

Monina Distor-Castro, DNP, MSN, RN, FNP-BC, CBN: A Leader in Bariatric Nursing and Obesity Medicine

Kaiser Permanente Case Manager and Doctor of Nursing Practice Graduate Committed to Patient Care and Quality of Life



New York City, New York Jan 27, 2025 ([Issuewire.com](https://www.issuewire.com)) - Monina Distor-Castro, a distinguished Certified Bariatric Nurse (CBN), Board-Certified Family Nurse Practitioner (FNP-BC), and Registered Nurse (RN), continues to make significant strides in the field of nursing and healthcare management. With over two decades of experience at Kaiser Permanente, where she has served as a **Registered Nurse** and Case Manager since November 1999, Monina's dedication to improving patient care and outcomes is evident in her daily practice. **Monina also works part-time as a Family Nurse Practitioner at a small primary care clinic in Lakewood.**

Monina's educational journey began at the University of the East Ramon Magsaysay Memorial Medical Center in the Philippines, where she earned her Bachelor of Science in Nursing Degree in 1992. She then transitioned to the United States to further her education, obtaining a Master of Science Degree in Nursing Administration from California State University, Fullerton, in 2006. Her commitment to excellence did not stop there; Monina pursued post-master's training as a Family Nurse Practitioner at UC Irvine from 2007 to 2009. Most recently, she achieved a significant milestone by completing her Doctor of Nursing Practice Degree at the UCLA School of Nursing in June 2024 with a focus on obesity and weight stigma.

As a passionate advocate for patient quality of life, Monina embodies the core values of communication, safety, and trust in her interactions with patients. Her extensive training and experience in bariatric nursing and obesity medicine empower her to make a profound impact on her patients' journeys toward healthier lifestyles. Monina believes that every patient deserves personalized care and support, which she strives to provide through her empathetic approach and clinical expertise.

"I am dedicated to helping my patients achieve a good quality of life," says Monina. "The joy of seeing them succeed motivates me every day. It is incredibly rewarding to be a part of their journey toward better health."

Monina Distor-Castro is not only a vital asset to Kaiser Permanente but also a leader in her field, inspiring others through her commitment to the nursing profession and patient advocacy.

Learn More about Monina Distor-Castro:

Through her online profile, <https://todaysnurse.org/nurse/4149775>

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