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Name: Razia Jayman-Aristide, MD MS-HPPL FACP

Office Address: 701 NY 25A, Mount Sinai, NY 11766

Home Address: 1521 Prospect Avenue, East Meadow, NY 11554

Work Email: rjaristide@nyhealth.com

Personal Email: razjayari@gmail.com

Educational Background

Education

06/2018	MS	Health Professions, Pedagogy & Leadership	Hofstra University
06/2008	MD	Doctor of Medicine <i>Honors</i>	Ross University School of Medicine
12/2003	BS	Biology <i>Honors</i>	Stony Brook University SUNY

Postdoctoral Training

08/2018-12/2020	Research Fellow (ECRIP Grant –Empire Clinical Investigator Program) Northwell Health System, Bay Shore, NY
08/2016-06/2018	Master of Science in Health Professions Pedagogy and Leadership Hofstra University School of Education, Hempstead, NY
07/2008-06/2011	Resident in Internal Medicine, New York Methodist Hospital Brooklyn, NY

Professional Experience

Current Employment

08/2021-Present	Chief Medical Officer, NY Health Primary Care Physician, NY Health <i>Oversee a multidisciplinary practice with approximately 120 providers across primary care, nephrology, rheumatology, obstetrics & gynecology, surgery, urology, and pain management; focusing on quality metrics, standardization of care and policy implementation. Close co-management of patients across the practice for primary care with an IPA in the ACO model.</i>
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Appointments at Hospitals/Affiliated Institutions

01/2013-06/2021

Attending Physician

Northwell Health

03/2015-06/2021

Department of Hospital Medicine Southside Hospital

During this time, I took on the role as:

Co-Director of Ambulatory Clerkships

Donald and Barbara Zucker School of Medicine at Hofstra/
Northwell (06/2019-06/2021)

01/2013-03/2015

Department of Internal Medicine Forest Hills Hospital

During this time, I took on the role as:

Associate Program Director for Internal Medicine

Residency (05/2013-03/2015)

09/2011-01/2013

Attending Physician

Private Practice

Center for Nursing & Rehabilitation - Center Light Health

Department of Internal Medicine - New York Methodist Hospital

Faculty Academic Appointments

05/2013-2022

Assistant Professor of Medicine & Science Education

Donald and Barbara Zucker School of Medicine at Hofstra/Northwell

Major Administrative Leadership Positions

Local

2021-Present

NY East District Councilor

American College of Physicians

2019-2022

Leader

MAP-IT High Potential Leader

2018-2021

Chair

Medical Education Committee

2013-2015

Chair

ICD (International Classification of
Diseases)-10 Steering Committee

2013-2015

Co-Chair

Health Information Management

2012-2015

Faculty Member

Clinical Competency Committee

Committee Service

Local & Regional

2020-2021

Faculty Advisor

White Coats for Black Lives Chapter at
ZSOM

2020-2021

Member

Firearm Injury & Prevention Educational
Committee/Grant Funded

2020

Planning Committee

Society of General Internal Medicine
(Mid-Atlantic Regional Meeting 2020)

2019

Planning Committee

Society of General Internal Medicine

2018-2021	Leader Physician Lead	(Mid-Atlantic Regional Meeting 2019) SBIRT Screening, Brief Intervention, and Referral to Treatment
2018-2021	Member	Wellness Committee
2017-2020	Member	Code Committee
2017-2020	Founder	Community Health Ambassadors of Southside Hospital (Formerly WIN)
2017	Founder	Women's Initiative in Northwell (WIN)

Editorial Activities

2018-Present	Journal of Communication in Healthcare: Strategies, Media and Engagement in Global Health. Reviewer
2020	SGIM Mid-Atlantic Regional Co-Chair for Innovations in Clinical Teaching Planner/Leader and reviewer for submission in Innovations in Clinical Teaching
2019	SGIM Mid-Atlantic Regional Clinical Vignette Peer Reviewer for 2019 Conference
2018	SGIM Mid-Atlantic Regional Abstract Peer Reviewer for 2018 Conference

Professional Societies

2015-Present	Fellow	American College of Physicians
2010-2015	Member	American College of Physicians
2018-2021	Member	Women's Health Education Interest Group (Society of General Internal Medicine)
2017-2021	Member	Society of General Internal Medicine

