

POOJA AMY SHAH, MD

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PERSONAL DATA

Pooja Amy Shah, MD
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ACADEMIC / HOSPITAL APPOINTMENTS / OTHER WORK EXPERIENCE

- 1/2011 – present Assistant Professor of Medicine, Center for Family and Community Medicine, Columbia University Medical Center – New York-Presbyterian Hospital, New York, NY
- 10/2106 – present Teaching Assistant, International Structural Acupuncture Course for Physicians live weekend clinical sessions, Harvard Medical School Department of Continuing Education – Boston, MA
- 8/2009 – 11/2010 Instructor, Department of Family Medicine, Boston University Medical Center, Boston, MA
- Primary Inpatient Hospital Teaching Faculty, Boston University HealthNet Inpatient Adult Medicine Service.
 - Boston University School of Medicine Family Medicine Medical Student Clerkship Lecturer.
- 8/2009 – 11/2010 Nursing Home Physician, Adams Geriatrics, Quincy, MA
- Rehabilitation center and nursing home rounding physician.
- 7/2001 – 6/2002 Americorps VISTA Full-time Volunteer, Sunset Park Community HealthCorps, Brooklyn, NY
- Full-time volunteer position as an Adolescent Health Coordinator at Park Ridge Family Health Center. Developed and implemented several health center-based adolescent health programs; designed an interactive educational website about adolescent health issues; coordinated free HIV testing.
- 2/2000 – 11/2001 LSAT, SAT, and MCAT Certified Instructor, The Princeton Review, Austin, TX

EDUCATION

- 2006 M.D. University of Texas Medical Branch, Galveston, TX
- 2001 B.A. University of Texas at Austin, Magna Cum Laude, Austin, TX
Majors: Plan II Honors and Anthropology

TRAINING

- 9/2015 (ongoing) Integrative Medicine in Residency curriculum faculty learner, University of Arizona, online training, 200 hours
- 9/2013 – 5/2014 International Structural Acupuncture Course for Physicians, Harvard Medical School, Boston, MA, 300.5 hours, AMA PRA Category 1 Credits
- 7/2008 – 6/2009 Chief Resident, Boston University Family Medicine Residency Program, Boston, MA
- 7/2006 – 6/2009 Family Medicine Resident, Boston University Medical Center, Boston, MA

Other Professional Training

- 2016 (ongoing) Two Year Certificate Program in Contemplative Psychotherapy, Nalanda Institute of Contemplative Science, directed by Drs. Joe Loizzo (Cornell University) and Robert Thurman (Columbia University), New York, NY
- 2016 Authentic Leadership with Bill George, Professor of Management Practice at Harvard Business School, Las Vegas, NV, 3 hours, AMA Category 1 Credits
- 2016 Hands on Myofascial Approaches for Low Back Pain with David Lesondak, Board Certified Structural Integrator at UPMC - Center for Integrative Medicine, Las Vegas, NV, 3 hours, AMA Category 1 Credits
- 2016 Relationship Centered Patient-Provider Communication Workshop, Weill Cornell Medical College, New York, NY, 7.25 hours, AMA Category 1 Credits
- 2016 Advanced Integrative Palpation Based Acupuncture Course – Low Back, Hips and Limbs, Harvard Medical School, Boston, MA, 15.5 hours, AMA PRA Category 1 Credits
- 2015 Advanced Integrative Palpation Based Acupuncture Course – Neck, Shoulders, and Headache, Harvard Medical School, Boston, MA, 15.5 hours, AMA PRA Category 1 Credits
- 2015 Mind Body Medicine: New Science and Best Practices To Meet Public Health Challenges, Harvard Medical School, Boston, MA, 23.75 hours, AMA PRA Category 1 Credits
- 2014 Update in Hospital Medicine, Harvard Medical School, Boston, MA, 19.25 hours, AMA PRA Category 1 Credits
- 2011 Update in Hospital Medicine, Harvard Medical School, Boston, MA, 20.25 hours, AMA PRA Category 1 Credits
- 2011 Summer Institute for Teaching and Learning, Columbia University Medical Center, New York, NY
- Day long workshop exploring effective teaching and learning strategies in health sciences education, including: effective course design, engaging learners in the classroom and online, new ways of looking at educational presentations, teaching and learning resources for CUMC Faculty.
- 2010 Primary Care Orthopedics, Harvard Medical School, Boston, MA, 17 hours, AMA PRA Category 1 Credits
- 2010 Lifestyle Medicine: Tools for Promoting Change, Harvard Medical School, Boston, MA, 6 hours, AMA PRA Category 1 Credits
- 2009 Colposcopy Certification, Boston University Medical Center, Boston, MA
- 2008 Clinical Training in Mind-Body Medicine, Harvard Medical School, Boston, MA, 36.75 hours, AMA PRA Category 1 Credits
- Instruction and experience in the practice of the foundational elements of mind/body medicine – relaxation response, cognitive behavioral strategies for integration into individual practice.

