

Yohama Auxiliadora Caraballo Arias

Date of birth: | Nationality: | Gender: |

www.medicinaocupacional.blogspot.com |

https://www.linkedin.com/in/yohamacaraballoarias/?locale=en_US |

About me: Striving to enhance health & well-being at work, driven by Evidence Based Medicine in Occupational Safety and Health and networking.

● EDUCATION AND TRAINING

28/01/2013 – 25/02/2014 – Caracas, Venezuela

DIPLOMAT: COMPREHENSIVE TRAINING FOR TEACHERS: ALETHEIA – Universidad Central de Venezuela

28/08/2014 – 01/09/2014 – Brescia, Italy

OCCUPATIONAL HEALTH COURSE "OCCUPATIONAL AND ENVIRONMENTAL DETERMINANTS OF DISEASE" – University of Brescia

Update on education and training on Safety and Health at Work, toxicity of solvents and nanomaterials, equity in occupational medicine.

04/10/2012 – 08/10/2012 – Santiago de Chile, Chile

ACADEMIC TEACHERS TRAINING – Center for International Health at Ludwig Maximilians University

Assessment of students, medical education, microteaching, feedback training, problem-based learning.

28/07/2011 – 08/08/2011 – Munich, Germany

THE 4TH INTERNATIONAL SUMMER SCHOOL "OCCUPATIONAL HEALTH CROSSING BORDERS" – Institute and Outpatient clinic for Occupational, Social and Environmental Medicine Munich Internat

03/01/2007 – 04/03/2011 – Caracas, Venezuela

OCCUPATIONAL MEDICINE SPECIALIST – Universidad Central de Venezuela (UCV)

Introduction to occupational Hygiene, research in workers' health, epidemiology and biostatistics, health effects of occupational risks, work psychology, accidents prevention, social aspects and occupational health services, nosography, occupational health services.

ISCED 4

25/08/1997 – 07/11/2003 – Mérida, Venezuela

MEDICAL DOCTOR (GRADUATED WITH HONORS: CUM LAUDE) – Universidad de los Andes (ULA)

Anatomy, Embryology, Social Medicine, Histology, Pharmacology, Biochemistry, Physiology, Microbiology and Parasitology, Psychology, Physiopathology, Research methodology, Semiology, Pathologic anatomy, Surgery, Infections and parasites, Forensic medicine and medical Deontology, , Paediatrics, Gynaecology and Obstetrics, Reproductive medicine, Community medicine, Medical and Surgical and medical programme, Public Health. Distinction Cum Laude.

ISCED 3

● WORK EXPERIENCE

30/03/2019 – CURRENT – United States

ACTIVE MEMBER OF THE COUNCIL OF SCIENTIFIC ADVISORS – AMERICAN COLLEGE OF OCCUPATIONAL & ENVIRONMENTAL MEDICINE (ACOEM)

2017 – CURRENT – Venezuela

Caracas, Venezuela

2014 – CURRENT – Netherlands

STAFF MEMBER – LEARNING AND DEVELOPMENT OCCUPATIONAL HEALTH (LDOH)

11/07/2013 – CURRENT – Caracas, Venezuela

HEALTH AND MEDICAL DIRECTOR OF VENEZUELA – CHEVRON GLOBAL TECHNOLOGY SERVICES COMPANY

Caracas, Venezuela

27/08/2008 – 2019 – Caracas, Venezuela

ASSOCIATE PROFESSOR AND RESEARCHER – UNIVERSIDAD CENTRAL DE VENEZUELA (UCV)

Caracas, Venezuela

27/12/2011 – CURRENT – Caracas, Venezuela

ASSOCIATE VENEZUELAN GROUP IBEROAMERICAN COCHRANE NETWORK – RED COCHRANE IBEROAMERICAN.
UNIVERSIDAD CENTRAL DE VENEZUELA (UCV)

Caracas, Venezuela

03/09/2008 – CURRENT – Caracas, Venezuela

CO-FOUNDER AND MEDICAL DIRECTOR – MUNDO OCUPACIONAL C.A.

