



KOUSHIK SANGARAJU

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OBJECTIVE:

Highly skilled and dedicated internal medicine PGY-3 resident seeking an academic nocturnist position in a reputable healthcare facility.

EDUCATION:

- STATEN ISLAND UNIVERSITY HOSPITAL – NORTHWELL HEALTH, STATEN ISLAND, NY
Residency in Internal Medicine (categorical) (July 2021 – present)
- KURNOOL MEDICAL COLLEGE, KURNOOL, INDIA
Bachelor of Medicine and Bachelor of Surgery (Sep 2013 - Aug 2020)
- SRI CHAITANYA EDUCATIONAL INSTITUTIONS, VIJAYAWADA, INDIA
Pre-medical (2011 - 2013)
- BHASHYAM PUBLIC SCHOOL, KURNOOL, INDIA
High School (2006 - 2011)

USMLE STEP SCORES:

- USMLE STEP 1 score - 233
- USMLE STEP 2 CK score - 239
- USMLE STEP 3 score - 224

CLINICAL EXPERIENCE:

- STATEN ISLAND UNIVERSITY HOSPITAL – NORTHWELL HEALTH, STATEN ISLAND, NY
Residency in Internal Medicine (categorical) (July 2021 – present)
Residency Program Accredited by the Accreditation Council for Graduate Medical Education (ACGME)

Inpatient experience:

- Provided comprehensive medical care to 10 patients on medical floors during intern years and 20 patients during the senior year, serving a diverse patient population in Staten Island, New York.
 - Coordinated medical students and interns, providing daily chalk talks on topics of interest on medical floors, fostering a collaborative and educational environment.
 - Led Quality Improvement projects, including the development of the "Anticipating Discharge Checklist," initiatives to reduce blood culture contamination rates, and efforts to decrease CAUTI rates in the hospital.
 - Represented residents as a lead on the Pharmaceuticals and Therapeutics Committee, contributing to decision-making processes related to medication management and protocols.
 - Active participation in rapid responses and code blue situations, demonstrating quick decision-making and leadership skills in emergency scenarios.
 - Proficient in various medical procedures, including central lines, arterial lines (A-lines), midlines, and paracentesis, showcasing technical expertise.
 - Admitted an average of 8 patients per day during night shifts, demonstrating efficiency in handling a high volume of admissions and ensuring timely and accurate patient assessments.
 - Possesses extensive experience with night shifts, averaging around 10-night weeks each year, showcasing adaptability and competence in nocturnal patient care.
 - Served as the Medical Admitting Resident (MAR) overnight, collaborating closely with the Emergency Medicine department for seamless sign-outs and patient admissions.
 - Utilized Point-of-Care Ultrasound (POCUS) expertise, focusing on the assessment of pleural effusions, pneumothorax, and Inferior Vena Cava (IVC), contributing to accurate and timely diagnostics.
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- NORTSHORE UNIVERSITY HOSPITAL – NORTHWELL HEALTH, MANHASSET, NY
Visiting medical resident in Department of Rheumatology (Oct 2022)

- HOUSTON METHODIST HOSPITAL, HOUSTON, TX
Visiting medical student in Department of Pulmonology (July 2020)
- SUNY DOWNSTATE MEDICAL CENTER, BROOKLYN, NY
Visiting medical student in Department of Internal medicine (Jan 2020)
- MAYO CLINIC, PHOENIX, AZ
Visiting medical student in Department of Gastroenterology and Hepatology (Dec 2019)
- KURNOOL MEDICAL COLLEGE, KURNOOL, INDIA
Clinical internship (Sep 2018 – Aug 2019)

RESEARCH EXPERIENCE:

Publications:

- *"Anti-thrombotic agents and MACE in antiphospholipid syndrome: a cross-sectional study utilizing the 2016-2018 National Inpatient Sample Database"* - published in Scandinavian Journal of Rheumatology

Grovu R, Nguyen A, Sangaraju K, Wei C, Mustafa A, Slobodnick A. Anti-thrombotics and major adverse cardiovascular events in anti-phospholipid syndrome: a cross-sectional study using the 2016-2018 National Inpatient Sample database. Scand J Rheumatol. 2023 Nov;52(6):696-702. doi: 10.1080/03009742.2023.2238402. Epub 2023 Aug 16. PMID: 37584636.

Presented abstracts:

- A retrospective study on *"Analysis of IgG4-Related Disease in a Diverse Long Island Population: Insights from the Rheumatology Clinic"* - abstract presented at ACR Convergence 2023 (presenting author)
- A retrospective study on *"PPI use and risk of knee or hip replacement among patients with osteoarthritis and rheumatoid arthritis"*- abstract presented at ACR Convergence 2023 (presenting author)

- A retrospective study on *“Investigating the Influence of Congestive Heart Failure on Interstitial Lung Disease in Patients with Systemic Lupus Erythematosus and Systemic Sclerosis”* - abstract presented at CHEST 2023 (presenting author)
- A retrospective study on *“Arrhythmia burden pacemakers, and defibrillator implantation rate in cardiac sarcoidosis patients without heart failure, using national readmission database”* - abstract presented at CHEST 2023 (presenting author)
- A retrospective study on *“Stroke Vulnerability: Contrasting Bacterial and Nonbacterial Endocarditis in SLE”* - abstract submitted to AHA Scientific sessions 2023

Currently working research projects:

- *“Use of eculizumab in SLE and/or APLS patients complicated by thrombotic microangiopathy (TMA)”* - currently working on setting up patient registry

AWARDS/ACCOMPLISHMENTS:

- Achieved first position in the departmental rheumatology exam among all three residency classes
- Distinction Honors in pharmacology
- Distinction Honors in microbiology
- Distinction Honors in pathology
- Distinction Honors in forensic medicine

PRESENTATIONS:

- Journal club presentation on **“Tigulixostat Lowers Serum Urate Levels in Patients with Gout and Hyperuricemia”**
- Workshop presentation on **“Systemic lupus erythematosus”** for resident noon conference
- Case presentation on **“ANCA vasculitis”** for morning report
- Case presentation on **“Interstitial lung disease in rheumatoid arthritis patient”** for morning report
- Case presentation on **“Cholangiocarcinoma”** for morning report

MEMBERSHIPS:

- American college of Rheumatology
- American college of Physicians
- Medical council of India
- Andhra Pradesh Medical Council

CERTIFICATIONS:

- Advanced Cardiovascular Life Support (ACLS)
- Basic Life Support (BLS)
- Board eligible in Internal Medicine (2024)

VOLUNTEERING:

- Volunteered in work to educate the people on **Malaria Prevention in Community (2019)**
- Volunteered in **Health campaign for Diabetes** and created awareness among people by **Diabetic Work Program (2015,16,17,18,19)**
- Volunteered in work at **Rural Health Care Center** and performed medical check-ups for common diseases like hypertension and diabetes and educated pregnant women about significance on immunization and ante-natal health visits **(2018)**
- Volunteered to institute Oral Polio Vaccines to children under **Pulse Polio Immunization Program** initiated by Government of India **(2014, 2015)**

INTERESTS:

- Cooking traditional foods
- Intermittent fasting
- Playing basketball
- Learning about new culture
- Practicing meditation and mindfulness (Inner engineering)

LANGUAGES:

- Telugu – Native speaker
- English – Full professional proficiency
- Hindi – Limited working proficiency
- Tamil – Limited working proficiency