LICENSURE / BOARD CERTIFICATION

Licensure

2014	New York State License with Addition for Medical Acupuncture, A258687
2010	New York State License, 258687
2006 – 2010	Massachusetts State License, 238090, inactive

Board Certification

2009	American Board of Family Physicians, Board Certified through 12/31/2019
5/2017	(Forthcoming) American Board of Integrative Medicine / American Board of Physician Specialties

HONORS / AWARDS

2014	Faculty Teacher of the Year Award, New York-Presbyterian / Columbia University Medical Center
2014	Staff Choice Attending Physician of the Year Award, New York-Presbyterian / Columbia University Medical Center
2011-2015	New York State Higher Education Regents Physician Loan Forgiveness Award <ul style="list-style-type: none">• Award selection criteria based on merit and the commitment to practice primary care medicine in an area of New York State designated by the Board of Regents as having a shortage of physicians.
2011	New York-Presbyterian Falcon Award Recognition for Superior Performance
2008	The Benjamin H. Josephson, MD Fund, Grant Recipient <ul style="list-style-type: none">• Humanitarian grant, award selection criteria based on attestation of delivery of medical services to those in need throughout the world; grant used for medical work in Lesotho, Africa.
2006	Osler Scholarship in Global Health, University of Texas Medical Branch <ul style="list-style-type: none">• University scholarship designated for international medical work in northern rural India.
2005	Vivian Pinn, MD, Scholarship for Diversity in Health Care, University of Texas Medical Branch <ul style="list-style-type: none">• In conjunction with the American Medical Women's Association, essay competition.
2002	Corporation for National Service Education Award, Academic Scholarship <ul style="list-style-type: none">• Scholarship for medical school after completion of a year-long Americorps VISTA volunteer service commitment.
2001	Phi Beta Kappa National Honor Society
1999 – 2001	College Scholars Award for High Academic Achievement, University of Texas at Austin <ul style="list-style-type: none">• Awarded three consecutive years, award for excellence in undergraduate studies.
1997 – 2001	National Merit Scholarship Award <ul style="list-style-type: none">• Four-year full academic scholarship for undergraduate studies.

PROFESSIONAL ORGANIZATIONS AND SOCIETIES

National

2016 – present	American Academy of Medical Acupuncture
2015 - present	National Academic Consortium for Integrative Medicine and Health (ACIMH) <ul style="list-style-type: none">• Vice-Chair elect of the Education Working Group (6/2017); current CUMC representative – the Education Working Group facilitates the incorporation of teaching of integrative medicine into all levels of medical education, includes monthly meetings.• Steering Committee Alternate
2015 - present	IM4US – Integrative Medicine for the Underserved
2006 – 2016	American Academy of Family Physicians

State

2011 – present New York State Academy of Family Physicians

FELLOWSHIP AND GRANT SUPPORT

7/2016 – 6/2017 Weil Grant Foundation, PG004774-02

- PI: Pooja Shah, MD, Integrative Medicine in Residency, \$10,000 direct support funds for the development of the Integrative Medicine Track at New York-Presbyterian's Family Medicine Residency Program.

7/2015 – 6/2016 Weil Grant Foundation, PG004774-01

- PI: Pooja Shah, MD, Integrative Medicine in Residency, \$15,000 direct support funds for continuation of the Integrative Medicine Track at New York-Presbyterian's Family Medicine Residency Program.

