




ELISA MARGARITA GOMEZ ALVAREZ

M E D I C A L D O C T O R

✉ draelisagomezalvarez@gmail.com ☎ +52 984 140 5250  [Dr. Elisa Margarita Gomez Alvarez](#)

ABOUT ME

I live in Tulum, Mexico. I find great fulfillment in understanding my patient's needs and supporting them on their journey to recovery. I enjoy continuously learning about medicine and a wide range of topics. Being a hands-on person, I thrive when it comes to solving problems through action. I strongly believe that the best way to maintain our health is by nourishing our bodies with good food and engaging in mindful movement. My life-goal is to positively impact my surroundings and the people in them. Life is beautiful, we must all share our gifts.

LANGUAGES

Spanish:
Native

English:
Native

French:
Full proficiency

Russian:
Basic

WORK EXPERIENCE

Emergency Medical Doctor

Tulum, Quintana Roo | March 2022 - Present

- As an emergency doctor, I provide comprehensive healthcare services to locals and tourists, especially when they present respiratory, gastrointestinal or urinary symptoms, as well as those who require trauma care (musculoskeletal, thoracic and abdominal) using ATLS algorithms. I offer 24/7 medical service at the local hospital and my patients' domicile. I give timely, safe and evidence-based assessments, as well as ensuring my patients feel comfortable and safe with their medical treatment.
- Tulum is a retirement place for expats and therefore a large number of my patients are geriatric people who present angina, palpitations or signs of CVA; Because of this, I often perform BLS or ACLS algorithm maneuvers. With my team I perform rapid intubation sequence and manage sedation when needed.
- My day-to-day practice includes diagnosing and treating skin, ear, nose, throat, illnesses common in the caribbean jungle. I also manage heat-stroke, insect bites and stings, like tabano, scorpions or stingrays; as well as dermatitis by local poison tree and poison ivy.
- I perform medical procedures like stitches after traumatic accidents, cuts or falls. I care for acute and chronic wounds with medicated dressing, UV light assessment and bacterial cultures. I perform skin biopsies, performing a minimally invasive and very aesthetic closure. When my patients suffer dehydration because of gastroenteritis (vomit and/or diarrhea) I start IV therapy. I draw blood, drain skin abscesses, do quick tests (influenza, Covid, strep A, HIV, VDRL), and install urinary catheters and naso-gastric tubes.
- I care for burn patients, treating their first or second degree wounds with medicated dressings, as well as systemic assessment and replacement of fluids and electrolytes when needed. I also control pain according to the analgesic scale, on occasions I have used oral, subcutaneous, intramuscular or intravenous opioids.
- After setting extremity fractures, I place casts to stabilize them, as well as splints to stabilize sprains or dislocations.
- Another trauma entity I see a lot is rib fracture, I establish treatment with painkillers, sometimes even opioids, and keep a close eye on my patients oxygen levels.
- As a first responder, I also do patient care with drug poisoning and ketoacidosis (usually caused by alcohol intoxication and hyporexia) whom I evaluate and treat according to ACLS algorithms.
- Some of my patients have chronic diseases, like hepatic failure, sometimes it is necessary to do paracentesis, which I perform.
- I ensure prompt, compassionate, and assertive care in the comfort of my patients' hotel, my office or at the local hospital. I do this while simultaneously translating from my patient's mother language to Spanish and vice versa.
- In addition to emergency care, I specialize in women's health, offering services such as Pap smears, gynecological consultations, and personalized support.

Emergency room doctor and first surgical assistant

Clinica del Angel | Cuernavaca, Morelos | March 2020 - March 2022

My activities were:

- Receiving emergency and trauma patients, usually musculoskeletal, doing the first evaluation and medical history. Presenting the patients to the trauma and orthopaedic surgeons.
- When patients arrived at the hospital after thoracic trauma and unstable thorax (pneumothorax, hemothorax, hemopneumothorax), I would make the diagnosis, and install the pleural probe when needed.
- Preoperative preparation of the operating room and the patient, such as doing preoperative laboratory and imaging work, caring for the most serious wounds, installing urinary and intravenous catheterization.
- Handing instruments to the surgeon, suction and hemostasis, suturing and closing of the superficial layers.
- Patients with coronary disease would be at my care, as I was the doctor on call. I would perform EKG, blood work, and when available, image panels. I would lead the resuscitation team and use alteplase when needed.
- Monitoring of the patients post surgery, give verbal and written postop indications and prescriptions to the patients and patients' family.
- Attending cardiac and respiratory codes during or after surgery when needed. I performed endotracheal device or supraglottic device placement with RSI, calculation of liquids and electrolytes, and labs reading, especially blood gases.

EDUCATION

Universidad Autonoma del Estado de Morelos

Licenciatura en médico cirujano | Bachelor of Medicine and Surgery | 2014 - 2021

Cedula profesional (professional ID) 12683757

KN 21

Diplomado en cuidados geronto geriatricos | Abril 2024 - Noviembre 2024

Diploma in Geronto-Geriatric Care

Grupo Everest

VII Congreso Nacional de Manejo Avanzado de Heridas, Estomas y Quemaduras | May 16 - May 19 2024

VII National Congress of Advanced Management of Wounds, Stomata and Burns

CERTIFICATIONS

Basic Life Support

Card number 255606754893

Pediatric Advanced Life Support

Card number 255646963711

Advanced Cardiac Life Support

Card number 215624903190

Stop the bleed

Done on March 2023

SKILLS

- Trauma management
- Airway management
- Critical thinking and decision making
- Rapid patient assessment
- Clinical reasoning
- Clinical supervision
- Medical emergencies
- Pharmacology knowledge
- Complete physical exam
- Triage and prioritization
- Wound care and suturing
- Team collaboration and leadership
- Pain management
- Pediatric emergency care
- Ability to work under pressure
- Use of medical equipment
- Ethical treatment of patients and colleagues
- Infection control and sterile techniques

PROFESSIONAL REFERENCES

Dr. Katia Nieves, M. D.

+52 984 215 6697

Beatrice Pedraza, RN.

+1 (210) 577-9045

Alejandra Resendiz, MA.

+52 984 114 6625

Diego Lopez Gonzalez, Biopharmaceutical Chemist

+52 984 453 0969

Claudia Muñoz, MA.

+52 984 807 8535