

MELISSA S. BARBER, MSc

Curriculum Vitae

Portland, OR 97202

Phone: (206) 457-9969

E-mail: melissa@biomeproject.org

Web: biomeproject.org, www.care-statement.org, swihm.com, integrativemed.org

EDUCATION

- 2021 National University of Natural Medicine (NUNM)- Portland, OR
- Naturopathic medical student
- 2016 NUNM
- Master of Science (MSc) in Integrative Medicine Research
- 2008 University of Portland- Portland, OR
- Bachelor of Science (BS) in Biology, Bachelor of Arts (BA) in Spanish, Minor in Chemistry
- 2007 Universidad de Granada/University of Granada- Granada, Spain

OTHER TRAINING

- 2014 Rishikesh YogPeeth- Rishikesh, India
- Yoga Teacher 300-hour Certification
 - Registered Yoga Teacher-500 hours (RYT-500)
 - More than 2,000 hours of teaching and 4 years teaching experience (E-RYT 500)
- 2014 The Nutritional Therapy Association, Inc. (NTA)- Bend, OR
- Nutritional Therapy Practitioner (NTP) Certification
- 2012 Kripalu Center for Yoga and Health- Stockbridge, MA
- Yoga Teacher 200-hour Certification
 - Registered Yoga Teacher-200 hours (RYT-200)

RESEARCH WORK EXPERIENCE

- 2014-present Research Associate. Supervisor: Dr. David Riley. CAse REport (CARE) Guideline Steering Committee, Scientific Writing in Health & Medicine (SWIHM), the Integrative Medicine Institute- Portland, OR
- 2014-6 Graduate Research Student. Mentor: Dr. Kimberly Tippens. Helfgott Research Institute, National University of Natural Medicine (NUNM)- Portland, OR
- 2014 Research Assistant I. Principal Investigator: Dr. Christina Bethell. Child and Adolescent Health Measurement Initiative (CAHMI), Department of Pediatrics, Oregon Health & Science University (OHSU)- Portland, OR
- 2012-4 Research Assistant II. Principal Investigators: Dr. Med. Halina Offner and Dr. Arthur A. Vandenberg. Neuroimmunology and Tykeson Multiple Sclerosis Research Laboratories, Department of Neurology, OHSU and the Veterans Affairs Medical Center (VAMC)- Portland, OR
- 2008-9 Post Baccalaureate Intramural Research Training Award (IRTA) Fellow. Principal Investigator: Dr. Julia Arnold. Endocrine Section, National Center for Complementary and Integrative Health (NCCIH), National Institutes of Health (NIH)- Bethesda, MD

- 2008 Hispanic Association of Colleges and Universities (HACU) Research Intern. Principal Investigator: Dr. Carol Blaisdell. Division of Lung Diseases (DLD), National Heart, Lung, and Blood Institute (NHLBI), NIH- Bethesda, MD
- 2007 Summer Research Intern. Principal Investigators: Drs. Kent Anger and Diane Rohlman. Center for Research on Occupational and Environmental Toxicology (CROET), OHSU- Portland, OR

OTHER WORK EXPERIENCE

- 2017-present Spanish Medical Interpreter, Telanguage, Inc.- Portland, OR
- 2017-present Coach, PumpUp (app)- www.pumpup.com
- 2017-present Yoga Instructor, Root Whole Body- Portland, OR
- 2015-present Owner, The Biome Project LLC- Portland, OR
- 2016-7 Integrative Nutritionist, Yoga Instructor, and Center Coordinator, Bensimon Center for Plastic Surgery and Aesthetic Medicine- Portland, OR
- 2016 Research Advisor, Diabetes Naturally- Tarpon Springs, FL
- 2015 Research Advisor, Gliimpse, Inc.- Redwood City, CA
- 2012-5 Owner and Yoga Instructor, Sacred Space Yoga Studio LLC- Portland, OR and Vancouver, WA
- 2014 Yoga Instructor, Unfold Studios- Portland, OR
- 2013-4 Yoga Instructor, Portland Therapeutic Yoga- Portland, OR
- 2012 Clinic Coordinator and Spanish Medical Interpreter, Outside In- Portland, OR
- 2009-11 Community Health Volunteer, Peace Corps- Mache and Simbal, La Libertad, Perú
- 2008 Clinic Coordinator, Coalition of Community Health Clinics- Portland and Gresham, OR
- 2007-8 Fitness Instructor, University of Portland Recreational Services- Portland, OR
- 2007 English Instructor, Private Families- Granada, Spain
- 2000-7 Personal Care Provider for Children with Disabilities, Private Families- Portland, OR
- 2001-6 Facilitator of High School Mentorship Programs, Student Leaders & Mentors (SLM)/Ignite Inc./Performance Dynamics- Portland, OR and Brush Prairie, WA
- 2005 Resident Assistant (RA), Mallard Landing Adult Assisted Living Home- Battle Ground, WA