Caracas, Venezuela

27/11/2008 – 27/04/2009 – Caracas, Venezuela

ADVISOR – INSTITUTO NACIONAL DE PREVENCIÓN, SALUD Y SEGURIDAD LABORALES (INPSASEL)

Caracas, Venezuela

27/03/2012 – 2014 – Caracas, Venezuela

PROFESSORS COMMITTEE FOR THE TRANSFORMATION OF THE MEDICAL SCHOOL CURRICULUM – UNIVERSIDAD CENTRAL DE VENEZUELA (UCV)

Caracas, Venezuela

26/06/2013 – 28/07/2013 – Arequipa, Peru

EXTERNAL EVALUATOR 2ND CONTEST RESEARCH FUND – UNIVERSIDAD CATÓLICA SANTA MARÍA CICA

Arequipa, Peru

28/12/2004 – 28/12/2008 – Los Teques, Venezuela

INTEGRAL MEDICAL DOCTOR – INSTITUTO TECNOLÓGICO VENEZOLANO DE PETRÓLEO (PDVSA - INTEVEP)

Miranda, Venezuela

25/12/2003 – 25/12/2004 – Mérida, Venezuela

Mérida, Venezuela

● LANGUAGE SKILLS

Mother tongue(s): SPANISH**Other language(s):**

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C2	C2	C2	C2	C2
ITALIAN	C1	C1	B1	B2	A2
FRENCH	B1	B1	A1	A1	A1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

● DIGITAL SKILLS

Social Media Management (Facebook Twitter LinkedIn YouTube Instagram) | Google Gmail Google Drive Google Docs Google Slides | Microsoft PowerBi | Video Conferencing (Zoom Skype Google Hangout) | WebEx (Cisco Webex) | MS Office (MS Word; MS PowerPoint; MS Excel; MS Publisher; MS Outlook; MS Teams)

● NETWORKS AND MEMBERSHIPS

Active member of the International Commission on Occupational Health (ICOH)

<http://www.icohweb.org/site/homepage.asp>**Active member of the Sociedad de Medicina del Trabajo Buenos Aires – Argentina**

(Society of Occupational Medicine)

<http://www.smtba.org.ar/>**Titular member of the Sociedad Venezolana de Salud Ocupacional (SOVESO)**

(Venezuelan Society of Occupational Health)

Sociedad Venezolana de Higienistas Ocupacionales

(Venezuelan Society of Occupational Hygienists)

<http://www.ohlearning.com/about/national-associations/asociacion-venezolana-de-higienistas-ocupacionales.aspx>**Sociedad Venezolana de Abogados Laboralistas**

(Venezuelan Society of Labour Lawyers)

Sociedad Venezolana de Médicos Generales

(Venezuelan Society of General Practitioners)

<http://www.svmi.web.ve/>

● DRIVING LICENCE

Driving Licence: B

● CONFERENCES AND SEMINARS

Conferences

Speaker and lecturer on various topics related to Occupational Safety and Health in international conferences and seminars in over 20 national and international events in the past 5 years. (United States, Argentina, Chile, Trinidad & Tobago, Venezuela, Germany, Italy & Turkey).

● PROJECTS

29/12/2019 – CURRENT

Strategies to protect workers from the health impacts of climate change

30/07/2020 – CURRENT

Quality aspects of search and evidence-application skills / sources / databases/ search engines

01/03/2019 – CURRENT

Healthcare Workers Suffering at Unprecedented Rates! Recommendations based on evidence and experience in COVID-19 and Ebolavirus outbreaks

30/08/2020 – CURRENT

Book "Occupational Safety and Health online" how to find reliable information. 4th edition

01/01/2019 – CURRENT

Venezuelan laws and regulations in Occupational Safety and Health

● ORGANISATIONAL SKILLS

Organisational skills

- Leadership as a company director, tutor postgraduate thesis. Currently coordinator of the Iberoamerican Cochrane Network Center at Universidad Central de Venezuela.
- Sense of organization of scientific and academic events (courses, seminars, medical operations, etc.).
- Experience in project design coordinating administrative activities.
- Excellent planning and time management.