7/2014 – 6/2015 Weil Grant Foundation, PG004774

- PI: Pooja Shah, MD, Integrative Medicine in Residency, \$30,000 direct support funds for seed capital to initiate a sustainable Integrative Medicine resident education track.

EDUCATIONAL CONTRIBUTIONS

Direct Teaching / Precepting / Supervising Experiences

- 7/2013 – current – Director of Musculoskeletal Education - Resident and medical student preceptor for weekly Musculoskeletal Clinic patient care sessions (12 residents per year, approximately 12 – 15 students per year) – duties include (a) direct precepting of residents and students during targeted musculoskeletal clinic patient care sessions, (b) teaching and supervision of the following procedures: joint Injections (knee, shoulder, hands, wrists), bursa, trigger point injections, myofascial release, (c) comprehensive management of acute and chronic pain syndromes.
- 7/2014 – current – Director of Integrative Medicine (IM) - Direction of the IM activities for the Center for Family and Community Medicine, including the residency IM Track – duties include (a) direct organization and supervision of IM Track residents, (b) direction and organizing research opportunities, clinical services, and grant funding, (c) serving as primary liaison for IM activities at Columbia University Medical Center.
- 7/2016 – current – Inpatient Teaching Faculty, 10/2014 – 6/2016 – Primary inpatient hospital teaching faculty on Allen Hospital Family Medicine Resident Inpatient Service – duties include (a) leading daily patient care teaching rounds, (b) giving lectures on foundational hospital medicine topics, (c) providing regular feedback and evaluation of residents and students, and (d) teaching and supervision of the following procedures: lumbar puncture, paracentesis, arterial blood gasses, nasogastric tube placement, phlebotomy, bladder catheterizations.
- 10/2016 – current – Columbia University Medical Student Integrative Medicine (IM) Elective preceptor – duties include (a) directly teaching and supervising the rotating IM Elective student, (b) developing curriculum for the IM Elective.
- 1/2011 – 6/2016 – Resident and Medical Student Preceptor – duties included (a) direct supervision of residents during primary care sessions, (b) teaching and supervision of the following procedures: LARC insertion and removal – IUDs and Nexplanon, wart / acrochordon removal, biopsies, cyst removal, outpatient laceration repair.

Advising and Mentorship

- 1/2011 – current – Resident advisor (2 residents per academic year, individual monthly meetings)
- 7/2014 – current – Integrative Medicine Track resident advisor (2014 – 3 residents, 2015 – 5 residents, 2016 – 5 individual monthly meetings)
- 1/2016 – 5/2016 – University of Arizona National Center for Integrative Health Primary Healthcare Pilot Study Site Coordinator (supervision of 20 clinicians at CU)

Development of instructional material and curricular design used at CUMC/NYP

- 7/2014 – current – Director of Integrative Medicine (IM) Track – Instituted an educational track in IM using the University of Arizona Integrative Medicine in Residency (IMR) online curriculum, including (a) obtaining grant funding (see above), (b) recruitment and supervision of residents (year one – 3 residents, year two – 5 residents, year three – 5 residents), (c) program design and implementation, (d) organization of outside hospital experiential activities, (e) coordinating longitudinal integrative care plans for selected patients, and (f) evaluation. IMR is a national 200-hour competency-based (responds to ACGME) curriculum in IM, designed for incorporation into a primary care residency education.
- 7/2013 – current - Director of Musculoskeletal (MSK) Education – Developed a full-spectrum curriculum on outpatient musculoskeletal medicine including chronic pain management and fibromyalgia; created a milestone-based evaluation for residents (all residents rotate through MSK during their PGY2 and PGY3 years); serving as MSK rotation supervisor and liaison to PM&R, Sports Medicine, Pediatric Orthopedics and Rheumatology for resident education since 7/2013.
- 10/2014 – 6/2016– Developed inpatient curriculum including establishing goals and objectives; regularly conducting literature searches which are incorporated into our weekly inpatient lecture series and daily teaching rounds.

