Ramya Ramachandran, D.O.

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# EDUCATION

## Resident, Internal Medicine 2021 - present

Medical City Arlington – North Richland Hills, TX

## Doctor of Osteopathic Medicine 07/2015– 05/2019

Lake Erie College of Osteopathic Medicine – Bradenton, FL

## Master of Science in Biotechnology 02/2013-05/2015

Johns Hopkins University – Baltimore, MD

## Bachelor of Science in Biology 02/2007- 05/2011

University of Maryland – College Park, MD

# LISCENCES AND CERTIFICATIONS

Advanced Cardiac Life Support 05/2021 – 05/2023

Basic Life Support 05/2021– 05/2023

CITI Human Subjects Research Biomedical Certified 08/2022

NIH Research Clinical Research Certificate 08/2022- 08/2023

# LANGUAGES

English Read, write and speak-proficient

Tamil Speak-fair

# WORK EXPERIENCE

## Internal Medicine Resident, Medical City North Hills 7/2021 - Current

Supervisor: Dr. Satish Karmegam( Program Director)

North Richland Hills, TX

* Counsel patients on newly diagnosed and chronic health conditions and maintenance of existing conditions
* Reconcile home medications and came up with personalized treatment plans
* Perform bedside visits throughout the day to monitor patients' progress, listen to answer their questions, to counsel them and their family members on their condition and treatment. Made minor adjustments to the treatment plan accordingly
* Order and coordinate scheduling of diagnostic lab tests, images
* Analyze the results of the lab tests, images and procedures and applied my interpretations to the patient's treatment plan

## Family Medicine Resident, Johnston Memorial Hospital 7/2019 – 6/2020

Supervisor: Dr. Jennifer Hanke

Abingdon, Virginia

* Conducted screening examinations, pre-op evaluations, periodic pelvic examinations along with appropriate testing on pregnant patients
* Assisted OBGYN physicians in delivering babies via natural birth and C-sections in patients by ensuring optimal surgical exposure, ensuring proper hemostasis, facilitating proper wound closure
* Carried out newborn examinations, bedside circumcisions and informed parents of their baby’s health conditions
* Counseled patients on newly diagnosed, chronic health conditions and maintenance of existing conditions
* Made bedside visits throughout the day to monitor patients' progress, listen to answer their questions, to counsel them and their family members on their condition and treatment. Made minor adjustments to the treatment plan accordingly
* Practiced preventative medicine- screened patients for chronic diseases as per USPSTF Guidelines during yearly physical exams, administered immunizations, managed medication lists and provided education on their conditions or treatment options

## Receptionist 1/2013 -12/2013

Supervisor: Dr. Chitra Venkatraman, M.D.; Hematology and Oncology Specialist

Greenbelt, MD

Compiled pathology, radiology, laboratory reports, chemotherapy flow sheets for the doctor's review

Organized patient files, documented patient medical information, case histories and insurance details to ensure smooth appointment visits

Answered phone calls, scheduled appointments, followed up on prescription requests and medical requests from returning and new patients

Offered every patient professional and prompt service, completing check-ins, verifying paperwork and coordinating smooth hand-offs to nursing staff

## LEADERSHIP EXPERIENCE

## Americorps VISTA, Hindu American Seva Charities 1/2011 – 12/2012

Greenbelt, MD

Worked with the International Rescue committee and American Nepalese Women's Association and the local schools to determine educational needs of Bhutanese refugee children.

Formulated lesson plans with retired school teachers, and established a weekend Sunday homework help program for elementary and middle school Bhutanese refugee children.

Scouted the Bhutanese community, gathered data regarding their current health literacy, documented their challenges to getting adequate healthcare.

Coordinated free vision, dental and medical screening activities with various health professionals for the set up of bi-annual free health fairs.

## RESEARCH/SCHOLARLY ACTIVITY

***Abstracts/Posters***

***\**** *indicates presenting author*

1. **Ramachandran,R\*,** Cannon, M**,** Kundrada M, Scott, AJ**.** ctDNA response in a POLE-mutation Associated Colon Cancer Patient Treated with Immune Checkpoint Blockade.Submitted to ACG 2023
2. **Ramachandran R\***, Maldonado D. The Rate of Pneumothoracies in COVID Patients with and Without NAFLD.Presented at American Thoracic Society **(**ATS**),** May 23, 2023, Washington, D.C.
3. **Ramachandran R\***, Patel P, Mehraban N, Yee W . An Interesting Case of Suppurative Thrombophlebitis and Perivascular Abscesses as a Cause Of Complicated MRSA Bacteremia.Presented at North Texas Research Forum, April 28, 2023. Arlington, TX 76015.

## *Publications:*

1. **Ramachandran R\***, Diggikar S.A Case Presentation of Gastric Adenocarcinoma

*Status:*Submitted to Karger Gastroenterology Journal for Case Reports; Reference number: **CRG-2023-2-14**

1. **Ramachandran R**, Patel P, Mehraban N, Yee W**.** An Interesting Case of Suppurative Thrombophlebitis and Perivascular Abscesses as a Cause Of Complicated MRSA Bacteremia. Submitted to Cureus Infectious Disease Cases Journal; reference number

# Research in Progress (Ongoing research)

**Title: Review on Updates in Multiple Myeloma Maintenance Therapy**

**Role:** Primary author

**PI:** Rajesh Chakraborty, M.D

**Summary**

**Status:** The aim of this investigation is to provide a concise yet comprehensive overview of the results, treatment regimens, and outcomes from various ongoing clinical trials focusing on maintenance therapy for multiple myeloma. Currently being drafted.

**Title: Review on Biomarkers and Neuroendocrine Tumors**

**Role:** Primary author

**PI:** Juanaid Arshard, MD

**Status:** This is a systematic review article on the current biomarkers, their current diagnostic, monitoring role, predictive and prognostic roles in managing neuroendocrine tumors. This article is being currently drafted.

# VOLUNTEER EXPERIENCE

## 06/2022 – present Dallas Refugee Services of Texas

## Dallas Refugee Services of Texas 06/2022-Present

Dallas, TX

Refugee Mentor

* Working to support the integration of refugees, immigrants, asylees, survivors of human trafficking and unaccompanied children from over 30 different countries
* Provide periodical mentorship to youth ages 15-24, regarding how to safely integrate into American culture, physically navigating their way in Dallas, community services to help improve their health literacy and future career plans
* Listen to the refugee family stories, provide them with physical, social and emotional support to ensure their smooth transition when integrating into American society

**New Hope Community**   **1/2022 - Present**

Rockville,MD

Interfaith Mentor

* Lead monthly dialogues between 10 college students of various religious backgrounds, regarding the origins of current religious biases, their current viewpoints on them and how to work through these biases for greater communal understanding
* Research ancient texts, share Hindu stories from the Hindu perspective on how to unlock these biases
* Encourage the youth to actively listen to each other, research on these biases, present their discoveries and ultimate reflections with care& compassion.

## DC Central Kitchen 5/2012 - 3/2020

Washington D.C

Lead Coordinator

* Worked with various local temple administrations and DC kitchen, to coordinate 3-4 youth groups of at least 20-30 people along with their families to go to D.C kitchen during various Hindu festivals
* Coordinated and oversaw food handling following procedures and sanitization standards
* Washed, cut, prepared vegetables and other cooking supplies during opening and closing to maximize productivity
* Packaged, stored and ultimately distributed food to approximately 200 homeless people at a time