PEER-REVIEWED PUBLICATIONS AND ACKNOWLEDGEMENTS FOR CONTRIBUTIONS

1. O'Neil-Smith and **Barber MS**. Treatment of chronic atopy and irritable bowel syndrome in a 7-year-old: a case report. *Integr Med*. 2017;16(4):48-52.
2. Riley DS, **Barber MS**, Kienle GS, et al. CARE 2013 explanations and elaborations: reporting guidelines for case reports. *J Clin Epidemiol*. 2017;89:218-235. doi: 10.1016/j.jclinepi.2017.04.026.
3. Plotnikoff G and **Barber MS**. Refractory depression, fatigue, irritable bowel syndrome (IBS) and chronic pain: a functional medicine case report. *Perm J*. 2016;20(4):104-107. doi: 10.7812/TPP/15-242.
4. Kogan M, Cuellar Castillo C, **Barber MS**. Chronic rhinosinusitis and irritable bowel syndrome: a case report. *Integr Med*. 2016;15(3):44-54.
5. Benedek G, Zhu W, Libal N, et al. A novel HLA-DR α 1-MOG-35-55 construct treats experimental stroke. *Metab Brain Dis*. 2014;29(1):37-45. doi:10.1007/s11011-013-9440-0.
6. Meza-Romero R, Benedek G, Yu X, et al. HLA-DR α 1 constructs block CD74 expression and MIF effects in experimental autoimmune encephalomyelitis. *J Immunol*. 2014;192(9):4164-73. doi:10.4049/jimmunol.1303118.
7. Bodhankar S, Galipeau D, Vandenbark AA, Offner H. PD-1 interaction with PD-L1 but not PD-L2 on B-cells mediates protective effects of estrogen against EAE. *J Clin Cell Immunol*. 2013;4(3):1-22. doi:10.4172/2155-9899.1000143.

8. Bodhankar S, Chen Y, Vandembark AA, Murphy SJ, Offner H. PD-L1 enhances CNS inflammation and infarct volume following experimental stroke in mice in opposition to PD-1. *J. Neuroinflammation* 2013;10(1):111. doi:10.1186/1742-2094-10-111.
9. Bodhankar S, Chen Y, Vandembark AA, Murphy SJ, Offner H. IL-10-producing B-cells limit CNS inflammation and infarct volume in experimental stroke. *Metab. Brain Dis.* 2013;28(3):375-386. doi:10.1007/s11011-013-9413-3.
10. Bodhankar S, Chen Y, Vandembark AA, Murphy SJ, Offner H. Treatment of experimental stroke with IL-10-producing B-cells reduces infarct size and peripheral and CNS inflammation in wild-type B-cell-sufficient mice. *Metab. Brain Dis.* 2013;29(1):59-73. doi:10.1007/s11011-013-9474-3.
11. Banirjee A, Wang J, Bodhankar S, Vandembark AA, Murphy SJ, Offner H. Phenotypic changes in immune cell subsets reflect increased infarct volume in male vs. female mice. *Transl Stroke Res* 2013;4(5):1-19. doi:10.1007/s12975-013-0268-z.
12. **Barber M** and Blaisdell CJ. Respiratory causes of infant mortality: progress and challenges. *Am J Perinat.* 2010;27(7):549-58. doi: 10.1055/s-0030-1248942.

