

# ASHTON P. FRULLA, MSN, NP-C, DCNP

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## EXPERIENCE

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**DERMATOLOGY CERTIFIED NURSE PRACTITIONER (DCNP):** This credential is awarded to nurse practitioners who have successfully completed over 3,000 hours in a clinical dermatology setting and have passed written examination administered by the Dermatology Nurse Practitioner Certification Board (DNPCB). Awarded November 2019.

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### The Dermatology Institute of Boston

Boston, MA: 9/1 - Present

- Work collaboratively with Drs. Emmy Graber, MD, Ali Al-Haseni, MD, and Shiri Nawrocki, MD.
- Assess, diagnose and treat patients for medical & aesthetic dermatologic concerns
- Medical dermatology procedures:
  - Punch and shave biopsies, excisions, I&Ds, electrodesiccation, curettage, ILK, acne surgery, LN2, etc.
- Aesthetic services:
  - Chemical peels (SA, GA, Jessner, VI Peel), Microneedling, PRP, [Additional services TBD]

### The Dermatology Specialists

New York, NY: 8/2022– 6/2/2024

- Assess, diagnose and treat patients for medical & aesthetic dermatologic concerns
- 5-Star ratings on ZocDoc and Healthgrades.com
- Medical dermatology procedures:
  - Punch and shave biopsies, excisions, I&Ds, electrodesiccation, curettage, ILK, acne surgery, LN2, cantharidin, bleomycin, candida, 5-FU, nb-UVB phototherapy, etc.
- Aesthetic services performed:
  - Lasers: Rohrer Spectrum (includes Diode 810, IPL, Q-Switched Yag/KTP, Long Pulsed Yag and Erbium Yag), Clear & Brilliant (1920 & 1440nm) and Candela V-beam
  - Neuromodulators (Botox, Dysport, Jeuveau)
  - Chemical peels (SA, GA, Jessner, VI Peel), Microneedling, PRP

### Ingleton Dermatology

New York, NY: 5/2020 - 6/2022

- Worked collaboratively with Dr. Rosemarie Ingleton, MD, FAAD
- Assess, diagnose and treat patients for medical & aesthetic dermatologic concerns
- Telehealth services performed
- Medical dermatology procedures: Same as listed above
- Aesthetic services performed:
  - Lasers: Cutera Xeo Nd-YAG (includes Laser Genesis), Lumenis Diode 810nm, Clear & Brilliant (1920 & 1440nm) and Candela V-beam Perfecta
  - Coolsculpting, PRP, Chemical Peels (SA, GA, Jessner), SkinPen Microneedling, EndyMed 3-Deep, EndyMed Intensif Microneedling with Radiofrequency, and SkinMedica Diamond Glow

### The Dermatology Specialists

New York, NY: 9/2017 – 12/2019

- Trained and worked collaboratively with Dr. Robert Buka, MD
  - Same medical and aesthetic procedures as listed above
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## REGISTERED NURSE:

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### Connecticut Dermatology Group

Norwalk, CT: 9/2015 – 5/2017

- Assisted with biopsies, excisions, and Mohs micrographic surgery
  - Collected patient histories, reviewed medications, and documented for providers during skin examinations
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## CLINICAL RESEARCH COORDINATOR:

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### Columbia University Medical Center

New York, NY: 7/2012 – 8/2014

- Preparation of scientific proposals & grant writing
  - IRB coordination for submissions/revisions/general correspondences
  - Patient recruitment, record management (including case report forms and queries)
  - General oversight of research conduct and human research participant protection
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## EDUCATION

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### YALE UNIVERSITY

New Haven, CT: 8/2014 – 5/2017

- Adult-Gerontology Nurse Practitioner (A-GNP)
  - AANP Board Certified, July 2017
- Master of Science in Nursing (MSN), Awarded May 2017
- Registered Nurse (RN), Awarded August 2015

### SKIDMORE COLLEGE

Saratoga Springs, NY: 7/2006 – 5/2010

- Bachelor of Science, Awarded May 2010
- Cum Laude with Departmental Honors
- Major: Health & Exercise Physiology

