

RICK HICIANO

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EDUCATION:

Geisinger Commonwealth School of Medicine (GCSOM), Scranton, PA

Doctor of Medicine Candidate (expected graduation: May 2023)

Hunter College of the City University of New York, New York, NY, September 2017

Bachelor of Arts in Psychology

Bachelor of Arts in Thomas Hunter Special Honors Curriculum

HONORS & AWARDS:

- Psi Chi National Honor Society December 2015
- Livingston Welch Award, Hunter College Psychology Department May 217
- Harlem Mental Health Awareness Speaker & Panelist Nov 2017

RESEARCH:

Student Researcher

Oct 2019 – Present

Geisinger Commonwealth School of Medicine

Scranton, PA

- Collaborate with 8 medical students, faculty, and community mentors on a yearlong community-based research project titled *Colorectal Cancer Screening: Improving Awareness and Knowledge Through Health Education*
- Gain important insights on epidemiology, community health, and physician engagement with organizations and agencies to improve community health
- Performed a literature review and assessed community-specific health data including demographics, health indicators, health-related infrastructure, and social, behavioral, and environmental determinants of health
- Recruited project with over 50 participants, administered informed consent discussion, collected baseline data and administered follow-up survey

Student Researcher

Aug 2016 – Jun 2017

Hunter College Alcohol Studies Laboratory

New York, NY

- Collaborated with Dr. Erblich on a research project titled: "Cue-reactivity Mediates the Relationship between Positive Urgency and Alcohol Demand"
- Gained important insights on statistical analysis and the interaction between alcohol, dispositional traits, and environmental influence
- Performed a literature review and assessed adult-specific health data including demographics, genetic dispositions, alcohol consumption, and social, behavioral, and environmental determinants of health in adults
- Managed data collection, entry, and coding for physiological study
- Contributed to grant-writing process and received an undergraduate research grant
- IRB preparation and submission for research project on the interaction between alcohol consumption, positive urgency and creativity.

Research Volunteer**Feb 2015 – May 2016***Bellevue-NYU Adolescent Psychiatric Inpatient Unit**New York, NY*

- Screened children and adolescents (ages 5 – 17) for depression and suicidal ideation upon inpatient entry and discharge
- Performed chart reviews and contributed to data collection, entry, and coding for quality data collection
- Led small interactive groups designed to improve communication and emotional intelligence

PUBLICATIONS/PRESENTATIONS:

Erblich J., Hiciano R., Epino K. Poster Presentation on “*Cue-reactivity Mediates the Relationship between Positive Urgency and Alcohol Demand*” at the 45th Annual Psychology Research Convention in Hunter College, New York, NY, April 23rd, **2017**.

Erblich J., Hiciano R., Epino K. Poster Presentation on “*Cue-reactivity Mediates the Relationship between Positive Urgency and Alcohol Demand*” at the 40th Annual Scientific Meeting of the Research Society on Alcoholism (RSA), Denver, CO, June 24th-28th, **2017**.

Erblich J., Hiciano R., Epino K. Poster Presentation on “*Positive vs. Negative Urgency and the Behavioral Economics of Alcohol Among Social Drinkers*” at the 40th Annual Scientific Meeting of the Research Society on Alcoholism (RSA), Denver, CO, June 24th-28th, **2017**.

PROFESSIONAL/WORK EXPERIENCE:**Fitness Coach****Apr 2018 – Jul 2019***Synergy Fitness Corporation**New York, NY*

- Coached and provided strength and aerobic exercise training for individuals ages 18 – 90
- Certified in Strength and Conditioning for Seniors under approval by the American College of Sports Medicine
- Provided nutritional counseling which led up to and over 30 lbs of weight loss in overweight individuals
- Increased corporation sales by 10% through client sales and management

Laboratory Assistant**Apr 2014 – Jul 2019***Weill Cornell Medical College**New York, NY*

- Increased research equipment utilization rate by 50% by optimizing efficient processing for sterilization/washing for multiple labs within the department of Hematology/Oncology
- Ensured complete sterilization of clinical research equipment by upgrading and maintaining autoclave machines/washers

Team Leader**Aug 2015 – May 2017***Hunter College Brothers for Excellence**New York, NY*

- Increased member retention/participation rate by 20% through weekly advertisement and on-campus tabling

- Contributed in the increase of members' overall GPA through the creation of an ambitious and collaborative environment by facilitating weekly workshops focus on undergraduate success and personal development
- Spread awareness and provided student resources for internships, academic success, and mentoring
- Mentored multiple students in achieving academic success, obtaining leaderships positions within organizations, and obtaining internships

Health Careers Intern

Jun 2014 – Aug 2014

SUNY Downstate School of Medicine

Brooklyn, NY

- Shadowed family physicians, nurses, physical and occupational therapists in a clinical setting to gain practical, multidisciplinary experiences from seasoned professionals to understand the related daily work, expectations depth and breadth of the health professions field
- Created an oral presentation illustrating knowledge of various health specialties
- Developed interpersonal skills, teamwork skills, and communication skills through public speaking and team-building exercises with other students
- Interacted with all members of the medical team in an interprofessional context

LEADERSHIP/SERVICE EXPERIENCE:

The Martial Arts/Self-Defense Club President

Sep 2019 – Present

Geisinger Commonwealth School of Medicine

Scranton, PA

- Initiated a club to expose students and interested individuals to martial arts and various self-defense techniques
- Facilitate and instruct classes for self-defense
- Instruct participants on the philosophy of martial arts, including a garnering positive mindset, self-reflection, discipline and adaptability

Mentor, Pre-Medical Mentoring Program

Aug 2019 – Present

Geisinger Commonwealth School of Medicine

Scranton, PA

- Mentor and support pre-medical, undergraduate students in their journey to attend medical school or a health-related field
- Provide forthright guidance to mentees regarding the medical school curriculum, standardized examinations, specialty exposure, and the co-curricular aspects of medical school

Student Ambassador, Office of Admissions

Aug 2019 – Present

Geisinger Commonwealth School of Medicine

Scranton, PA

- Act as liaison between Geisinger Commonwealth School of Medicine and prospective students and their families, current and prospective donors, and hospital affiliates
- Interview and evaluate prospective candidates monthly for admission to the medical school
- Participate in panels and lunches for prospective students and interviewees, providing information about the college, curriculum, and medical school application process
- Lead tours of the medical sciences building and hosted interviewees on overnight stays during the interview process

Psychology Club President*Hunter College***Aug 2015 – May 2017***New York, NY*

- Increased membership participation, attendance, and retention by 150% through weekly advertisements, organized events, creation of a club website and listserv
- Collaborated with professors, outside organizations, and other clubs to provide volunteer and internship opportunities for current students
- Oversaw club finances and increased budget allotment by 31%

Convention Director*Hunter College***Apr 2017***New York, NY*

- Directed the promotion and organization of workshops, food, and presentations for over 300 participants
- Collaborated with multiple professors, students, and researchers for creation and maintenance of the Hunter College Psychology Department's largest research event
- Presented novel research regarding positive urgency and alcohol addiction

CULTURAL COMPETENCY EXPERIENCES:**Patient Safety Certificate***Geisinger Commonwealth School of Medicine***Sep 2019 – Present***Scranton, PA*

- Recall the broad scope of Patient Safety Science
- Articulate the understanding of human factors, system science, error science and technology and their impact on safe care delivery
- Value the roles interprofessional healthcare providers and patient and family in delivery safe care
- Demonstrate the attributes of a "patient-safe clinician"
- Model for other behaviors of transparency, respect and improvement to contribute to an environment of Just Culture

Developing Empathy for the Lived Experience of Psychiatric Disability: A Simulation of Hearing Distressing Voices*Geisinger Commonwealth School of Medicine***Jan 2020***Scranton, PA*

- Participated in an interactive training session on performing a mental status exam in a mock psychiatric emergency room
- Learned about the types and varieties and discussed effective ways of helping individuals who hear distressing voices

Title IX Trained*Geisinger Commonwealth School of Medicine***Oct 2019***Scranton, PA*

- Trained on the responsibilities of a bystander, and able to recognize behaviors that may constitute dating/domestic violence, sexual assault, or stalking
- Recognized barriers that may prevent bystanders from acting in the face of potential power-based personal violence, developed realistic intervention options, and learned to proactively engage peers in positive culture change through role modeling, use of social media, and conversations

Family Centered Experience*Geisinger Commonwealth School of Medicine***Sep 2019 – Present***Scranton, PA*

- Engage with a family in the community to develop a relationship over time and explore their perspectives and understandings of living with Alzheimer's disease, with a focus on experiences, family relationships, health beliefs, culture, social constructs, and society's ability to adapt and respond to changes related to health
- Develop and demonstrate compassionate and empathetic communication skills, and reflection on how personal life experiences frames of meaning

Cross-Cultural Communication Trained

Geisinger Commonwealth School of Medicine

Aug 2019

Scranton, PA

- Engaged in an interactive activity to experience how culture plays an important role in how successful or the lack of success individuals have with navigating cultural spaces
- Gained an awareness of the PROS and CONS to every issue and how individuals' backgrounds and experiences influence their worldviews and sense of belonging in any context on campus and beyond

Community Action Poverty Simulation

Geisinger Commonwealth School of Medicine

Sep 2018

Scranton, PA

- Engaged in an interactive immersive experience to gain awareness of poverty and to understand the experiences of those living in a low-income environment
- Engaged in a group discussion to develop proposals on how to intervene and promote better healthcare for low-income families

Microaggressions Trained

Geisinger Commonwealth School of Medicine

Nov 2017

Scranton, PA

- Engaged in an interactive discussion regarding techniques to minimize the occurrences of microaggressions and ways to appropriately acknowledge and address them through effective communication and self-reflection

Mental Health First Aid Certified

Geisinger Commonwealth School of Medicine

May 2017

New York, NY

- Increased research equipment utilization rate by 50% by optimizing efficient processing for sterilization/washing for multiple labs within the department of Hematology/Oncology
- Engaged in an interactive discussion regarding techniques to minimize the stigma of mental illness and ways to appropriately acknowledge, address, and interact with those with mental illnesses
- Trained in the assessment and treatment of mental health emergencies

PROFESSIONAL ASSOCIATIONS:

Latino Medical Student Association (LMSA)

Lackawanna County Medical Society

PA Medical Society

American Medical Association (AMA)

Medical Spanish Club

PERSONAL INTERESTS:

Fitness training, Martial Arts, Drumming, Reading

