**Nila Grace Aburto, MD**

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# Post Graduate Training

## Connecticut Institute for Communities (CIFC Health) Danbury, CT (2021-2024)

Internal Medicine – Primary Care



# Education

## St. Matthew’s University School of Medicine Grand Cayman, Cayman Islands (2021)

MD

## Boston University  Boston, MA (2011)

MA Psychology

## Boston College Chestnut Hill, MA (2010)

BA Psychology

**Experience**

## Connecticut Institute for Communities (CIFC Health) Danbury, CT (2021-2024)

Internal Medicine Resident Physician

Comprehensive Internal Medicine residency training program, focused on primary care training. Inpatient training at Griffin Hospital, along with opportunities to rotate at affiliated hospital, Yale New Haven Health. Ambulatory training at Greater Danbury Community Health Center, an FQHC in Danbury, CT. Additional outpatient training at Griffin Faculty Physicians, Veterans Affairs outpatient clinic, and several private practices in the region.

In patient training:

* Performed diagnostic evaluations and provided medical management to patients in the hospital, while communicating effectively with patients, their families, and other interdisciplinary team members (under the guidance of teaching attending physicians).
* As a PGY-2 and PGY-3, provided supervision and education to PGY-1 residents and medical students.
* Implemented Planetree philosophy of patent centered care.
* Presented various patient cases and journal reports at Morning Reports and Noon Conferences.

Ambulatory Training:

* Performed diagnostic evaluation and provided medical management to patients in the ambulatory setting (under the guidance of clinic teaching attendings).
* Developed longitudinal relationships with continuity clinic patients.
* By working in various ambulatory settings, exposed to patients with varied acuity of medical conditions and from various socioeconomic backgrounds.
* Presented ambulatory topics and board review sessions for fellow co-residents as part of structured clinical didactics.

**Residential Counselor** **at NIPD-NJ** Westwood, NJ (2012-2016)

* Assisted adults with developmental disabilities to improve their independent daily living skills.
* Provided counseling support and actively participated in community integration.
* Administered medication and followed individualized treatment protocols.
* Used crisis intervention skills when necessary.

# Academic Conferences and Projects

**CT American College Physicians (ACP) Poster Presentation** Southington, CT (10/2023)

A Case of Familial Venous/Arterial Hypercoagulability

**Griffin Hospital Grand Rounds** Derby, CT (10/2023)

Hematology Case Presentation

**QI project: OSCE** Danbury, CT (2022-2023)

Faculty Advisor: Jennifer Cohen, MD

* Implemented a QI project aimed at improving resident confidence and proficiency in performing musculoskeletal physical exams in the ambulatory setting, by providing specialized OSCE training sessions throughout the year.

**Activities/Skills**

**CIFC Health Residency Program Wellness Committee**

* Organized various activities to promote resident health, work-life balance, and encourage community building.

**Spanish Fluency** – *Native/Bilingual Proficiency*

**ACLS/BLS Certified**