PRESENTATIONS AT MEETINGS

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| 2018 | “A little evidence goes a long way... how to write a high-quality case report” (3-hour pre-congress workshop). International Congress on Integrative Medicine and Health (ICIMH)- Baltimore, MD |
| 2018 | “Perioperative nutritional protocol with real-food sources” and “Is case reporting worth your time? What tools are available?” Hawaii Doc Talks- Kauai, Hawaii |
| 2015 | “La práctica de meditación” (“the practice of meditation”). Primer Congreso Internacional de Hábitos de Vida Saludable (1 st International Congress on Healthy Behaviors)- Cuenca, Ecuador |

SCIENTIFIC ABSTRACTS

1. Barber M, Bradley R, Riley D, and Tippens K. “A web-based tool for systematic clinical case reporting: NUNM-CR.” International Congress for Integrative Health and Medicine (ICIMH)- Stuttgart, Germany, 2016; International Congress on Integrative Medicine and Health (ICIMH)- Las Vegas, NV, 2016; Academy for Integrative Health and Medicine (AIHM) Conference- San Diego, CA, 2015; Institute for Healthcare Improvement (IHI) West Coast Conference- Portland, OR, 2015; AIHM Conference- San Diego, CA, 2014.
2. Bethell C, Gombojav N, Carle A, Neff J, Newacheck P, and Koch TK. “When complex care goes complementary: closing the loop on integrated care for children with special health care needs.” International Research Congress on Integrative Health & Medicine (IRCIMH)- Miami, FL, 2014.
3. Bethell C, Kemper KJ, Gombojav N, and Koch TK. “Complementary and alternative medicine use among youth with recurrent headaches (HA).” International Research Congress on Integrative Health & Medicine (IRCIMH)- Miami, FL, 2014.
4. Barber M, Frohlich DA, and Arnold JT. “Nrf2 stress response in reactive prostatic stroma.” NIH Research Fair- Bethesda, MD, 2009.
5. Barber M and Blaisdell CJ. “Progress in infant mortality due to Respiratory Distress Syndrome (RDS).” NIH Research Fair- Bethesda, MD, 2008.
6. Barber M, Rohlman D, and Anger K. “Learning and memory performance of agricultural workers exposed to pesticides.” CROET/OHSU Summer Student Education Program Research Fair- Portland, OR 2007.

THESES

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| 2016 | Master’s Thesis: “A web-based case report data collection tool: NUNM-CR” |
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2008 Undergraduate Honors Thesis: "The referendum for health care change: integrating alternative medicine with allopathic care"

AWARDS

2017 Academic Merit Scholarship
2016 Student Government Association (SGA) Enrichment Scholarship
2015 Best Poster in Student/Resident Research, Academy for Integrative Health and Medicine (AIHM) Conference- San Diego, CA 2015
2015 Marjorie A. Gage Research Scholarship
2008 NIH/NHLBI Excellence in Collaboration Star Award
2008 University of Portland Honors Program Thesis Award recipient
2004 University of Portland President's Scholarship
2004 YWCA's Young Woman of Achievement Award, scholarship recipient
2004 United States Achievement Academy National Award Winner, scholarship recipient
2004 Community Service Award

GRANTS

2011 USAID Small Project Assistance (SPA) Grant, Perú
2010 World Connect Kids to Kids Grant, Perú

MEMBERSHIPS & ACTIVITIES

2015-present Co-Chair, Northwest Integrative Health Professionals (NWIHP) (changed from Academy for Integrative Health and Medicine (AIHM) Portland Chapter)
2013-present Nutritional Therapy Association (NTA)
2012-present Kripalu Yoga Teachers Association (KYTA)
2014-6 AIHM Association Leadership Committee (ALC)
2013-6 Executive Board, Student Alliance for Integrative Medicine (SAIM)
2015 AIHM Conference Poster Committee
2014-5 AIHM Task Force
2013 Oregon Physicians for Social Responsibility (PSR)
2012-3 National Peace Corps Association (NPCA)
2010 Peace Corps Volunteer Advisory Committee (VAC)
2009 Endocrine Society
2009 NIH Journal Club
2009 NIH/NCCAM Green Team
2005-8 Sigma Delta Pi (Spanish Honor Society), Executive Board
2005-8 Alpha Lambda Delta (Honors Society)
2005-8 University of Portland Honors Program

