
Curriculum Vitae

Jorge Alejandro Bernal
“Alejandro”
McAllen, TX

Education

08/2012 - 12/2018

Medical School
Universidad Autónoma de Guadalajara Facultad de Medicina
Guadalajara, JAL, Mexico
MD

08/2007 - 05/2012

Undergraduate
University of Texas Pan American,
Edinburg, TX, United States of America
Pre-Med Chemistry/Biology

Work Experience

04/2019 - Present

Cardiologist Observership
DHR Health, Edinburg, TX, United States of America

Average Hours/Week: 5

Currently working at the Doctor's Hospital at Renaissance (DHR) center under direct supervision of the attending cardiologist. My duties include shadowing the cardiologist in his clinical practice as well as in the catheterization laboratory observing diagnostic catheterization, valve repairs, and percutaneous coronary interventions (PCI). Additionally, I participate on complex clinical cases presentation and discussions with the attending cardiologist.

02/2019 - Present

Hepatologist Observership
DHR Health
Edinburg, TX, United States of America

Average Hours/Week: 3

Working at the Doctor's Hospital at Renaissance (DHR) center under direct supervision of the attending Hepatologist. My duties include shadowing and assisting the Hepatologist in her clinical practice evaluating and treating patients with cirrhosis, non-alcoholic fatty liver diseases/non-alcoholic steatohepatitis, and hepatocellular carcinoma.

Work Experience cont.

01/2019 - Present

Clinical Research Fellow
DHR Health Institute for Research & Development,
Edinburg, TX, United States of America

Average Hours/Week: 40

Research Projects:

- ORION 8: Phase III Clinical Trial investigating Incliseran in Patients with Hyperlipidemia
- KOWA Phase III Clinical Trial: Pemafibrate to Prevent Cardiovascular Events in Patients with Dyslipidemia and Type 2 Diabetes
- NGM Phase II Study to Evaluate Efficacy, Safety, and Tolerability of NGM282 in participants with histologically confirmed NASH and F2/F3 Fibrosis
- Madrigal Phase III Randomized Placebo-Controlled Study of Resmetirom in Patients with NASH and Fibrosis to Resolve and Reduce Progression of Cirrhosis and/or Decompensation
- DHR Health Research Biobank: Physician initiated research project which involves collecting and storing blood, urine, and biopsy samples in patients with cancer.

My role in these research projects is pre-screening patient's for inclusion and exclusion criteria both clinically and through chart review. I'm in charge of physician-initiated research and clinical trials, explaining clinical trial procedure, objectives, mechanisms of disease/treatment to patients and co-workers, researching statistics in the local area, process laboratory samples and submit business intelligence reports

I assist in developing physician-initiated research by helping develop protocols and submit documents to the Institutional Review Board (IRB) for approval.

I am also part of the Research Institution Lead Team that decides on clinical trials and physician-initiated research that will be implementing in the community, as well as proposing new objectives and ideas at our research institute.

11/2018 - 12/2018

Surgery Clerkship
DHR Health
Edinburg, TX, United States of America

As part of my required fifth year of medical school (pre-internship), I rotated through the Department of Surgery at Doctor's Hospital at Renaissance in Edinburg, Texas.

During this rotation, I observed a variety of surgeries including bariatric surgery, cholecystectomies, hiatal hernia repair, and appendectomies. I was in charge of following 2-3 assigned patients in the post-operative course, updated the attending physician on new developments and writing clinical notes on these patients daily. Additionally, I was in charge of coordinating a safe discharge plan on my assigned patients.

Work Experience cont.

11/2018 - 11/2018

Hospitalist Observership

DHR Health

Edinburg, TX, United States of America

Average Hours/Week: 4

I was invited by the attending Hospitalist to shadow her on-call shifts over the course of three weekends. During this time, I was in charge of pre-evaluating patients that were consulted to internal medicine and presented the cases to the attending. I also participated in writing clinical notes under direct supervision of the Hospitalist, and discussing all the cases on the wards, including differential diagnosis and evidenced-based management plans.

