

Crystal Harb DO, MPH

EDUCATION

- Doctor of Osteopathic Medicine** May 2021
University of the Incarnate Word, San Antonio, TX
Graduated with Honors
- Master of Public Health in Epidemiology** August 2016
University of Texas School of Public Health, San Antonio, TX
Summa Cum Laude Honors
- Bachelor of Science in Biology with a minor in Chemistry** May 2014
St. Mary's University, San Antonio, TX
Magna Cum Laude Honors

WORK EXPERIENCE

- Texas Institute for Graduate Medical Education & Research, San Antonio, TX** June 2021 – Present
Family Medicine Resident Physician
- Work with other members of the health care team to provide direct medical care to patients
 - Diagnose patients' medical problems and devise appropriate management and treatment plans
- Department of Public Health, University of Texas at San Antonio, San Antonio, TX** January 2017 – Present
Full-time Lecturer
- Design public health curriculum aligned with the University Standards for lectures
 - Optimize student learning by adapting collaborative teaching methods for various learners
- Department of Sociology, St. Mary's University, San Antonio, TX** August 2021 – Present
Adjunct Professor
- Teach public health curriculum aligned with the University Standards
 - Integrate multimedia resources and real-world public health examples to engage students in assignments
- St. George Maronite Catholic Church, San Antonio, San Antonio, TX** June 2017 – December 2020
Religious Education Director
- Design religious education curriculum aligned with the Maronite Catholic Archdiocese teachings
 - Teach and prepare students (PreK-high school) to receive the Holy Sacraments and grow within their faith
- Department of Biological Sciences, San Antonio College, San Antonio, TX** August 2016 – May 2018
Microbiology Lecture & Lab Adjunct Professor
- Design microbiology curriculum aligned with the Alamo Colleges Standards for lectures and labs
 - Integrate multimedia resources and real world examples to engage students in assignments
- Institute for Health Promotion Research, San Antonio, TX** November 2015 – May 2016
Clinical Research Coordinator
- Worked on an intervention-based randomized clinical trial linking inflammation due to dietary profile and genetic biomarkers to breast cancer recurrence among obese female breast cancer survivors
 - Developed a tailored report of serum inflammatory biomarker levels for distribution to study participants to be used in conversation with healthcare providers regarding future preventive care
- Methodist Hospitals, San Antonio, TX** March 2013 – May 2015
Medical Scribe
- Accumulated 3020 clinical hours working with a group of cardiologists, a pain management specialist, and providers in primary care as well as emergency medicine by charting patients' confidential documents

- Accompanied physicians as they diagnosed and treated patients in the Emergency Room by performing essential non-patient care related tasks such as charting, ordering radiology scans, and laboratory work
- Recorded patient encounter information into electronic health record

Texas Biomedical Research Institute, San Antonio, TX

May 2012 – August 2013

Research Assistant

- Mastered tissue culture technique and utilized skills such as thawing, passaging, and freezing cells
- Worked with stem cells extracted from a baboon's bone marrow in the femur
- Conducted a literature review on primate models in translational regenerative medicine
- Developed a lab manual consisting of standard procedures and protocols of working with tissue culture

Southwest Research Institute, San Antonio, TX

May 2013 – August 2013

Data Collector & Project Management Intern

- Worked with research advisor in developing an organization for clinical researchers and physicians to communicate on progress of current, ongoing new treatments
- Assisted in paperwork for proper laboratory techniques and equipment handling

Learning Academic Center, St. Mary's University, San Antonio, TX

August 2012 – May 2014

Teacher Assistant

- Designed units and lessons aligned with University Standards for General Biology & Organic Chemistry lectures and labs
- Demonstrated commitment to continued learning through active participation in professional development opportunities and departmental meetings
- Utilized ongoing informal and formal assessment to measure effectiveness of teaching

Transmed Medical Supplier, San Antonio, TX

May 2011 – July 2012

Intern

- Worked as an intern for a supplier of medical equipment such as respirators, wheelchairs, and home dialysis systems, prescribed by physicians for patient's use at home for an extended period of time
- Became certified by the American Red Cross in First Aid and Disaster Relief Training

RESEARCH EXPERIENCE

Authored Academic Textbook

Harb, Crystel M. (2020). Public Health Epidemiology. Lulu Press, Inc.

Online Contact Tracing Certificate course developed for undergraduates seeking Public Health internships: Harb, Crystel M. (2021). Contact Tracing Certificate Course. Udemy.