CONFERENCES, MEETINGS & CONTINUING EDUCATION

2017 Spanish Interpreter, Panamerican Health Organization (PAHO) Conference: Avanzando Hacia la Salud Universal, Aportes de la Medicina Tradicional y Complementaria (Advancing Toward Universal Health, Contribution of Traditional and Complementary Medicine)- Managua, Nicaragua

- 2017 10th European Congress for Integrative Medicine (ECIM) and 12th International Congress on Complementary Medicine Research (ICCMR): World Congress of Integrative Medicine & Health- Berlin, Germany
- 2016 3rd International Congress on Naturopathic Medicine (ICNM): Global Patient Care: Preventing Chronicity Naturopathically- Barcelona, Spain
- 2016 International Congress for Integrative Health and Medicine (ICIHM): From Disease Treatment to Health Creation- Stuttgart, Germany
- 2016 International Congress for Integrative Medicine and Health (ICIMH): Bridging Research, Clinical Care, Education, and Policy- Las Vegas, NV
- 2015 Academy for Integrative Health and Medicine (AIHM): People, Planet, Purpose—Global Practitioners United in Health and Healing- San Diego, CA
- 2014-5 AIHM Association Leadership Council Meeting- San Diego, CA
- 2015 Oregon Collaborative for Integrative Medicine (OCIM)/SPARC Conference- Portland, OR
- 2015 Institute for Healthcare Improvement (IHI): West Coast Conference- Portland, OR
- 2015 Sacroiliac Joints & Shoulders: Workshop with Susi Hatley of Function Synergy- Portland, OR
- 2014 AIHM: Science and Connection—A New Era of Integrative Health and Medicine- San Diego, CA
- 2014 International Research Congress on Integrative Medicine and Health (IRCIMH)- Miami, FL
- 2013 OHSU Women’s Leadership Conference- Portland, OR
- 2013 Northwest Environmental Health Conference: Bridging Research, Practice and Policy- Portland, OR
- 2012 IRCIMH- Portland, OR
- 2011 Peace Corps’ 50th Anniversary Celebration and Director Site Visit- Trujillo and Simbal, Perú
- 2011 Technical Exchange Workshop (improved kitchen stoves and dry bathrooms)- Sausal and Simbal, Perú
- 2011 Improved Kitchen Stove Workshop- Moche and Simbal, Perú
- 2011 Hydroponic Gardening Workshop Series- Huanchaco, Mache, and Simbal, Perú
- 2010-1 New Volunteer Trainings- Lima, Mache, and Simbal, Perú
- 2010 Camp ALMA (Actividades de Liderazgo para Mujeres Adolescentes/Leadership Activities for Adolescent Females)- Santo Domingo, Perú
- 2010 Camp VALOR (Varones Adolescentes Lideres para Organización y Responsabilidad/Adolescent Male Leaders for Organization and Responsibility)- Samne, Perú
- 2010 Water Sanitation Workshop Series- Mache and Otuzco, Perú
- 2009 The American Association of Naturopathic Physicians (AANP) Annual Convention and Exposition: Physicians, Heal Thy Planet- Tacoma, WA
- 2009 Endo 2009: The Endocrine Society Annual Meeting- Washington, D.C.
- 2009 American Medical Student Association (AMSA) Annual Convention: Win Back Our Profession- Washington, D.C.
- 2009 DC Federal Legislative Initiative (FLI)- Washington, D.C.
- 2009 Institute of Medicine: Integrative Medicine and the Health of the Public Summit- Washington, D.C.
- 2009 Scripps Center for Integrative Medicine, Natural Supplements: An Evidence-Based Update- San Diego, CA
- 2008 NIH/National Center on Minority Health and Health Disparities Summit: The Science of Eliminating Health Disparities- Washington, D.C.
- 2008 The Role of Science in Advancing Global Health Diplomacy- Washington, D.C.
- 2008 Pediatric Pulmonary Strategic Planning Workshop- Bethesda, MD
- 2008 Best Pharmaceuticals for Children Act (BPCA) Scientific Prioritization Meeting- Rockville, MD

NON-SCIENTIFIC PUBLICATION ARTICLES

1. "Dame que te doy" ("Give Me What I Give You") La Industria Perú June 16, 2011.
2. "Impulsan el desarrollo regional sostenible" ("Propelling Sustainable Regional Development") La Industria Perú November 14, 2010.
3. "YWCA lauds women who make each hour count" The Oregonian March 11, 2004.
4. "Clark, YWCA announces 2004 Women of Achievement" The Columbian February 13, 2004.