● COMMUNICATION AND INTERPERSONAL SKILLS

Communication and interpersonal skills

- Excellent ability to **adapt to multicultural environments** with a strong sense of diversity and inclusion gained through my experience in diverse environment: Being an exchange student. (1996-1997) USA, working as a medical director of an international company (Chevron) supporting a broad range of nationalities and participation in international events and research projects with professionals from various countries and backgrounds
- Working in a challenging location (Venezuela) has helped me build thriftiness and resiliency to maximize resources and seize opportunities
- Supervisory skills: Interpersonal, conflict resolution, mentorship and feedback techniques

● **JOB-RELATED SKILLS**

Job-related skills

- Sound knowledge on: Personal protective Equipment (EPP), Communicational educational campaigns, return to work processes and international protocols related to COVID-19 based on Center for Disease Control and Prevention (CDC) and WHO criteria
- Writing skills, focused on details and strong analytical skills
- Proficient user of technological tools for teleworking (WebEx, Zoom, Facebook workplace)
- Sound knowledge on budget management, and finding the best benefit/cost ratio in a hyperinflation environment
- Implementation, development and follow-up of Occupational Safety and health program at work
- Implementation and evaluation of educational programs and excellent facilitation skills
- Knowledge in (ILO, WHO, PAHO, OSHA) technical standards in health and safety.

Clinical Skills

- Implementation and development of Drug and Alcohol programs
- Clinical assessment and management of patients: Diagnostic and treatment of Occupational diseases
- Spirometry

● **PUBLICATIONS IN SCIENTIFIC JOURNALS**

Where to Find Evidence-Based Information on Occupational Safety and Health?

Annals of Global Health. 01/2021

<https://annalsofglobalhealth.org/articles/10.5334/aogh.3131/>

Infectious Diseases, Social, Economic and Political Crises, Anthropogenic Disasters and Beyond

Venezuela 2019 – Implications for Public Health and Travel Medicine.

Revista Panamericana de Enfermedades Infecciosas, 1(2), 73-93. 04/2019.

[https://www.researchgate.net/publication/](https://www.researchgate.net/publication/332218652)

[332218652 Infectious Diseases Social Economic and Political Crises Anthropogenic Disasters and Beyond Venezuela a 2019 - Implications for Public Health and Travel Medicine](https://www.researchgate.net/publication/332218652)

Working in Venezuela: How the Crisis has Affected the Labor Conditions

Annals of Global Health. 09/2018.

[https://www.researchgate.net/publication/](https://www.researchgate.net/publication/327919833)

[327919833 Working in Venezuela How the Crisis has Affected the Labor Conditions](https://www.researchgate.net/publication/327919833)

Open access publishing is showing responsibility

International Commission on Occupational Health (ICOH) Newsletter: pages. 20 - 21. 04/2018.

<http://www.mundocupacional.com/open-access-publishing-is-showing-responsibility/>

Bachaqueros. Un Trabajo del Mercado Negro Venezolano

Revista Ciencia & Trabajo, Chile. 11/2017.

<http://www.mundocupacional.com/articulo-bachaqueros-un-trabajo-del-mercado-negro-venezolano/>

Occupational Safety and Health in Venezuela

Annals of Global Health by Elsevier. 08/2015.

[https://ac.els-cdn.com/S2214999615012382/1-s2.0-S2214999615012382-main.pdf?](https://ac.els-cdn.com/S2214999615012382/1-s2.0-S2214999615012382-main.pdf?_tid=26c6aeb9-7da0-42da-8722-12dddc16efe1&acdnat=1537385420_286670eb4b4397384d4178d640602c5b)

[tid=26c6aeb9-7da0-42da-8722-12dddc16efe1&acdnat=1537385420_286670eb4b4397384d4178d640602c5b](https://ac.els-cdn.com/S2214999615012382/1-s2.0-S2214999615012382-main.pdf?_tid=26c6aeb9-7da0-42da-8722-12dddc16efe1&acdnat=1537385420_286670eb4b4397384d4178d640602c5b)

Tensión muscular percibida en operarias de máquinas de moldeo por inyección de plástico

Revista Ciencia & Trabajo. 08/2015.

https://www.researchgate.net/publication/290654018_Occupational_Safety_and_Health_in_Venezuela

Geographical and Occupational aspects of Leptospirosis in the Coffee-Triangle Region of Colombia

2007-2012.

Bentham Science Publisher, 03/2015.

<https://www.ncbi.nlm.nih.gov/pubmed/25858306>

Attitude of medical students towards occupational safety and health: a global problem

Occupational and environmental medicine. 01/2015.

<http://www.theijom.com/ijom/index.php/ijom/article/view/488/581>

Medical Evaluation and Clearance for Helicopter Underwater Escape Training (HUET)

Society of Petroleum Engineers Journal. 03/2014.