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## RESEARCH / PUBLICATIONS / MEDIA

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- Weiss K. "5 Empowering Ways to Manage Your Psoriasis." September 9<sup>th</sup>, 2021. Accessed at: <https://kopa.com/feed/articles/5-empowering-ways-to-manage-your-psoriasis/>
- Norris R. "Here's How Dermatologists Smooth and Prevent Forehead Wrinkles, Fast." *Byrdie*, March 31<sup>st</sup>, 2020. Accessed at: <http://www.byrdie.com/how-to-get-rid-of-forehead-wrinkles-4800838>
- Norris R. "Everything You Need to Know About Ylang-Ylang Oil- AKA Skin's Unsung Hero." *Hello Giggles*, February 7<sup>th</sup>, 2020. Accessed at: <http://www.hellogiggles.com/beauty/what-is-ylang-ylang-oil/>
- Hickey KT, Masterson Creber RM, Reading M, Sciacca RR, Riga TC, **Frulla AP** & Casida JM. Low Health Literacy: Implications for Managing Cardiac Patients in Practice. *Nurse Pract*, 2018; 43(8): 29-55.
- Robinson DM & **Frulla AP**. Randomized, Split-Face/Décolleté Comparative Trial of Procedure Enhancement System for Fractional Non-Ablative Laser Resurfacing Treatment. *J Drugs Dermatol*, 2017; 16(7): 707-710.
- Hickey KT, Hauser NR, Valente LE, Riga TC, **Frulla AP**, Masterson-Creber RM, Wang DY. A single-center randomized, controlled trial investigating the efficacy of a mHealth ECG technology intervention to improve the detection of atrial fibrillation: the iHEART study protocol. *BMC Cardiovasc Disord*, 2016; 16(152): 1-8.
- Reynolds TH, Banerjee S, Sharma V, Donohue J, Couldwell S, Sosinsky A, **Frulla AP**, Robinson A, Puri V. Effects of a High Fat Diet and Voluntary Wheel Running Exercise on Cidea and Cidec Expression in Liver and Adipose Tissue of Mice. *PLoS ONE*, 2015; 10(7): 1-16.
- Hickey KT, Sciacca RR, Gonzalez P, Castillo C, **Frulla AP**. Assessing Health Literacy in Urban Patients with Implantable Cardioverter Defibrillators (ICDs) and Pacemakers. *J Cardiovasc Nurs*, 2014
- Hickey KT, Taylor JY, Sciacca RR, Aboeela S, Gonzalez P, Hauser N, **Frulla AP**. Cardiac Genetic Testing: A Single-Center Pilot of a Dominican Population. *Hisp Health Care Int*, 2014; 12(4): 183-8.
- Hickey KT, Dizon JM, **Frulla AP**. Detection of Recurrent Atrial Fibrillation Utilizing Novel Technology. *J Atr Fibrillation*, 2013; 6(4): 50-52.
- Salviz EA, Hadzic A, **Frulla AP**, Shastri U, Kwofie K, Xu D. Quality of Life Evaluation for Different Anesthesia Techniques for Arthroscopic Shoulder Surgery. *Anesth Analg*, 2013; 117(6): 1485-1492.
- Hadzic A. Hadzic's Peripheral Nerve Blocks and Anatomy for Ultrasound-Guided Regional Anesthesia. Second Edition, 2012. Chapter 2 (pgs. 31 and 35), Chapter 3 (pg. 41).

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## PROFESSIONAL SOCIETIES

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- NP Society of the Dermatology Nurses' Association, 2017 - Present
- American Association of Nurse Practitioners (AANP), 2017 - Present
- Sigma Theta Tau International Honor Society of Nursing
  - Yale University Delta Mu Chapter, 2015 - Present

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## COMPUTER & LANGUAGE SKILLS

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- Modernizing Medicine EMA / eClinicalWorks / NexTech / EPIC / Microsoft Word / PowerPoint / Excel / Scientific Databases (i.e. PubMed) / SmartDraw / Spanish: Reached collegiate intensive intermediate
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