

# Ankita Patel



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## About Me

I am a second-year internal medicine resident driven to work as a Primary Care Physician in future. Areas of interest includes prevention, diagnosis, and management of chronic diseases; focusing on continuity of care. Focused on spending time with patients to explain diagnosis, provide treatment options and answer questions. Motivated to emphasize preventative care.

## Education

- Internal Medicine Residency, St. Mary Medical Center – Langhorne, PA (June 2022 – Present).
- M.B.B.S, Pramukhswami Medical College, Gujarat, India (August 2011 – March 2017).

## Skills

- Excellent communication skills, bedside manners and organization skills
- Knowledge and ability to take a detailed medical history
- Experience to work with diverse patient population
- Excellent patient care and time management skills
- Experience of Practice base learning
- Ability to practice evidence-based medicine

## Work Experience

- Internal Medicine Resident at **St. Mary Medical Center**, Langhorne, PA (June 2022–Present)
  - Gained Experience in the inpatient and outpatient setting by seeing patients in the internal Medicine as well as in various subspecialties including Cardiology, Nephrology, Pulmonology, Hematology/Oncology, Endocrine and Infectious disease.
  - Learned how to admit and continue care of the patient during inpatient setting by doing multidisciplinary rounds with other subspecialties, social worker, nutritionist and care manager.
  - Provided medical care to 10-12 patients in the outpatient setting, performed detail physical examination to determine diagnosis, educated patients regarding their diseases/diet/hygiene/screening tests, provide necessary information regarding their future care as well as knowledge of insurance coverage.
  - Experience to manage patients in Intensive and Cardiac Critical Care Units as well as managed rapid responses and actively participated in code blue (code 99).
  - Gained experience with basic medical floor work including peripheral IV, Procedures such as Central line, Arterial line, Endotracheal Intubation, Thoracentesis, Chest tube placement.
  - Highly experienced in using electronic medical records (EPIC) in both inpatient and outpatient settings.
  - Train and design supervision for medical students and junior residents.

## Externship & Observership

- Internal Medicine Externship at Desai Medical Center, Ellicott City, MD, USA (Oct 2019 – May 2021)
- Pediatrics Externship at C.S Mott Children’s Hospital, Ann Arbor, MI, USA (Aug 2019)
- Pediatrics Externship at Saint Anthony Hospital, Chicago, IL, USA (June 2019)

- Internal Medicine Externship at Uni. of Maryland, Baltimore Washington Medical Ctr, Glen Burnie, MD, USA (March 2019– April 2019)
- PICU Observership University of Maryland Children’s Hospital, Baltimore, MD, USA (Feb 2019)
- Clinical Research trainee at Mayo Clinic, Rochester, MN, USA (June 2021 – May 2022)

## Awards/Accomplishments

- Gold Medalist in Ophthalmology

## Languages Spoken

- English, Hindi, Gujarati, Urdu

## Research Experience

- Paper Publications:
  - Butyrate: More than a Short Chain Fatty Acid, Current Nutrition Reports, pages 1-8, Oct 2023.
  - Home Enteral Nutrition: A descriptive study. Journal of Parenteral and Enteral Nutrition/volume 47, issue 4, May 2023, Pages. 500-562.
  - Plant-Based Diet: Is it as good as animal-based diet when it comes to protein? Journal of Current Nutrition Reports, Volume 11, pages 337-346. June 2022.
  - Usability of a Novel Enteral Feeding System: A Summative Study. Medical Devices: Evidence and Research, pages 253-262, Jan 2022.
- Abstracts:
  - Real-World Home Enteral Nutrition Experience Among Consumers and Caregivers. American Society for Parenteral and Enteral Nutrition Science and Practice, published: March 2022.
  - Home Enteral Nutrition Program: A Single Tertiary Referral Center Experience, American Society for Parenteral and Enteral Nutrition Science and Practice. Published March 2023.
  - Impact of COVID-19 Pandemic on Adult and Pediatric Home Enteral Nutrition Recipients. American Society for Parenteral and Enteral Nutrition Science and Practice. Published: March 2023.
  - Racial Disparities in Access to Enteral Nutrition Therapy: A National Referral Center Experience. American Society for Parenteral and Enteral Nutrition Science and Practice. Published: March 2023.
  - Mental Health Among Enteral Feeding Consumers and Caregivers: Is Home Enteral Nutrition Overwhelming? American Society for Parenteral and Enteral Nutrition Science and Practice, Published: March 2023.
  - Electrolytes Monitoring During Home Enteral Nutrition. American Society for Parenteral and Enteral Nutrition Science and Practice. Published March 2023.
- Poster Presentation:
  - Real-World Home Enteral Nutrition Experience Among Consumers and Caregivers at ASPEN, Seattle, Washington, USA 2021.