Honors and Prizes

2020	Teacher of the Year Award	Southside Hospital, Northwell Health
2020	Certificate of Appreciation CPR Communications Curriculum	Donald & Barbara Zucker School of Medicine at Hofstra/Northwell
2019	Certificate of Appreciation Physical Diagnosis Curriculum	Donald & Barbara Zucker School of Medicine at Hofstra/Northwell
2019	Truly Awards Nominee	Northwell Health
2019	myRecognition for Community Event	Huntington Senior Health Fair
2019	Presidents Award for Physician of the Year	Southside Hospital, Northwell Health
2019	Presidents Award for Teamwork	Southside Hospital, Northwell Health
2018	myRecognition for Rapid Response	Southside Hospital, Northwell Health
2018	Excellence in Empowering Women Award	L.I. Against Domestic Violence
2018	Honors in Teaching	Southside Hospital, Northwell Health
2017	Teacher of the Year Award Family Medicine Residency Program	Southside Hospital, Northwell Health
2017	Team Player Recognition	Southside Hospital, Northwell Health

	Logistics Department	
2014	Acknowledgement in Teaching Internal Medicine Residency Program	Forest Hills Hospital, Northwell Health
2011	Patient Care Praise Aware	New York Methodist Hospital
2011	Healers Hall of Fame Inductee	New York Methodist Hospital

Report of Funded and Unfunded Projects

Funding Information

2018- 2020 Center for Integrated Behavioral Health Grant
Amount: \$350,000 per 2 years

My primary role in being awarded this grant was as a Fellow. I conducted research from 2018-2020 on Perceived stress and the use of over the counter sleep aids under the direct mentorship of Dr. Conigliaro

Current Unfunded Projects

2018-2020 Bidding a Good Night: Performing Effective Good Night Rounds
Improving both the patient experience and the ‘doctor communication’.

2012-2020 Critical Practice: The Effects of Mock Code Scenarios on Resident Confidence and Team Communications
I am investigating perceived confidence in medical residents prior to and after participating in a series of simulation based cardiac arrest scenarios.

Report of Local Teaching, Speaking and Training

2023 Med News Mentorship 101 (~30K attendees internationally on a virtual platform)

<https://www.youtube.com/live/TQCr2HcpZI?si=ybEdqoGNNSzpX3Kk>

2023	Castle Connolly Top Doctors	New York Magazine, Newsday Top Doctors on Long Island
2022	Castle Connolly Top Doctors	New York Magazine, Newsday Top Doctors on Long Island
2022	Women in Medicine	ACP Podcast
2019-2021	Communications	Zucker School of Medicine at Hofstra/Northwell Communications Leader in the Curriculum in teaching skills to MS1-2
2019-2021	Physical Diagnosis	Zucker School of Medicine at

		Hofstra/Northwell Taught physical diagnosis to first year medical students July through September 2019, recurs yearly
2020	Nutrition in the Practice of Medicine	Zucker School of Medicine at Hofstra/Northwell
2019	Nutrition in Medicine	Fueling the Body – Clinical course content Zucker School of Medicine at Hofstra/Northwell
2019	Skin Manifestations in IBD	Fueling the Body – Clinical course content Grand Rounds Presentation at Southside Hospital/Northwell
2019	How to Build a Curriculum Vitae with a Village	Zucker School of Medicine at Hofstra/Northwell Spring Women in Medicine Conference Developed and conducted a workshop teaching the fundamental skills and approaches on how to build a resume utilizing a community of practice
2018	Curricular Design Using a Competency-based Framework	Guest Faculty in APS 380 Masters level course for Health Professionals October 3. 1-hour small group session
2018	Physical Diagnosis	Zucker School of Medicine at Hofstra/Northwell Taught physical diagnosis to first year medical students July through September 2018
2018	Updates in Stroke Management	Southside Hospital Family Medicine Residents 1 st /2 nd /3 rd year residents & 3 rd /4 th year medical students during education day
2017	Lung Sequestration	Southside Hospital Department of Medicine Grand Rounds. 1-hr Lecture
2012-2015	Identify the Picture	Forest Hills Hospital Internal Medicine Residents 1 st /2 nd /3 rd year Residents. Pathology Slides 1-hr sessions every 2 weeks
2012-2015	Board Review Lecture Series	Forest Hills Hospital Internal Medicine Residents

2012-2015	Evening Board Review	1 st /2 nd /3 rd year Residents 1-hr sessions every 2 weeks Forest Hills Hospital Internal Medicine Lecture Series Residents
2012-2015	System Based Exams	1 st /2 nd /3 rd year Residents 2-hr sessions every month Forest Hills Hospital Internal Medicine Residents
2012-2015	Introduction to Intern Year	1 st /2 nd /3 rd year Residents 1-hr Exam Review Monthly Forest Hills Hospital Internal Medicine Residents
		1 st year Residents 1-hr lecture on HPI documentation/Note writing/discharge summaries, etc x 7 days per start of each academic year

Report of Regional, National and International Invited Teaching and Presentations

Invited Presentations and Courses

Regional

2020 Nutrition Awareness Month Invited Panel
Panelist with three registered dietitians on a forum entitled 'Personalize your plate' which discussed health benefits of a well-balanced dietary intake. Community event.

