

# KARLA ARAYA AGUILAR

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## Education

### ***Fellow in pulmonology***

February 2020 to present date.

University of Costa Rica, Postgraduate Program in Medical Specialties.

### ***Geriatrics and Medical Gerontology Specialist***

August 2008 to July 2013.

University of Costa Rica, Postgraduate Program in Medical Specialties

### ***Bachelor's degree in General Medicine and Surgery***

January 2000 to December 2005.

University of Medical Sciences (UCIMED).

### ***High school***

February 1995 to December 1999.

Academic High school of Puriscal.

### ***First and Second cycles in basic education***

February 1989 to December 1994.

Daño Flores Hernández School, Puriscal.

## Experience

### ***San Juan de Dios Hospital, Caja Costarricense de Seguro Social (CCSS)***

*Fellow in pulmonology, february 2020 to present.*

### ***Dr. Tony Facio Castro Hospital, Caja Costarricense de Seguro Social (CCSS)***

*Geriatrics Medical physician, August 2013 to January 2020.*

*Internal Medicine Service coordinator, November 2014 to June 2015.*

*Local Pharmacotherapy Committee, September 2015 to January 2020.*

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Bioethics Commission, January 2014 to January 2020.

Local Academic Committee, January 2014 to January 2020.

Commission of the elderly, February 2014 to January 2020.

### **Hispanic American University**

University internship tutor, January 2016 to March 2019.

### **Iberoamerican University (UNIBE)**

University internship tutor, January 2014 to December 2015.

### **EBAIS La Gloria, Puriscal – Turrubares, Caja Costarricense de Seguro Social (CCSS)**

General Physician, February 2006 to July 2008.

### **Congresses/Additional Education**


- 13<sup>th</sup> virtual congress of Latin American Association of Thorax (ALAT), December 2020.
- Course Methods in epidemiological, Clinical and Operational Research (MECOR), virtual, Level 1, October 2020.
- Good research practices, virtual, CENDEISSS, March 2020, Costa Rica.
- Course Methods in epidemiological, Clinical and Operational Research (MECOR), Basic Level, October 2019, Monterrey, México.
- Advanced Cardiac Support (ACLS), CENDEISSS, July 2019, July 2013, May 2007, Costa Rica.
- Basic Life Support (BLS), CENDEISSS, July 2019, June 2013, May 2006, Costa Rica
- 12<sup>th</sup> congress of Latin American Association of Thorax (ALAT), July 2019, Panamá.
- Pulmonary thromboembolism course acute to chronic form, 12<sup>th</sup> congress of Latin American Association of Thorax (ALAT), July 2019, Panamá.
- VII Edition of the Master's degree on infection by the human immunodeficiency virus of the ESTHER Campus (2017-2018) – King Juan Carlos University, 2017 – 2018.
- 14<sup>th</sup> International Congress of the European Geriatric Medicine Society, October 2018, Berlín, Germany.
- Focused ultrasound, basic evaluation of the hospitalized patient, May 2018, Costa Rica.
- Comprehensive health record system (SIES), CENDEISSS, September 2017, Costa Rica.
- Chest ultrasound, Pre-Congress XXX Central American and Caribbean Congress of Pneumology and Thoracic Surgery, March 2017, Costa Rica.
- XXX Central American and Caribbean Congress of Pneumology and Thoracic Surgery, March 2017, Costa Rica.
- Intensive course on immunology – Innate immune response, adaptive immune response: from basic concepts to relevant clinical aspects, Clodomiro Picado Institute, March 2017, Costa Rica.

- Pulmonary hypertension. From evidence to experience and new horizon: Chronic thromboembolic pulmonary hypertension, Online course, Clinic Barcelona, October 2016.
- Cardiogeriatrics, National Institute of Geriatrics, México, online course, July to September 2016.
- Bioethics and health services management, CENDEISSS, August 2016, Costa Rica.
- Good research practices, CENDEISSS, February to March 2016, Costa Rica.
- Ultrasound in emergencies, January 2016, Costa Rica.
- Standards for the control of tuberculosis course, Costa Rica Medical Physician College, January 2016, Costa Rica.
- Evidence-Based Medicine Course, CENDEISSS, September 2015, Costa Rica
- Qualitative research course, CENDEISSS, August 2015, Costa Rica.
- Research methodology course, CENDEISSS, May 2015, Costa Rica.
- Fundamentals of Bioethics course, CENDEISSS, February 2015, Costa Rica.
- 76 National medical congress, Costa Rica 2014, November 2014.
- Total Nutritional therapy in geriatrics, June 2014, Costa Rica.
- 75 National medical congress, Costa Rica 2013, November 2013.
- XXVI National week and XXV international week of geriatrics and gerontology, April 2012, Costa Rica.
- Online tutors, CENDEISSS, October 2012, Costa Rica.
- Total nutritional therapy, November 2011, Costa Rica.
- XXV National week and XXIV international week of geriatrics and gerontology, April 2011, Costa Rica.
- Basic mechanical ventilation, CENDEISSS, March 2011, Costa Rica
- Update on Dementia and cognitive impairment, February 2010, Costa Rica.
- XXI National week and XX international week of geriatrics and gerontology, April 2007, Costa Rica.
- Ethics and professional responsibility course of the physician, CENDEISSS, February 2007, Costa Rica.

## **Publications**

- Scientific work, presented at ALAT 2020, Pulmonary cystic diseases, differential diagnosis. Case report.
- Pulmonary rehabilitation in the elderly with chronic obstructive and/or interstitial lung disease at the Hospital of Geriatrics and Gerontology, Dr. Raúl Blanco Cervantes from May 2012 to June 2013. Clinical Journal of the University of Costa Rica School of Medicine – San Juan de Dios Hospital. Year 2017 Vol. 7 No IV.

## **Previous Research Experience**

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- Final graduation project to obtain the title of specialist in Geriatrics and Gerontology, University of Costa Rica.