EXPERIENCE & QUALIFICATIONS

Laboratory: *Cellular and molecular biology techniques*

- Cell cultures of human primary prostate stromal and cancer epithelial cells
- Cell cultures of murine mesenchymal stem cells
- Co-cultures
- Isolation of immune cells from mammalian tissue and organs
- Proliferation assessment protocols
- Bioassay development
- mRNA isolation
- cDNA production
- Real-time RT-PCR methods
- Microscopy

Administration

- Small business owner
- Clinic and lab management
- Experimental design and protocol development
- Grant writing and budget management
- Abstract, manuscript, and progress report preparation
- Animal protocols
- Website development
- Programs/Applications: Electronic Medical Records (EMR), Research Electronic Data Capture (REDCap), Microsoft Office, Adobe, EndNote, SPSS, QUOSA, Statview

Development & Service

- Rural health outreach: formation and supervision of health promoter groups and healthy home programs
- Health and renewable energy projects: improved kitchen stoves, vegetable gardens—conventional and hydroponic, latrines, organic and inorganic waste management, recycling, water, sanitation, and forestation
- Healthcare team coordinator
- Medical Interpreter
- Local governmental policy
- Youth leadership
- Health Fairs and other activities for the underserved, persons with disabilities, at risk youth, and geriatric population

Languages & Hobbies

- English (Native)
- Spanish (Advanced)
- Art (drawing/painting and dance)
- Athletics

RESEARCH ACTIVITY SUMMARY

- **The CAse REport (CARE) Guidelines – CARE Steering Committee, Scientific Writing in Health & Medicine (SWIHM), and the Integrative Medicine Institute**

Developed between 2011 and 2013 by thirty-two leading case report research and clinical experts, the CARE guidelines provide a framework that supports transparency and accuracy in the reporting of information from patient encounters and publication of case reports. The guidelines have been endorsed by several medical journals and are available on the CARE website, www.care-statement.org and the Equator Network, www.equator-network.org/reporting-guidelines/care/. The Explanation and Elaboration (E&E) document for the guidelines was published in the Journal of Clinical Epidemiology June 2017. We currently are developing an online case report training, delivering workshops to train clinicians in case report writing, and providing consulting services to support the writing of case reports.

- **An Evidence-Informed Perioperative Nutritional Protocol – Bensimon Center for Plastic Surgery and Aesthetic Medicine**

To optimize post-surgical healing, I formulated an evidence-informed perioperative nutritional protocol for surgical patients. The protocol was based on a literature review of wound healing mechanisms, immunonutrition and perioperative protocols, anti-inflammatory and ketogenic diets, and common food allergies and sensitivities.

- **NUNM-Case Report (NUNM-CR): a case report data collection tool – Helfgott Research Institute, NUNM**

We assessed the feasibility of a case report data collection tool, NUNM-CR through a mixed-methods study design. This web-based tool uses the Research Electronic Data Capture (REDCap) platform and prompts a healthcare provider to systematically collect relevant data from a patient case to guide the writing of a case report. Clinicians representing different healthcare disciplines piloted NUNM-CR to generate a case report to submit for publication to a medical journal. We received feedback on the feasibility of NUNM-CR through pre- and post-use questionnaires, the System Usability Scale (SUS), and a focus group meeting.

- **Prioritization of Patient Health Instruments – Glimpse, Inc.**

Validated patient health instruments were ranked in order of importance for the following stakeholders: (1) consumers/patients to self-report health information, (2) payers and employers to inform investments and serve as a form of engagement, and (3) hospitals to track patient health outcomes.

