



Regina L. Morris Solis, MD, MMLSc.
Curriculum Vitae

WORK EXPERIENCE

Brevard Orthopaedic Spine & Pain Clinic, Inc., DBA The BACK Center (Pain Management Physician)

February 2018 – Present

Interventional and medicinal management of pain. I excel at complex medication pain management and apply a safe multidisciplinary/multimodal approach to both long term chronic and acute patients in severe hard to treat pain. I have extensive training in performing multiple Epidural Steroid Injections, Facet Joint Injections (cervical, thoracic, and lumbar) under ultrasound guidance or fluoroscopic guidance, Intraarticular injections, Medial Branch Nerve Blocks, Spinal Cord Stimulator Trials and Permanent Implantations, Discograms, Kyphoplasties, Sacroiliac Joint Injections, Radiofrequency Ablations, Sympathetic blocks, Cryotherapy, and multiple perioperative Regional Anesthesia blocks.

Pain Management Associates (Pain Management Physician/Anesthesiologist)

August 2013 – February 2018

I am a Florida and South Carolina licensed physician specializing in Pain Management and Anesthesiology. I provide compassionate and caring interactions with patients, safe medication management, and precise x-ray-guided and ultrasound-guided pain interventions that yield tremendous results and happy patients.

Broward County School Board (Teacher)

November 1999 - June 2003

I am a Florida State licensed teacher in mathematics, science, and adult education. I taught Junior high school mathematics & science. Used innovative hands-on techniques and visual presentations for students to detect trends & prepare charts depicting these trends. Used a variety of teaching and individual strategies to encourage students to reach their potential.

EDUCATION

Pain Medicine Fellow Physician

Harvard Medical School/Beth Israel Deaconess Medical Center (07/12-06/13), Boston, Massachusetts

Anesthesiology Resident Physician

St. Barnabas Medical Center (07/08-06/12), Livingston, New Jersey

Creighton University School of Medicine (06/04-05/08), Omaha, Nebraska

Master of Science in Medical Laboratory Sciences

Florida International University (08/99-05/01), Miami, Florida

Bachelor of Science in Biological Sciences

Florida International University (06/97-05/99), Miami, Florida

Associate of Science in Microbiology and Analytical Chemistry

University of Florida (08/95-05/97), Gainesville, Florida

High School Diploma

Cooper City High School (08/91-06/95), Cooper City, Florida; Graduated with Honors, Valedictorian

AWARDS/RECOGNITION

Chief Residents' Excellence Award in Research (6/2012)

American Pain Society Pain Management Primer for Residents & Fellows Scholarship (5/2012)

Systems-Based Project Award (June 2010)

Society for the Advancement of Blood Management Research Presentation Award (9/2010)

Excellence in Patient Care Award (September 2008)

Honors: Host Defense (7/2004), Principles of Microbiology (7/2004), Neurosciences (7/2004),

Human Development & Medicine (5/2005)

Scholl Medical Scholarship (8/2004 – 5/2005)

Post-baccalaureate Graduate Scholarship (7/2004 -5/ 2008)

Professional Disadvantaged Medical Scholarship (8/2005 -5/ 2008)

Medical Dean's Assistance Scholarship (8/2007)

CERTIFICATION/LICENSURE

ACLS Certified

BLS Certified

South Carolina Physician License, July 2013 – Present

Florida Physician License, January 2013 – Present

North Carolina Physician License, April 2017 - Present

Double Board Certified in Pain Management and Anesthesiology with the American Board of Anesthesiology

