMA model to optimize patient experience & outcomes as well as clinic productivity & reimbursement
 Pilot program established as best practice and scaled from one physician and their empaneled patients to four physicians in the same clinic.

PI/QI Project – Vasectomy SMA

2017

Proposed medical management SMA model for pre-operative physical and counseling to clinic administration and residency program director after demonstrating increased efficiency, more completeness of counseling, and adherence to SMA model best practices
 Standardized Vasectomy SMA education and counseling material; templates for documentation, billing, and coding; and documents to orient residents and attending physicians to SMA model and clinical workflow

PI/QI Project – Tobacco Cessation SMA

2017

Proposed lifestyle modification SMA model for existing monthly tobacco cessation class to clinic administration and residency program director after learning the only modifications needed to adhere to SMA best practices were addition of vital signs and different documentation, billing, and coding practices
 Standardized Tobacco Cessation SMA education and counseling material; templates for documentation, billing, and coding; and documents to orient residents and attending physicians to SMA model and clinical workflow

PI/QI Project – Resident Code Response Training

2017

Standardized content and process for educating BMACH resident physicians on medical response and management of emergency codes

Incorporated standardized training into megacodes for ACLS and NRP certification training, which all new BMACH residents complete while on-boarding

Created whitecoat pocket cards for quick reference and distributed to all residents

UMMSM, Miami, FL

Director – Physical Activity & Nutrition Health Fair Station – Department of Community Service (DOCS)

2013 - 2015

Collaborated with researcher and institutional wellness champion, John Lewis, PhD to translate behavioral modification best practices into medical school health fair program.

Navigated political resistance to implementation from program leaders by piloting PA&N station with student volunteers at 6 health fair events, collected and analyzed data, and justified incorporation by demonstrating value added

Co-Director– Medical Student Interest Group– MedFit

2013 - 2014

Developed and hosted “Practice What You Preach” lunchtime lecture series

Provided personal training to peers at Medical Wellness Center on campus

Organized 2 adventure race teams (Tough Mudder and Super Spartan Race) and held regular group training sessions to prepare teammates leading up to events

Organizer – Organic Produce Co-op Distribution Site– Farm Fresh Miami (FFM)

2011 - 2013

Garnered support from director of Dept. of Epidemiology & Public Health, Director of Medical Wellness Center and collaborated with two student interest groups to launch distribution site and create sustainable program on medical campus

Managed over 50 members and volunteers for biweekly distributions

STFR, Brighton, Big Cypress & Hollywood, FL

Department Educator – Guideline updates and new protocols

2010 - 2011

Selected by EMS Chief to host a total of 12 training sessions at 3 different stations to train over 100

EMTs and Paramedics on 2010 American Heart Association Guideline updates, new Hypothermia Protocol (311.03), and Automatic Compression Device

RESEARCH & PUBLICATIONS

Total Force Fitness Summit 2021: Maximizing Health and Well-Being of Service

Members and Their Families[Military Medicine peer reviewed journal – in print]

2022

Co-Author along with mentors Patricia Deuster RD MPH, Fran O’Connor MD, and

Melissa Givens MD of the Consortium for Health and Military Performance (CHAMP)

Summit planning group member for event held SEP 2021

Co-facilitated small group break-out session: *Standardization and Metrics*

Implementation of Lifestyle Modification Program Focusing on Physical Activity and Dietary Habits in a Large Group, Community-Based Setting [PMID: 27638654]

2016

Co-Author along with mentor, Dr. Mark Stoutenberg, International Ambassador to American College

of Sports Medicine
Research Program Coordinator – FOGO Wellness Program

STFR Emergency Medical Services (EMS) Protocols 311.03 & 311.04 **2010**

Authored Resuscitation Protocol (311.03) and Hypothermia treatment protocol (311.04)
Final documents approved by EMS Chief and STFR Department Chief

Standard Operating Procedures (SOPs) for STFR Station 7 **2009**

Authored SOPs for Emergency, Non-Emergency, and Daily Operations for STFR - Brighton Division.

LANGUAGES

English – native language
Spanish – speak, read, and write with basic competency

MEMBERSHIPS

Institute of Functional Medicine
American Academy of Family Physicians
Uniformed Services Academy of Family Physicians
American Public Health Association