Regional

2020 Office of Academic Affairs/Northwell Health Presenter for Summit
The Ongoing Virtues of Virtual Medicine. Presentation on innovations in teaching clinical medicine to medical students in the first two years

Regional

2019 Academic Hospitalist Summit/Northwell Health Presenter for Summit
Updates in Hospital Medicine. Presentation on up to date recommendations in in patient clinical care

National

2018 Society of General Internal Medicine Panelist for TEACH 201
Teaching Educators Across the Continuum of Healthcare Panel of Educators/Mentoring

Clinical Supervisory and Training Responsibilities

the hospital from the emergency room until discharge. The multiple team members who would be caring for them and their roles were described as well.

Report of Education of Patients and Service to the Community

Activities

- 2020 Feeding Forward by Feeding Families
An ongoing fundraiser run by the Southside Hospital Hospitalist division to raise funds that are utilized on a monthly basis to feed local families affected financially by the pandemic. Over \$7500 have been raised since the project started in June of 2020
- 2020 Sun Safety to Legislative Funded Educational Program. Held at the local library.
1-hour lecture to the community on Sun Safety
- 2019 Annual Community Health Ambassadors Bake Sale/Fundraiser for Long Island Against Domestic Violence.
Organized by CHA-S with staff bakers and buyers. Collected \$2000 for LIADV over a 9-hour period
- 2019 Event for the health pavilion. Hofstra University Student Center. Girlz Talk
Demonstration table with educational short talks reaching out to 350 young girls minority girls across long island most from Suffolk county
- 2019 Brentwood West Middle School. Health & wellness day.
Six-hour event on Understanding BMI, Nutrition & wellness to students in middle school. Demonstration table with educational short talks
- 2019 SSH Heart & Lung “Loving the Heart in You” @ the Boulton Center in Bay Shore
Demonstration table on ‘How to Handle Stress’ with educational talks and handouts/ activities
- 2019 Narcan Training. Eastern Suffolk BOCES
Large group instruction training in order to education community organizations
- 2018 Long Island Against Domestic Violence
A resume building workshop was held by LIADV. At the end of the workshop, our group helped the women who expressed interest to put clothes together for their work week. (1-hr event)
- 2018 Clothing Drive for Women in Need
In order to raise awareness for Long Island Against Domestic Violence (LIADV), our women’s health initiative put together a clothing drive for professional attire for these women during our first workshop with them on January 30th. We received about 10 large boxes of total donations.

- 2017 NAACP Feed the Homeless Event
Attended with approximately 15 members from our initiative to feed the local community and help to box food for those in need. (6-hr event)
- 2017 Commemoration Day for Long Island Against Domestic Violence
A table was set up to discuss being in charge of your health. Women's health topics briefly discussed as people approached the table. Nutritional information on taking over your diet and health was handed out and explained. (2-hr event)
- 2017 Organ Donor Day
Event to educate the staff and community regarding organ donation and recruit people to sign up. Recruited 30+ new sign ups and educated over 100 staff and visitors. (2-hr event)
- 2017 Adelante Event for the Community on Health & Wellness
Outreach for women of all ages in the community organized by WIN, with multiple stations pertaining to health and wellness. Stations included belly dancing, yoga, informational tables & demonstration on breast exams/how to build a healthy salad/ healthy juicing, and a know your numbers table (4-hr event)
- 2017 Island Harvest Self Breast Exam Demo
Demo done on knowing your own breast health for the middle to elderly aged community (2-hr event)
- 2017 Johnson & Johnson Training
A training program attended by WIN members (15 members) on how to conduct programs on wellness during the school year (8-hr training)
- 2017 Bake Sale to raise money for LIADV (Long Island Against Domestic Violence)
Fundraiser that raised \$2175 which was donated to LIADV during Domestic Violence Awareness Month
- 2017 Northwell Health Walk
WIN members & their family members (~30) walked for this event, raising approximately \$7000. We were top 10 in the system for fundraising. Donations went to Cohen's & Katz
- 2017 Bake Sale to raise money for Northwell Health Walk
Fundraiser that raised ~\$5000 which was donated to the Northwell Health Walk. Funds went towards Cohen's Children Hospital & Katz Institute for Women's Health
- 2017 Women's Health Week