10/2018 - 11/2018

Psychiatry Clerkship

DHR Health

Edinburg, TX, United States of America

As part of my required fifth year of medical school (pre-internship), I rotated through the Department of Psychiatry at Doctor's Hospital at Renaissance in Edinburg, Texas.

During this rotation, I participated in complete psychiatric patient interviews, wrote daily patient progress notes, presented patient cases to the attending physician after formulating differential diagnosis and treatment plan. I also attended behavioral medicine conferences in which various novel methods of treating depression disorders were discussed, as well as new studies into obsessive compulsive disorders and active shooter's motives.

09/2018 - 10/2018

DHR Health

Obstetrics and Gynecology Clerkship

Edinburg, TX, United States of America

As part of my required fifth year of medical school (pre-internship), I rotated through the Department of Obstetrics and Gynecology at Doctor's Hospital at Renaissance in Texas.

Observed C-sections, vaginal deliveries, robotic hysterectomies with Da Vinci Surgical Systems, pap smears, colposcopies, fetal heart rate monitoring, and endometrial biopsies. Learned of basic OBGYN pathologies such as pre-eclampsia/eclampsia, gestational diabetes, sexually transmitted infections, and gynecologic malignancies. Additionally, participated in ongoing clinical cases discussion formulating differential diagnosis and treatment plans with the team.

Work Experience cont.

05/2018 - 09/2018

Pediatrics Clerkship

DHR Health

Edinburg, TX, United States of America

As part of my required fifth year of medical school (pre-internship), I rotated through the Department of Pediatrics at Doctor's Hospital at Renaissance in Texas.

Participated in daily clinical rounds, examining patients, writing notes, and following 2-3 patients assigned to me every week. I was in charge of updating my senior resident on a daily basis and of working on safe discharge plans for all my patients. Learned of basic pediatrics pathologies such as fevers of unknown origins, nephrotic cases, UTIs, and MRSA skin infections.

02/2018 - 04/2018

Internal Medicine Clerkship

DHR Health

Edinburg, TX, United States of America

As part of my required fifth year of medical school (pre-internship), I rotated through the Department of Internal Medicine at Doctor's Hospital at Renaissance in Edinburg, Texas.

Participated in daily clinical round teaching, history taking and physical exams, oral presentations, writing admission and progress notes, laboratory and imaging results analysis, and updating the medical team on my patients. I was available for the medical team for medication reconciliation by calling the pharmacy and scheduling appointments for the patients prior to discharge. Learned of basic internal medicine pathologies such as heart failure exacerbations, pneumonia, asthma/COPD, urinary tract infections and delirium. I also attended all Grand Round conferences, journal club meetings, and participated in interdisciplinary discussion of difficult cases.

01/2018 - 02/2018

Family Medicine Clerkship

DHR Health

Edinburg, TX, United States of America

As part of my required fifth year of medical school (pre-internship), I rotated through the Department of Family Medicine at Doctor's Hospital at Renaissance in Edinburg, Texas.

This rotation was mainly focused on outpatient family practice with the Family Medicine Physician. I was in charge of the initial triage of the patients and submitting the subjective portion of the patient note for all patients prior to evaluation by the attending physician. Participated in history taking and physical exams, and presenting cases to the attending physician for discussion of diagnosis and management plan. Learned of basic family medicine preventions strategies such as varicella, pneumonia and HPV vaccines, as well as when to recommend routine screening test such as low-dose CT-scans for smokers and abdominal ultrasound for abdominal aortic aneurysms.

Research Experience

09/2019 - Present

Clinical Research Fellow
DHR Health & MD Anderson Cancer Center
Edinburg, TX, United States of America

Research Project: "Hepatocellular Carcinoma in Hispanic Patients of South Texas with Non-Alcoholic Fatty Liver Disease or Non-Alcoholic Steatohepatitis"

Description: Research project in collaboration with MD Anderson Cancer Center to study hepatocellular carcinoma risk factors in South Texas Hispanic patients with non-alcoholic fatty liver disease and non-alcoholic steatohepatitis by researching circulating free DNA and somatic mutations in blood samples.

