



Julia Lauren Flora

Pediatric Orthopaedic Research Assistant, Orthopaedic Surgery

Bio

BIO

Julia holds a BS with Honors in Human Biology from Stanford University. During her undergrad, she recruited patient participants at Stanford School of Medicine and worked as a clinical anatomy teaching assistant, resident assistant, vice president of Stanford Women in Medicine, and student researcher in neurobiology and orthopedics. Julia has a first-author publication on cross-cultural communication training for medical students, which was recognized with the Society of General Internal Medicine's California-Hawaii DEI Scholarship Award. She also spearheaded the Strong Women Series, a free strength training educational workshop series for Stanford students, staff, and faculty, along with Morgan Smith, PhD.

She is currently the Assistant Clinical Research Coordinator with the Female Athlete Science and Translational Research (FASTR) Program, led by Dr. Emily Kraus. She is involved in several research projects related to the female athlete, including topics such as Relative Energy Deficiency in Sport (REDs), bone stress injuries, menstrual cycle, and athlete biomarker monitoring. In her spare time, Julia loves strength training, hiking, baking, and watercolor painting.

CURRENT ROLE AT STANFORD

Assistant Clinical Research Coordinator for the FASTR Program

HONORS AND AWARDS

- California-Hawaii DEI Scholarship Award, Society for General Internal Medicine (May 2023)

EDUCATION AND CERTIFICATIONS

- BS, Stanford University , Human Biology (2024)

Publications

PUBLICATIONS

- **Interpreter and limited-English proficiency patient training helps develop medical and physician assistant students' cross-cultural communication skills.** *BMC Medical Education*
Flora, J., Nguyen, Q., et al
2023