Five-hour session of Demo's on Breast exams and knowing your own breast health for staff at Southside Hospital and the local community

- 2017 Wellness Week
WIN members assisted during our Annual Wellness week for Staff with a table set up with information on women's health and wellness. Breast demos done as well on how to know your own breast health

Lectures

- 2019 Nutrition for your heart. Temple Beth David.
One-hour invited lecture to members discussing the various ways to "power" your heart
- 2019 NCNW (Nation council of Negro Women, Inc)
One-hour talk/discussion on Preventive medicine and Incorporating Sleep into a healthy lifestyle
- 2019 Fundraising event in Farmingdale Fire Station. Cardiac Disease, symptoms and management
- 2018 Stroke Awareness at YES Family Night Event Central Islip
- 2018 Stroke Awareness at Cross of Christ Lutheran Church
- 2017 Medical Career Day at Brentwood High School
Lecture on Obesity in Adolescents and staying health with awareness/diet and exercise
- 2017 Bring Taylor Home. Fundraiser for Mitochondrial Disease
Brief lecture given on the basics of Mitochondrial disease, long term health complications and multidisciplinary approach to long term care. Event was at the Brentwood Country Club.
- 2017 Cardiac Health for Women
Lecture given to Moxxie (group of Professional Women in the workforce) monthly meeting at Jewel Restaurant in Melville
- 2017 Low Back Pain
Lecture given to "Friendship Club" in Oakdale (at the B'nai Israel Reform Temple)
- 2017 The Road to Becoming a Doctor
Lecture given Brentwood High school during their Medical Career Day
- 2017 Obesity and Social Media
Lecture given to Central Islip High school during their Medical Career Day

2017 Heart Disease and the Significance of a Family Unit
Lecture given at Brentwood West High school Family day

2017 Obesity
Lecture given at Brentwood South High School

2017 #1 Things to Do: Know Your Numbers
Lecture given to Staff at Southside hospital for Go Red

Report of Scholarship

Abstracts, Poster Presentations and Exhibits Presented at Professional Meetings

Poster

A Case Report: COVID-19 Pneumonia Complicated by Acute Venous Thromboembolism (VTE)

- Poster presented at the 2020 AAMC Research Symposium (National)
- Mentor in presentation, last author

Gaining Joy in Medicine by Giving Back

- Presented poster at Institute of Healthcare Improvement 2019 (International)

Bidding a ‘Good Night’: Performing Effective Good Night Rounds

- Presented poster at Patient Experience Conference Meeting 2019 (Local) – Won 2nd Place
- Presented poster at SGIM Mid-Atlantic Regional Meeting 2018 (Regional)
- Presented poster at Hospitalist Academic Summit Local Meeting 2018 (Local)

Use of Simulation to Improve Resident Confidence During Response to In-Hospital Cardiac Arrest

- Presenting poster at SGIM National Meeting 2019
- Presented poster at SGIM Mid-Atlantic Regional Meeting 2018 (Regional)

Critical Practice: The Effects of Mock Code Scenarios on Resident Confidence and Team Communications 2016

- Presented poster at AAIM 2016 Annual Meeting Poster Competition (National)

Case report on Atrial fibrillation as a result of sildenafil use 2011

- Presented poster at ACP New York Chapter 2011 Annual Meeting Poster Competition (Regional)

Publications

Block, Lauren, **Jayman-Aristide, R.** SGIM Forum (2021). Bridging the Gap: A Covid-19 Telehealth Pilot

Jayman-Aristide, R. Stages of Life. Narrateur (2020). Zucker School of Medicine at Hofstra/ Northwell

Cohn J, **Jayman-Aristide, R.**, Chittireddy Z. (2015). Ageusia. In Domino FJ (Ed.), *The 5-Minute Clinical Consult 2016*, Philadelphia: Lippincott Williams and Wilkins

Jayman-Aristide, R. Naweed. Narrateur (2014). North Shore-LIJ Health System & Hofstra North Shore-LIJ School of Medicine

Mentorship

Elizabeth Davis (2022- present)

Erica Beauplan MD (2018 – present)

Rolando Gomez MD (2018- present)

Niharika Pasurmarty MD (2018-present)

Sadia Arshad MD (2016 – 2021)