[https://www.researchgate.net/publication/](https://www.researchgate.net/publication/267459388_Medical_Evaluation_and_Clearance_for_Helicopter_Underwater_Escape_Training_HUET)

[267459388_Medical_Evaluation_and_Clearance_for_Helicopter_Underwater_Escape_Training_HUET](https://www.researchgate.net/publication/267459388_Medical_Evaluation_and_Clearance_for_Helicopter_Underwater_Escape_Training_HUET)

Riesgos laborales en trabajadores de barberías y peluquerías de economía informal

Revista ciencia & trabajo. 04/2013.

<https://scielo.conicyt.cl/pdf/cyt/v15n46/art05.pdf>

Identificación y evaluación de factores psicosociales laborales en un centro de llamadas

Revista de la Facultad de Medicina Universidad Central de Venezuela. 03/2013

http://www.mundocupacional.com/descargas/articulos/Factores_psicosociales_laborales_centro_llamadas.pdf

Medicina ocupacional basada en evidencias: una disciplina emergente

Gac Méd Caracas. 07/2011.

[https://www.researchgate.net/publication/](https://www.researchgate.net/publication/265381944_Medicina_ocupacional_basada_en_evidencias_una_disciplina_emergente)

[265381944_Medicina_ocupacional_basada_en_evidencias_una_disciplina_emergente](https://www.researchgate.net/publication/265381944_Medicina_ocupacional_basada_en_evidencias_una_disciplina_emergente)

Aspectos ergonómicos, factores psicosociales, cervicalgia y lumbalgia en trabajadores de un centro

Tesis de la Especialidad de Medicina Ocupacional. 07/2010.

Glucagonoma. Una evaluación estadística de 136 casos reportados en la literatura

Informe de un caso.

Revista GEN. 06/2005.

Glucagonoma. Caso clínico

Revista Venezolana de Endocrinología y Metabolismo, Caracas. 10/2004.

Enfermedad de Dowling-Degos asociada con carcinoma basocelular.

Reporte de un caso con hallazgos clínicos inusuales.

Revista Dermatología Peruana. 12/2004.

● PUBLICATIONS IN BOOKS

Occupational Safety and Health online. How to find reliable information"

Book published on Spanish, English, Turkish
<https://shop.ldoh.net/>

Temas de epidemiología y salud pública

Co-author of the chapter "Epidemiología de los trastornos musculoesqueléticos de origen ocupacional"
<http://www.mundocupacional.com/libros/>

Terapéutica en Medicina Interna

Co-author of the chapter "Reumatismo del tejido blando"

<http://www.mundocupacional.com/libros/>

Exploración del aparato osteomuscular.

Manual de Exploración Clínica. Forth Edition

● PRIZES AND RECOGNITION

Grant from the DAAD, German Academy Exchange Services

Exceed, Excellence Center for Exchange and Development. Germany, 2016.
Grant to Sponsor the Book "Occupational Safety and Health online. How to find reliable information".

Grant "The Center for International Health at Ludwig Maximilians University" in Munich, Germany

Course "Academic Teacher Training" (academic training for teachers). Chile, October 2012.

Scholarship of the German Academic Exchange Service (DAAD)

Occupational Health Course Crossing Borders at the University of Munich. August 2011.

Encouraging Research Program (Programa Estímulo al investigador)

Observatorio Nacional de Ciencia Tecnología e Innovación (ONCTI). Venezuela, 2011.

Distinction "Cum Laude" received at graduation from the Medical School

Universidad de Los Andes. Mérida, Venezuela. 2003.

Winner of National Risk Prevention Prize

Venezuela, 2010.

First prize for the article entitled "Glucagonoma. A statistical evaluation of 136 reported cases."

Venezuela, 2004.

● RECOMMENDATIONS

Prof. Frank van Dijk – MD, PhD – v.dijk.workandhealth@gmail.com

Occupational physician; professor in Occupational Health of Academic Medical Center (University of Amsterdam).

Chair of ICOH SC Education and Training in Occupational Health.

<https://ldoh.net/staff/international-advisory-board/frank-van-dijk-chair/>

Tatiana Giusti – Academic coordinator of the "Escuela de Medicina Luis Razetti" Universidad Central de Venezuela – tati.anagiusti@gmail.com – (+49) 1734173296

Medical doctor, specialist in Parasitology and Medical Education