Research Grants

- CHEST Foundation Research Grant in COVID-19, August 2020
- American Thoracic Society Research Grant in COVID-19 & Diversity, August 2020
- National Endowment for the Humanities, August 2020

Peer-Reviewed Journal Publications

Crystel M. Harb, MPH, DO candidate, Gaielle Harb, PharmD candidate, Bradi L. Frei, PharmD, BCPS, BCOP. "First-line Atezolizumab plus Chemotherapy in Extensive-Stage Small-Cell Lung Cancer: Results of the Impower133 trial". Topics in Evidence-Based Pharmacy Practice Linn, William D. New York, NY: McGraw-Hill. July 22, 2019.

Amelie G. Ramirez, DrPH, Dorothy Long Parma, MD, MPH, Edgar Muñoz, MS, Kristin D. Mendoza, Crystel Harb, BS, Alan E.C. Holden, PhD, Michael Wargovich, PhD. "An anti-inflammatory dietary intervention to reduce breast cancer recurrence risk: study design and baseline data." Contemporary Clinical Trials. March 2017.

Oral Presentation

- Internal Medicine Case Study: COPD in Clinical Practice, August 2019
- NICU Pediatrics Case Study: Neonatal Respiratory Distress Syndrome, November 2019
- Family Medicine Case Study: Sinusitis Clinical Presentation, February 2020

Poster Presentation

A Pilot Study to Assess Vision Screening Follow-up Rates for Students in Harris County, Texas. University of Texas School of Public Health, Houston, TX, July 2016.

SOD protein instability as a possible cause of ALS. Biological Sciences Research Department: Cell & Molecular Biology Methods Lab, St. Mary's University, San Antonio, TX, May 2014.

Reproductive status and sex show strong effects on knee OA in a baboon model. Texas Biomedical Research Institute, San Antonio, TX, June 2013.

Medical Blog Writing

Crystel M. Harb, MPH, DO Candidate (2021). "Becoming a Physician: From Teacher to Student and Back." Amboss Medical Blog. April 2021.

LEADERSHIP EXPERIENCE

Student American Academy of Osteopathy National Representative	August 2018 – May 2019
American Osteopathic Association Professional Membership	August 2018 – Present
University of Texas at San Antonio Globe Med Chapter Advisor	January 2021 – Present

CERTIFICATIONS

Basic Life Support Certification American Heart Association	June 2021 – June 2023
Advanced Cardiovascular Life Support American Heart Association	June 2021– June 2023
Pediatrics Advanced Life Support American Heart Association	June 2021 – June 2023
Mentor training on NSF and NIH grant applications Center for the Improvement of Mentored Experiences in Research	August 2020
Nationally Certified Emergency Medical Technician National Registry of American Emergency Medical Technicians	June 2018
Satori Alternatives to Managing Aggression (SAMA) Non-Violent Crisis Intervention Training University of the Incarnate Word School of Osteopathic Medicine	June 2019
Learn, Identify, Fight Trafficking (LIFT) Training University of the Incarnate Word School of Osteopathic Medicine	February 2019

VOLUNTEER EXPERIENCE

Habitat for Humanity, 890 hours Assisted in building houses for the community	March 2014 – July 2018
Haven for Hope, 1400 hours Assisted in meal preparations for the community	March 2014 – July 2018
San Antonio Food Bank, 1262 hours Assisted in gathering food boxes and containers for Food & Fund drive	March 2014 – July 2018
University of the Incarnate Word School of Optometry, 26 hours Volunteered in the student-run clinic	January 2018 – July 2018
Davidson Respite House, 368 hours Assisted children with developmental disabilities	May 2018 – March 2019
National Apostates of Maronites, 1224 hours Assisted in conference held to raise funds for underserved	January 2014 – Present
University of the Incarnate Word Vaccine Drive, 24 hours Assisted in administering annual vaccines for school-aged children	September 2017 – Present
Refugee Student-Run Health Clinic, 124 hours Assisted in patient care with translating Arabic-English medical terminology	October 2017 – Present
St. George Maronite Catholic Church, 3224 hours Assisted in raising funds for underserved	May 2011 – Present

AWARDS & HONORS

Research Award University of the Incarnate Word School of Osteopathic Medicine	Spring 2021
Spirit Award University of the Incarnate Word School of Osteopathic Medicine	Spring 2021
Merit Teaching Award University of Texas at San Antonio	Fall 2019
Translating Osteopathic Understanding into Community Health Award Recipient Council of Osteopathic Student Government	Spring 2019
Life Award for Outstanding Professional Faculty University of Texas at San Antonio	Spring 2017

PROFICIENCIES

Languages:

- Arabic: Fluent speaking, native language
- French: Basic understanding and knowledge
- Medical Spanish: Elective course