REMS Certified, August 2012 - Present

APPOINTMENTS

Member, New Jersey Regional Anesthesia Society (January 2011 – June 2012)
Member, Department of Anesthesiology Research Committee (7/2008-6/ 2012)
Member, American Pain Society (March 2009-Present)
Member, The American Academy of Pain Medicine (February 2009-Present)
Member, American Society of Regional Anesthesia & Pain Medicine (12/2009 – Present)
Member, American Cancer Society (July 2008 – Present)
Member, Society for the Advancement of Blood Management (August 2010 –Present)
Member, OR Safety Committee at Saint Barnabas Medical Center (7/2010 – 6/2012)
Curriculum Chair, Creighton University School of Medicine Class of 2008 (8/2004-2008)
Delegate, American Academy of Neurology Student Interest Group (January – December 2005)
Treasurer, Minority Health Sciences Student Association (August 2003- May 2004)
Lecturer, Focus on Health Professions Seminar (July 2003- December 2004)
Tutor, Saturday School Minority ACT Preparation (July – December 2004)
Mentor for Financially/Educationally Disadvantaged Post-Bacc Program (8/2004 – Present)
Science Department Head, Gloria Dei Academy (8/2002-6/2003), Davie, Florida
Math Curriculum Committee Member, Broward County School Board (1/2003 – 6/2003)
Hospice Bereavement Counselor (8/1995 – 5/1999)
Delegate, National Youth Leadership Forum on Medicine (6/1995 – 8/1995)
Judge for Annual Frederick Douglass Essay Contest (2/1994 – Present)
Board Member of Miami Crusade Against Drugs (2/1994 – Present)

ASSOCIATIONS & AFFILIATIONS

American Pain Society, 12/2009 – Present
The American Academy of Pain Medicine, 12/ 2009 – Present
American Society of Regional Anesthesia & Pain Medicine, 12/2009 – Present
American Cancer Society, 12/ 2008 - Present
Society for the Advancement of Blood Management, 4/2010 - Present
American Society of Anesthesiologists, Member, 6/2007 – Present
American College of Physicians Society, Member, April 2006 – Present
National Medical Association, Current Member
Minority Health Sciences Student Association, Member, September 2003 – 5/2008
American Academy of Neurology, Member 8/2005 – Present
American Medical Women's Association, Member, September 2004 – Present
Christian Medical & Dental Association, Member, September 2004 – Present
American Medical Student Association, Member, 7/2004 – 2008
Miami Crusade Against Drugs, Board Member, 2/ 1994 – Present
Order of the Eastern Star, 12/1996-Present

COMMUNITY ACTIVITIES

Doctoral Mentor at the University of South Carolina for PhD candidate of nursing practice. September 2017-Present

Guest Lecturer at Edward Virginia College of Osteopathic Medicine Carolinas Campus
2014 – Present

Formal structured lectures to first and second year medical students on acute and chronic pain management, physiology, and pharmacology.

Hospital Sacre Coeur Crudem in Haiti, Medical Mission Volunteer 3/2012: I volunteered as a physician to provide free health care, critical care, and anesthesia to patients at the Hospital Sacre Coeur in Milot, Haiti. The hospital where I served is the largest hospital in northern Haiti. Upon our arrival, there were over a hundred patients many of whom had travelled far even by foot waiting to be seen in our preoperative clinic and evaluated for surgery as well as trauma patients from a local public bus accident that occurred within hours of our arrival.

There was much to do and many patients to care for. I am honored & extremely happy to have been a part of this endeavor.

Summer Special Olympics, First Aid Volunteer 7/ 2010

New York City Marathon, First Aid Volunteer, November 2009

Patient Navigator July 2008 – 6/2009: As a patient navigator, a volunteer program part of the American Cancer Society, I serve as a contact person to those who have been recently diagnosed with cancer and currently receive treatment at a local hospital.

I guide patients involved in the program through their cancer journey. I ensure that the person's needs are met through their initial contact, and provide additional support and information regarding community resources, programs, and services, basic cancer information. As a patient navigator volunteer I do not address the medical needs of the patient, rather I serve as a resource to guide them to the proper referral source.

Member, Project T.A.N (Take Action Now) August 2007 – 5/2008: Project T.A.N is a women's health group serving the community. We are a group of health care professionals that have come together to promote and support the advancement of women's health, with the goals of promotion, prevention, and healthy living. Planned activities include educational seminars, health fairs, and frequent campus wide promotions of various health topics.

