

DAVID ELSON, MD

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EDUCATION

Internal Medicine Residency **6/2024**
Westchester Medical Center, Valhalla, NY

Doctor of Medicine (MD) **5/2021**
Rutgers University, New Jersey Medical School (NJMS), Newark, NJ

- Alpha Omega Alpha (AOA) Honor Society, Beta Chapter New Jersey 2019
- Kenneth M. Klein, M.D. Award 2019
This award is presented to a student who has demonstrated significant interest, participation and innovation in medical education.
- Research Year (COVID-19) 2020
- Distinction in Entrepreneurship 2021

Masters of Biomedical Sciences **8/2015**
Rutgers University, New Jersey Medical School (NJMS), Newark, NJ

Bachelor of Arts (BA) **1/2010**
Cornell University, Arts & Sciences School, Ithaca, NY

PUBLICATIONS

Isath A, Elson D, Kayani W, Wang Z, Sharma S, Naidu SS, Jneid H, Krittanawong C. A Meta-Analysis of Traditional Radial Access and Distal Radial Access in Transradial Access for Percutaneous Coronary Procedures. *Cardiovasc Revasc Med*. 2023 Jan;46:21-26. doi: 10.1016/j.carrev.2022.09.006. Epub 2022 Sep 15. PMID: 36182561.

Isath, A, Elson, D, Fishkin, T. et al. SLEEP DURATION, MORTALITY AND STROKE AMONG ASIAN POPULATIONS: A META-ANALYSIS. *JACC*. 2023 Mar, 81 (8_Supplement) 1676. [https://doi.org/10.1016/S0735-1097\(23\)02120-4](https://doi.org/10.1016/S0735-1097(23)02120-4)

Banada P, Elson D, Daivaa N, Park C, Desind S, Montalvan I, Kwiatkowski R, Chakravorty S, Alland D, Xie YL. Sample collection and transport strategies to enhance yield, accessibility, and biosafety of COVID-19 RT-PCR testing. *J Med Microbiol*. 2021 Sep;70(9):001380. doi: 10.1099/jmm.0.001380. PMID: 34486972; PMCID: PMC8697510.

Banada P, Elson D, Daivaa N, Park C, Desind S, Montalvan I, Kwiatkowski R, Chakravorty S, Alland D, Xie YL. Evaluation of sample collection and transport strategies to enhance yield, accessibility, and biosafety of COVID-19 RT-PCR testing. *medRxiv* [Preprint]. 2021 Mar 5:2021.03.03.21251172. doi: 10.1101/2021.03.03.21251172. Update in: *J Med Microbiol*. 2021 Sep;70(9). doi: 10.1099/jmm.0.001380. PMID: 33688680; PMCID: PMC7941657.

DiFranco K.M., Johnson-Farley N., Bertino JR, Elson D, Vega BA, Belinka BA Jr, Kachlany S. LFA-1-targeting Leukotoxin (LtxA: Leukothera®) causes lymphoma tumor regression in a humanized mouse model and requires caspase-8 and Fas to kill malignant lymphocytes. *Leuk Res*. 2015 Jun;39(6):649-56

PERSONAL HOBBIES

Watching sports (especially NFL), building LEGOs with (and without) my nieces, skiing, traveling, double espressos, reading mystery thrillers & science fiction novels

WORK EXPERIENCE

The MCAT Guy, online MCAT preparatory program 2015–Present

- Founded an independent online MCAT prep program
- Created 130 on-demand videos and 14 live on-line problem-solving sessions
- Over 400 students have completed the program

Project Manager, Kaplan Test Prep (New York, NY) 2004–2014

- Worked for the Pre-Health Team at Kaplan’s headquarters authoring new courses, editing textbooks and conducting live on-line training seminars for MCAT faculty.

MCAT Instructor, Kaplan Test Prep (primarily New York, NY) 2003–2014

- Earned “ELITE” teaching status every year, a designation granted to all instructors whose instruction is rated as “excellent” by at least 80% of their students.

PRESENTATIONS AND INVITED LECTURES

Workshop Session: “How to get into & succeed in medical school” (1 - 2 hours)

- Rutgers University-Newark, Minority Association of Pre-Health Students 09/30/20
- Rutgers University, Graduate School of Biomedical Sciences 06/02/20
- Rutgers University, Graduate School of Biomedical Sciences 12/05/19
- Rutgers University-Newark, Minority Association of Pre-Health Students 09/26/18
- Hunter College (CCNY), Minority Association of Pre-Health Students 05/09/18
- Rutgers University, Graduate School of Biomedical Sciences 01/25/17
- Yeshiva University, Pre-Med Society 01/17/16
- Rutgers University, Graduate School of Biomedical Sciences 09/26/16