DIRECT PUBLIC HEALTH SERVICES (INTERNATIONAL)

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| 11/2010 – 12/2010 | The Mountain Fund Full-time Clinical Volunteer
Kathmandu, Nepal <ul style="list-style-type: none">● 501c3 charity, brought primary medical care to persons living rurally outside of Kathmandu and near Langtang National Park who have no other healthcare providers. |
| 4/2008 – 5/2008 | Lesotho - Boston Health Alliance Full-time Clinical Volunteer
Maluti Adventist Hospital, Mapoteng, Lesotho <ul style="list-style-type: none">● Family physician in a rural hospital offering comprehensive inpatient and outpatient health care services to approximately 100,000 people living in 264 villages. |
| 4/2006 | Child Family Health International Medical Student Volunteer
Than Gaon, India <ul style="list-style-type: none">● Health camp participation via Than Gaon Medical Clinic to patients without any other medical care in the rural Himalayas. |

PUBLICATIONS

Non-Peer Reviewed Publications/Materials in Print

- 7/2016 Spertus, M., **Shah, P.A.** Chronic Pain: From Public Crisis to Integrative Relief. In New York State Academy of Family Physicians (NYSAFP) Journal
- 2014 Paladine, H., **Shah, P.A.** Abnormal Vaginal Bleeding. In: Family Medicine: Ambulatory Care and Prevention, Sixth Edition, Smith, Shimp, Schrager (Eds), McGraw Hill, New York, NY, 2014 Chapter 62: pp 500-506.

INVITED LECTURES AND PRESENTATIONS

- 9/12-16/2017 (forthcoming) American Academy of Family Physicians - Family Medicine Experience (FMX) National Conference lecture series on the evaluation and treatment of low back pain, San Antonio, TX.
- 2/18/2017 "Symptom and Pain Reduction in the Palliative Care Patient: Evidence of Mind-Body Therapies and Other Integrative Approaches" for the second annual Columbia University Palliative Care Conference, New York, NY – Attendance: 115 clinicians.
- 2/1/2017 Forum on "Health Justice in the Trump Era" for Columbia University Physicians & Surgeons medical, nursing, dental, public health, allied health students and faculty and staff; with other featured speakers Ross Frommer, JD, Magda Schaler-Haynes, JD, MPH, and Jacqueline Merrill, PhD, MPH, RN, New York, NY – Attendance: 125 students, clinicians, faculty, and staff.
- 1/20/2017 "Mindfulness Meditation for Wellness," guided meditation for faculty and staff at the New York Presbyterian Hospital's Center for Family and Community Medicine, New York, NY – Attendance: 35 clinicians and health center staff.
- 1/19/2017 "Symptom Reduction in the Chronic Pain and Palliative Care Patient: Evidence of Mind-body and Other Integrative Approaches" for the Academic Consortium for Integrative Medicine and Health Noon Conference Webinar Series, national online webinar – Attendance: 92 clinicians.
- 9/22-24/2016 "Low Back Pain – Myths and Facts" for the American Academy of Family Physicians - Family Medicine Experience (FMX) National Conference lecture series – large audience interactive lectures x 2; problem-based learning sessions x 2; and "Ask the Expert" CME session x 1, Orlando, FL – Attendance: over 300 physicians per interactive lecture, approximately 50 per PBL session, approximately 45 for the "Ask the Expert" session.
- 4/21/2016 "Lunch and Learn" Interactive Presentation on Integrative Medicine for Underserved Communities for the Columbia Mailman School of Public Health student group SPIM (Students for the Promotion of Integrative Medicine), New York, NY – Attendance: 38 students.
- 3/4/2016 "Practice," Mini-TED Talk for the University of Arizona Integrative Medicine in Residency Site Directors Meeting, Tucson, Az – Attendance: 62 physicians and researchers.
- 9/22/2015 "Ovenside Chat on Food Politics and Promoting Food Health Literacy" with the Columbia University Medical School of Physicians and Surgeons "Food for Thought" Student Interest Group, New York, NY – Attendance: 26 students.
- 5/6/2015 "Integrative Medicine in Family Medicine Residency" Educator Track Symposium Lecture for the Columbia University Department of Medicine, New York, NY – Attendance: 43 physicians.
- 4/21/2009 "Media-based Health Promotion Patient Education," Grand Rounds for the Department of Family Medicine at Boston University Medical Center, Boston, MA.
- 8/19/2008 "Hyperthyroidism," Grand Rounds for the Department of Family Medicine at Boston University Medical Center, Boston, MA.