Magis Pediatric Vaccination Clinic, Thursday August 2, 2007: medical student founded & run clinic. Helped provide free vaccinations to children

Luis Palau Heartland Festival, Saturday July 14, 2007: public health outreach (screenings & common disease information & education) 40,000 people in attendance & thousands screened

Gomez-Heritage Health Fair, Saturday April 21, 2007 vitals: height, weight, BMIs, etc

Charles Drew Clinic, November 2003 & February 2007

Worked at the Charles Drew Clinic to expand and enhance its healthcare and social services to Omaha's underserved minority, low income, and refugee populations. Helped provide basic primary health care needs, including: immunizations & assisting with Ob-Gyn needs such as pap smears and pelvic exams.

Sight Savers Glaucoma Screening Kick Off at Catholic Charities Juan Diego Center, Saturday, January 13, 2007.

For this screening, there were five stations: 1.) registration, history-taking, (I speak Spanish). 2.) Visual acuity - Snellen chart at 20 feet 3.) Visual fields - FDT machines (frequency doubling technology) that measures peripheral vision loss 4.) Baseline pressure checks - w/ TonoPen 5.) Direct ophthalmoscopic exam - direct ophthalmoscopes in dimly-lit room.

Health Fair at St. Paul United Methodist Church, Vision screening with Prevent Blindness Nebraska, September 30, 2006

Sight Savers Program at Liberty Elementary School in Omaha, Nebraska, September 9, 2006
Provided free visual acuity & glaucoma screening exams to children.

Eighth Annual Youth Health Extravaganza in Omaha, Nebraska, August 19, 2006
Performed free back-to-school physicals to underserved and economically challenged families.

Summer Special Olympics, First Aid Volunteer, 2006
Provided emergency first aid care to Special Olympics athletes at the Bowling tournament.

First Aid Station (Casa de Socorro) for the Creighton South Clinic: Cinco de Mayo Event, May 6, 2006
Worked as part of an official "First Aid Station" rendering first aid and offering free Blood pressure and weight measurements serving a predominantly Hispanic population.

Make-A-Wish 20th Annual 5K Walk, Creighton Medical School, September 12, 2004

3 Cow Eye Dissections, conducted in April 2004 for Junior High Students

Focus on Health Professions Seminar, lecturer, 7/2003-12/2004
Instructed students in seventh through twelfth grades about information and opportunities in health profession careers via didactic and active engagement lecture and activities.

Saturday School Minority ACT Prep Tutoring, April 2004, October 2004

Tutoring & Mentoring for Financially/Educationally Disadvantaged Post-Baccalaureate Program, July 2004 - Present

Omaha Community Outreach Health Fair, May 2004

One World Clinic, Omaha, NE, October 2003

Miami Crusade Against Drugs, 2/1994-Present

I am a board member for this organization that deals in moving urban children off of the streets, where drugs and crime are within reach of the children, and into programs of all types, such as lifeguard certification, trips to the Everglades, Key West trips, lectures, tutoring, etc. I also am a judge in their annual Frederick Douglass Essay Contest.

Shands Hospital Volunteer Committee, 8/1995- 5/1997

I was a member of the Shands Volunteer Committee in the American Medical Student Association up until my transfer to FIU. I worked as a Cuddler, where I laughed, played, and "cuddled" the hospitalized children that were mobile and rocked or held the hand of those that were immobile or in the neonatal units. In most cases, I had to be fully padded down with sterilized clothing and gloves, but the contact was real and human and calmed the children who cannot communicate their pain with anything but tears.

Hospice Patient and Kids Camp Counselor, 5/1997-6/1997

I was assigned as a counselor to terminally ill patients that have chosen not to seek further medical treatment and to die as naturally and peacefully as possible.