- **Complementary and Alternative Medicine (CAM) use in pediatrics – CAHMI, OHSU**

Utilizing data captured from the CAM Supplement of the National Health Interview Survey (NHIS), we reported on the prevalence of CAM and conventional health care utilization in children with special healthcare needs (CSHCN) and CAM use among youth with recurrent headache (RA). I generated “Snapshots” that capture CAM use in pediatrics in the United States available on the Data Resource Center for Child & Adolescent Health site, www.childhealthdata.org. Additionally, I contributed to the development of the White Paper, “Developing a Research Agenda for Pediatric Complementary and Integrative Medicine”.

- **Administrative and laboratory support to the Neuroimmunology and Tykeson Multiple Sclerosis Research Laboratories – Department of Neurology, OHSU and VAMC**

I oversaw grant support, editing of manuscripts and their submission to medical journals, abstract submission for conferences, management of the budget, supplies, and coordination and mediation of lab personnel.

Additionally, I provided support in murine cell cultures of mesenchymal stem cells and isolation of immune cells from murine tissue and organs.

- **Nrf2-related gene expression in primary prostate stromal and cancer epithelial cells as modulated by tBHQ, TGF β 1, and CAM agents – Endocrine Section, NCCIH (previously NCCAM), NIH**

I investigated the induction of the Nuclear factor erythroid 2-related factor (Nrf 2) pathway involved in Phase II detoxification in primary prostatic stromal cells and cancer epithelial cells. We established a prototype with tert-Butylhydroquinone (tBHQ), an organic compound commonly used as a preservative, as the positive control of inducing this detoxification pathway, and Transforming growth factor- β 1 (TGF β 1), a pleiotropic cytokine, as the negative control. The prototype was used to assess CAM agents and their interaction with Nrf 2. CAM agents of interest were the Ayurvedic treatment MAK-5 (Maharishi Amrit Kalash Ambrosia), curcumin, and lycopene.

- **Respiratory causes of infant mortality: progress and challenges – DLD, NHLBI, NIH**

I conducted a period prevalence study on U.S. infant mortality due to Respiratory Distress Syndrome (RDS) and other perinatal respiratory diseases across different races and genders from 1980 to 2005, and published in the American Journal of Perinatology. I contributed to World Health Organization (WHO), American Lung Association (ALA), and the American Journal of Respiratory Cell and Molecular Biology publications addressing perinatal respiratory diseases and treatments.

- **Learning and memory performance of agricultural workers exposed to pesticides – CROET, OHSU**

I developed safety protocols in Spanish, delivered via computer-based training (CBT) modules, for migrant agricultural farmers, predominately from Latin America. Our lab investigated farmers' exposure to pesticides and assessed the efficacy of CBT with this population.

REFERENCES

Julia Arnold, PhD

Program Director, Translational Research Program,
Division of Cancer Treatment and Diagnosis
National Cancer Institute (NCI)/NIH
9609 Medical Center Drive, Room 3W206
MSC 9726
Bethesda, MD 20892
Phone: (240) 276-5730
E-mail: jarnold@mail.nih.gov

Carol Blaisdell, MD

Program Director, Developmental Biology/Pediatric
Pulmonary Diseases, Division of Lung Diseases
National Heart, Lung and Blood Institute (NHLBI)/NIH
Two Rockledge Center, Suite 10042
6701 Rockledge Dr. MSC 7952
Bethesda, Maryland 20892-7952
Phone: (301) 435-0222
E-mail: blaisdellcj@nhlbi.nih.gov

David Riley, MD

Founder, Integrative Medicine Institute
2437 NW Overton Street
Portland, OR 97210
Phone: (505) 690-0688
E-mail: dsriley@integrativemed.org

Kimberly Tippens, ND, MSAOM, MPH

Social Research Scientist
Prevention Division, King County Public Health
Chinook Building
401 5th Ave Ste 1300
Seattle, WA 98104
Phone: (206) 263-1168
E-mail: ktippens@kingcounty.gov

Emilia Villanueva, MPH

Community Health Program Director

Peace Corps Perú/Cuerpo de Paz

Calle Vía Láctea 132

Urb. Los Granados, Surco

Lima 33, Peru

Phone: 0051 1 998095448

E-mail: evillanueva@pe.peacecorps.gov