My role in this research project included pre-screening patients for inclusion/exclusion criteria and consenting patients that will be enrolled in the research project. I also assist with obtaining informed consent and explaining the study to the patients, writing the research protocol and IRB documentation for approval. I also process laboratory samples and track patient health and MRI results for data gathering.

02/2018 - Present

Research Trainee
DHR Health
Edinburg, TX, United States of America

Research Project: "Post-Operative Atrial Fibrillation in Coronary Artery By-Pass Grafting Procedures: Prophylactic Pacing vs. Non-Pacing Outcomes in Hispanics of South Texas"

Description: This is a retrospective cohort study comparing prophylactic vs. non-prophylactic pacing of patients undergoing coronary artery by-pass grafting (CABG) to check for statistically significant post-operative atrial fibrillation outcomes in both arms. Additionally, we are investigating risk factors for post-op atrial fibrillation outcomes in our predominantly Hispanic population.

My role in this study include collecting and analyzing data obtained through electronic medical records review, and requesting business intelligence reports for new data collection. I am also participating as an author helping in writing the final manuscript for the publication.

02/2018 - Present

Research Trainee
DHR Health
Edinburg, TX, United States of America

Research Project: "Gastric Bypass vs. Sleeve Gastrectomy: Metabolic and Weight Change"

Description: This is a retrospective cohort study looking at the effects of metabolic, diabetes, and weight changes in Hispanics to compare with other studies who also evaluated metabolic changes on patients but lacked data on Hispanics.

My role in this study included collecting and analyzing data obtained through electronic medical records review, and requesting business intelligence reports for new data collection. Also, I will be an author in the final manuscript for this publication.

Volunteer Experience

09/2017 - 11/2017

Volunteer

Universidad Autónoma de Guadalajara
Guadalajara, JAL, Mexico

Led a fundraiser at the Autonomous University of Guadalajara School of Medicine for basic medical supplies and food to ship to Mexico City after a high magnitude earthquake hit the city in 2017.

01/2015 - 06/2016

Volunteer

Community Medicine Program of Universidad Autónoma de Guadalajara
Guadalajara, JAL, Mexico

Weekly visits to provide basic medical attention to underserved rural communities around Guadalajara, Mexico. Gathered complete patient histories and vital signs, performed physical exams and educated communities on basic disease information, medication compliance and important health prevention methods. Additionally, participated on health fairs and campaigns around the city educating and screening patients on chronic diseases affecting the community.

01/2014 - 06/2014

Volunteer

Red Cross of Mexico
Guadalajara, JAL, Mexico

Over a course of 4 weekends, I volunteered at the Red Cross Emergency Department of rural cities around Guadalajara, Mexico. At these sites, I was able to suture wounds, perform basic life support (eg, CPR), cast broken bones, and administer therapeutic injections (eg, antibiotics) under the supervision of the attending physician. Learned on many acute emergency cases such as facial fractures, acute abdomen, gunshot wounds, and many other primary care cases.

Certification/Licensure

9/2019

ECFMG Certified

3/2018 - 3/2021

CITI Program Certified

- Human Subject Research
- Good Clinical Practice
- Conflicts of Interest
- Responsible Conduct of Research

2/2019

IATA Training Certified

Membership and Professional Societies

American Medical Student Association: Member
American College of Physicians: Member
American Medical Association: Member

Language Fluency

English

Fluently read, write, and speak

I converse easily and accurately in all types of situations. Native speakers, including the highly educated, may think that I am a native speaker, too.

Spanish

Fluently read, write, and speak

I converse easily and accurately in all types of situations. Native speakers, including the highly educated, may think that I am a native speaker, too.