

John Gilstad M.D., CAPT MC USN



Hailing from San Antonio, Texas, John Gilstad graduated from the United States Naval Academy in May 1987 with a bachelor's degree in English. He proceeded to medical school at Uniformed Services University, including two years as a Howard Hughes Medical Institute Research Scholar in protein crystallography at the National Institutes of Health. After graduating from USU in 1993 he completed internal medicine residency training at the National Naval Medical Center and achieved board certification in 1996.

LT Gilstad served as an internist at Naval Medical Clinic Quantico, Virginia 1996-1998 and the Naval Hospital Roosevelt Roads, Puerto Rico 1998-2001, and on the Executive Committee of the Medical Staff (ECOMS) at both commands. He completed a clinical fellowship in geriatrics at Johns Hopkins University in 2002. From 2002 to 2006 as an internist back at the National Naval Medical Center, LCDR Gilstad launched the command's Clinical Performance Data Committee, and deployed aboard USNS COMFORT in support of Operation Iraqi

Freedom, before heading NNMCC's Responsible Conduct of Research Department where he improved training for hospital staff undertaking or publishing research. From 2006 to 2009 CDR Gilstad served at Naval Hospital Yokosuka, Japan, as Department Head for Medical Specialties and as Chairman of ECOMS. During this tour he established the hospital's monthly morbidity and mortality conference and combined case conferences with Japanese Self Defense Force Hospital Yokosuka. Returning from Japan, CDR Gilstad reported to the Armed Forces Radiobiology Research Institute (AFRRI) in Bethesda Maryland, as Department Head for Scientific Research, where he led initiatives in financial management, scientific peer review, portfolio management, drug development, and collaboration with NATO scientific colleagues.

CAPT Gilstad reported to Naval Medical Research Unit 2 in Pearl Harbor as Executive Officer in 2012, serving as Acting Commanding Officer from January-May 2013. At NAMRU-2 he focused on shaping the scientific portfolio, and both strategic and practical aspects of transitioning the command to Navy Medical Research Center - Asia in Singapore.

CAPT Gilstad was Commanding Officer at Naval Medical Research Unit 3 in Cairo, Egypt from 19 June 2014 through 27 September 2016. He established academic partnership with Stanford University's Center for Innovation in Global Health; drove research realignment to host nation military medicine and DoD Global Health Engagement priorities in Egypt and at the command's detachment in Ghana; and led interagency reforms in local staff human resource management.

Returning to AFRRI from Cairo, CAPT Gilstad served as Chief, Military Medical Operations before being selected as Institute Director, beginning April 2018.

CAPT Gilstad served as Navy Delegate to the Young Physicians Section of the American Medical Association from 2002 to 2005. He is a Fellow of the American College of Physicians and has been active in the Navy Chapter. He earned ten-year recertification in Internal Medicine and Geriatrics in 2006 and 2012 respectively, and a third ten-year certification in internal medicine in 2016, from the American Board of Internal Medicine. He is principle investigator on a multi-year collaborative study of hand hygiene implementation in Liberian hospitals funded by USU's Center for Global Health Engagement.