My job was to help them in anyway I could morally and ethically, in short be a friend. Whereas, most terminally ill adult patients seek peace and a painless atmosphere, the children of these adults and the children patients themselves seek excitement, noise, and mischief. Which showed me that the secret to enjoying life is be thankful for what each day brings for we do not remember days, we remember moments, make moments worth remembering.

RESEARCH EXPERIENCE, PUBLICATIONS AND PRESENTATIONS

Nixon, Kezia, Morris Solis. Exercise Therapy for the Treatment of Knee Osteoarthritis. Submitted for publication

Morris Solis RL, Nagda J Principles & Practice of Pain Medicine, 3rd edition. In process of writing a Chapter on Pelvic Pain

Two Poster Presentations at the American Pain Society Annual Conference (May 2012)

1) "Postoperative Headaches: Does anesthetic technique matter?" (1/2011 - 7/2011)

Morris Solis RL, Dorian R, Prabhu N

2) "Terror in the PACU: "Spice" (a synthetic cannabinoid) withdrawal symptoms/adverse effects" (6/2011 - 7/2011)

Morris Solis RL, Sattari R, Prabhu N, Dorian R

Evaluation of the Safety and Efficacy of EXPAREL® (Bupivacaine Liposome Injectable Suspension) When Administered via Infiltration into the Transversus Abdominis Plane (TAP) for Prolonged Postoperative Analgesia in Subjects Undergoing Laparoscopic Donor Nephrectomy (**March** 21, 2012 – June 2012)

Ali Kandil, DO, MPH, Nikhil Vajaria, DO, Regina Morris MD, MMLSc; Robert Dorian, MD; Harry Sun MD

Poster Presentation at Society for the Advancement of Blood Management (SABM) Annual Conference: Received Best Research Presentation Award September 2010

Noninvasive Vagal Nerve Stimulation for Postoperative Ileus (8/2011-Present)

Morris Solis RL, Braverman J, Dorian R

The Use of Extended Release Epidural Morphine vs Transversus Abdominis Plane Blocks for Elective Abdominal Surgeries (8/2011-June 2012)

Morris Solis RL, Dorian R

Herbal Medicine and their Perioperative Effects on Blood Loss: A review Article (1/2010- 9/2010)

Morris Solis RL, Rafizadeh M, Chan J, Dorian R

Introduction: With an increasing popularity for patients' use of non-prescription herbal supplements, there is a greater need to understand the pharmacodynamic and pharmacokinetic interactions and physiologic alterations that these herbal medications may have on the body. Some of these perioperative complications include prolonged bleeding, inflammation, and hypertension. Since many patients do not disclose their use of such herbs preoperatively, physicians are unaware of the potential for increased blood loss in the perioperative period. This article will consider various herbal preparations and review literature in the perspective of the perioperative period and provide suggestions for managing their preoperative use.

Patients (or Materials) and Methods: The MEDLINE and Cochrane Collaboration databases were searched for articles published between January 2000 and December 2009 using the search term *herbal medicine* and the names of 10 commonly used herbal medications. Additional data sources were obtained from manual searches of recent journal articles and textbooks.

We selected studies, case reports, and reviews addressing the safety and pharmacology of the 10 commonly used herbal medications for which safety information pertinent to perioperative blood loss was available.

We extracted safety, pharmacodynamic, and pharmacokinetic information from such selected literature and reached consensus about any discrepancies.

Results: Ephedra, garlic, ginkgo biloba, licorice, feverfew, ginger, vitamin E, Echinacea, and goldenseal are commonly used herbal medications that may pose a concern during the perioperative period.

Complications can arise from these herbs' direct effects including prolonged bleeding, inflammation, and hypertension. Feverfew, garlic, ginger, vitamin E, and Echinacea are all known to prolong bleeding and should be discontinued 1 week preoperatively.

