

Colbert Nelson, DO

RESIDENCY

University of Missouri, Columbia, MO

MEDICAL SCHOOL

William Carey University College of Osteopathic Medicine, Hattiesburg, MS

Dr. Nelson counts receiving the AAFP Award for Excellence in Graduate Medical Education, being elected chief resident, being appointed to the AAFP Commission on Diversity, Equity, and Inclusiveness in Family Medicine, and completing the Housestaff Emerging Academy of Leaders (HEAL) as his top professional accomplishments. Professionally, his areas of interest include sports medicine; advocacy and involvement in diversity, equity, and inclusion efforts in higher education and medical education; and addressing racial health disparities and disparities in the care of underrepresented and underserved communities. He is also interested in engaging in free clinic care and better understanding medication-assisted therapy (MAT), LGBTQ+ care, and pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis (PEP) medications. Following residency, Nelson plans to complete a primary care sports medicine fellowship and pursue a career in academic medicine, becoming involved in education curriculum and teaching medical students, residents, and sports medicine fellows. In his free time, he enjoys fitness, cooking, spending time with family and friends, and reading.

Awards and Recognition

2020	William Carey University College of Osteopathic Medicine Doctor of Osteopathic Medicine Student of the Year
2019	National Medical Fellowships Josiah Macy Jr. Foundation Scholarship
2010	Boy Scouts of America Eagle Scout

Offices and Appointments

2022-2023	Commission member, AAFP Commission on Diversity, Equity, and Inclusiveness in Family Medicine
2022-2023	Co-chief resident
2021-Present	Counselor, Housestaff Organization
2022	HEAL-USA
2020-2021	National committee member, National Future Leadership Project, Student National Medical Association (SNMA)
2019-2020	Co-chair, SNMA National Community Service Committee

Community and Public Services

2021-Present	Resident volunteer, MedZou Community Health Clinic
2020	SNMA Annual Medical Education Conference (AMEC) Community Service Clothing Drive
2019	SNMA AMEC High School Day
2018-2019	St. Edwards Food Pantry
2017	Tar Wars Tobacco and Smoking Prevention Program for Kids

2017-2018 Christian Services Soup Kitchen
2016-2017 Habitat for Humanity

Personal Statement from Dr. Colbert Nelson

I am studying medicine because of the positive impact that medicine has had on my life, and I hope to have that same or more significant impact through medicine on others. To me, medicine growing up was a complete unknown. No one in my family was involved in medicine or health care. I always felt a desire to pursue more and do more, and these pursuits led me to medicine. As a current PGY-2 and future chief resident, I think that my understanding of medicine is constantly improving but will never be complete. That is what keeps me dedicated to the profession. The field is ever-changing, and I strive to provide the best care possible by staying updated on new changes and innovations. While medicine is a rewarding and vast career, there is ample opportunity to be involved in other activities.

I chose family medicine because it best fits my overall interests, personality, and long-term goals. I value the connections you can make as a primary care physician, including interpersonal skills, compassion, work ethic, and commitment to patients and other colleagues. You can also make your practice and career your own and be a leader in your community. Family medicine was and is the only field I could see myself realistically pursuing. It had everything I thought I wanted in my career when I started this journey before medical school. As my interests and involvements continue to deepen and diversify, family medicine still meets all my needs and wants.

Overcoming Obstacles

Like many others, I have had my share of obstacles while pursuing my goal of becoming the physician I want to be. I am, first and foremost, a black male. Throughout my journey, I have experienced disparities in educational, socioeconomic, and healthcare access, including limited role models and numerous thoughts related to imposter syndrome. I do not have family members who are physicians, so my pursuit of medicine was mostly unknown besides what I could gather from the internet and people I could talk to. I have also experienced personal and school-related obstacles throughout my studies before and during medical school. With reflection, determination, and focus, I was able to identify my weaknesses and address them. I have worked hard to address any other issues, either self-identified or through my continued pursuit of appropriate feedback and critique.

My Unique Journey

I am a unique candidate for this award due to the wide variety of experiences I have pursued and how these speak to my interests and future career goals. I am proud to say that I was selected as one of my residency's chief residents for the 2022-2023 year. I also am involved with my Housestaff Organization as a counselor who helps represent the residencies at my academic center on relevant issues and concerns. I have currently published two case reports and am working on my third, preparing to present my third poster at an annual sports medicine conference. When I am able, I enjoy volunteering at a student-run free clinic and currently have plans to work on increasing

our residency's involvement with community engagement and, more specifically, non-profit homeless organizations. Most recently, I was selected to the AAFP Commission for Diversity, Equity, and Inclusiveness in Family Medicine (CDEI-FM), which makes me unique and, more importantly, speaks to my passion and commitment to family medicine and diversity, equity, and inclusion efforts. While these individual accomplishments alone may not be unique, I think they represent an applicant who is unique and well-rounded.

I am a worthy recipient of this award because I meet the high standards of this prestigious award. I have demonstrated an effective involvement in leadership before and during residency from my past and current pursuits holding leadership roles and a desire to address diversity, equity, and inclusion efforts in residency and nationally. My civic involvement includes volunteering at a free health clinic and working to have more outreach with local, homeless non-profit organizations. My extracurricular pursuits also provide quality patient care to whomever I see in the inpatient facility and the clinic. Lastly, I am a worthy recipient because of my continued vested interest in family medicine.

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