Workshop Session on “Student/Resident Wellness” w/respect to COVID-19 (2 hours)

- “Subway Series” Virtual Conference (~150 U.S. medical students) 05/09/20

Shelf Review “Jeopardy” session on Microbiology for MS1 class (3 hours) 12/16/20

MEDICAL SCHOOL LEADERSHIP

NJMS COVID-19 Clinical Research, Study Coordinator 2020 – 2021

- Selected by primary investigator Dr. Yingda Xie to coordinate a clinical study assessing diagnostic and therapeutic mechanisms related to COVID-19.
- Responsibilities include screening & consenting patients, collecting respiratory samples from patients, coordinating blood draws, and working with a team of volunteer medical students on database entry.

NJMS Student Covid Team, Executive Board Member 2020 – 2021

- The NJMS Student Covid Team’s mission is to support the healthcare workforce, patients, and communities in New Jersey during the COVID-19 pandemic.
- Inter-school representative at weekly meetings with student representatives of other local area medical schools.

- Helped manage several COVID-19 volunteering initiatives, especially the creation of “Wellness Spaces” outside of ICUs at University Hospital.
- Created a database to pair NJMS medical students with COVID-19 research projects.

Teaching Assistant in Health Equity & Social Justice, NJMS 2020 – 2021

- Selected by Dr. Michelle Dalla Piazza to serve as a teaching assistant for the medical school’s course on Health Equity & Social Justice
- Responsibilities include facilitating small group sessions and providing feedback to students’ essays

Teaching Assistant in Medical Education, NJMS 2019 – 2020

- Selected to serve as teaching assistant in medical education to 1st and 2nd year classes. Responsibilities include leading small group sessions on eliciting patient history and conducting a physical exam, writing test questions, grading student H&Ps, and serving as a mock patient for student OSCEs.

NJMS Curriculum Goal Review Taskforce 2017 – 2018

Student Representative

- Selected to serve as student representative on an interdisciplinary taskforce reviewing NJMS Education Goals of “Excellence in Professionalism & Humanism” and “Commitment to the health of the Community and Appreciation of Social and Cultural Diversity”

Collaborative Approach to Learning Medicine (CALM) 2016 – 2020

Academic Coordinator

- Selected to serve as the Academic Coordinator of CALM, a student organization for academic & peer support for medical students
- Created the “CALM Guide to Third Year Clerkships,” a 22-page document that offers general and specific advice on how to succeed in the clinical clerkships.
- Created a total of 31 on-demand videos, each one of which was accompanied with a student workbook and multiple-choice questions. Repository of videos and supporting review material is being used by all current NJMS classes.
- Created and hosted a team-based “Bacteria Jeopardy Contest” that doubled as an interactive test prep session for the 1st standardized NBME-subject exam.

Office of Admissions, NJMS 2015 – 2020

Student Interviewer & Panelist

- Selected student interviewer to provide feedback on applicants
- Selected panelist for prospective students at “Second Look” and Class of 2020
- Selected student representative at Columbia University Medical School Fair and online AAMC Medical School Fair

Committee on Curriculum and Academic Programs & Policies 2015 – 2018

Student Representative, Selected by NJMS Student Council

- Attend monthly meeting for the main curriculum governance committee of NJMS

Office of Student Affairs, NJMS 2016 – 2017
ENGAGE Coach & Orientation Committee Member

- Selected to serve as an “ENGAGE Coach” to mentor medical students

Office of Education, NJMS 2016
Curriculum Database Project

- Assisted the Associate Dean of Education in reviewing and tagging educational sessions with appropriate key words for the NJMS curriculum repository

COMMUNITY EXPERIENCE

Pro-Bono Consultant, Project SHORT 2020 – 2021

- Project SHORT (Student Health Opportunities and Research Training) is an organization comprised of volunteer MD, PhD, and MD/PhD students who offer pro-bono consulting for medical and graduate school admissions. Project SHORT was founded with the goal of combatting socioeconomic and systemic inequalities in the medical and graduate school admissions processes.
- Currently mentoring five pre-medical students

Walk-with-a-Doc, NJMS LifeStyle Medicine, Newark NJ 2018

- Presented motivational session on weight loss and lifestyle changes

Student Family Health Care Center, Newark NJ 2015-2018
Volunteer, Newark NJ, 2015-Present

- Student-run clinic that offers free, quality healthcare to the Newark community

Northeast Regional Alliance Med Prep Program, Newark NJ 2016
Selected MCAT Instructor

- Created, taught and mentored pre-med students in a unique six-week MCAT prep program tailored to underrepresented minority students.
 - Donated lifetime access to “The MCAT Guy” prep materials for free to all students
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