Ginkgo biloba is also known to prolong bleeding and should be discontinued at least 36 hours preoperatively. Ephedra is known to cause hypertension and should be discontinued at least 24 hours preoperatively. Ginseng is known to prolong bleeding and worsen hypertension and should be discontinued at least 1 week preoperatively. Licorice is known to worsen hypertension and inflammation and should be discontinued at least 24 hours preoperatively. Finally, goldenseal is known to worsen inflammation and hypertension and should be discontinued 1 week preoperatively.

Conclusion: During the preoperative evaluation, physicians need to explicitly elicit and document any patient history of herbal medication use. In addition, physicians need to become more aware of the potential perioperative effects of such commonly used herbal medications to prevent, recognize, and treat potentially serious problems associated with their use and discontinuation. Overall, the understanding of the complications that herbal medications may have could assist to decrease perioperative blood loss and other blood-related complications.

In-service training on Herbal Medicine in Anesthesiology: Adverse Effects and Interactions to OR Nursing & Staff & Same Day Surgery Nursing & Staff August 2010

Grand Rounds: Herbal Medicine in Anesthesiology: Adverse Effects & Interactions March 2010
Morbidity & Mortality Conference on Pediatric Scoliosis patient with DIC Secondary to Cell Salvage September 2009

An Alternative Approach to Early Mobilization in Mechanically Ventilated Critical Care Patients (3/2009-Present)

Morris Solis RL, Dorian R, Gray E, Yodice P, Modica T, Menglegreen N, Schiller D

BACKGROUND & PURPOSE this study is aimed to assess the effectiveness of regular physical therapy using a stationary pedaling device compared with conventional physical therapy fitness/advancement in activity for mechanically ventilated critical care patients.

METHODS: This is a randomized controlled trial with a 1 month follow up. 300 patients are recruited in the critical care units & randomly assigned to conventional critical care rehabilitative treatment & advancement in activity (control group; n=150) and conventional treatment with stationary pedaling device or treadmill training (experimental group; n=150). All subjects are treated in 20 minute sessions for at least 5 days per week for duration of stay in the intensive care unit. Outcome measures are length of stay in intensive care unit, length of total hospital stay, total hospital cost, total intensive care cost, and pain levels.

A Multicenter, Randomized, Double-Blind, Placebo-Controlled, Parallel-Group Study of Intravenous Methylalntrexone (MOA-728) for the Treatment of Post Operative Ileus (5/2007 – 5/ 2008) Creighton University School of Medicine, Department of Anesthesiology
Study on approx 495 patients with postoperative ileus s/p segmental colectomy via open laparotomy at 90 study centers worldwide over a 12 month period.

Medical Student Summer Research Training Program in Diabetes, Endocrinology, and Metabolism, May - August 2005, Vanderbilt University School of Medicine
Figaro MK & Morris RL. Diabetes-Related Expectations: Psychometric Testing and Validation of an Instrument. 2007.

During graduate education in medical laboratory sciences at Florida International University: Cholera research, Laboratory Skills in Chromatography Techniques => Knowledgeable of the theory & practice of chromatographic techniques to separate complex mixtures of biomolecules, including absorption, ion exchange, size exclusion and affinity chromatography, Molecular Research Techniques => Experienced in the amplification & sequencing of specific genes from related organisms by PCR, Radioisotopes & Spectrophotometry => Trained in the safe use of radioisotopes in biological & biochemical experimentation, labeling of biochemical compounds, purification of labeled compounds, and instrumentation involved in detection of radioisotopes. Electrophoresis Techniques => Application of electrophoresis to biochemical & genetic experimentation

ADDITIONAL SKILLS

Proficient in spoken & fluent in written Spanish, Clinical Research Techniques: DNA synthesis & PCR, Spectrophotometry, HPLC, flow cytometry, gel electrophoresis, blotting, and ELISA. Basic accounting (payroll, inventory), Excel, Financial statements & database management

PERSONAL INTERESTS AND HOBBIES

Mentoring, Teaching, Community Health Outreach, Reading, Horseback Riding, Swimming, Snorkeling, Piano, Traveling, Church, Bull Riding Rodeos, & Living Each Day to The Fullest.