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Current position: PGY2 internal Medicine Resident physician at Marshfield health system.

Introduction

Hello! My name is Ali, and I am excited to introduce myself to you. I am an internal medicine resident with a passion for Cardiology and critical care medicine. I believe in continuous learning and personal growth, which has led me to explore various fields and acquire diverse skills. Throughout my career, I have gained experience in primary practice, inpatient practice, emergency care, critical care, teaching and research fields. I have worked in my home country Sudan republic, Saudi Arabia, and united states. This has not only enhanced my skills but also instilled in me a strong work ethic and a commitment to delivering quality results in totally different health systems with wide range of ethnic, cultural, geographic, and environmental variations.

In addition to my professional endeavors, I am an avid general reader. I find joy in reading as they allow me to unwind, explore my creative side, and connect with others who share similar passions. Education has always been a priority for me. The formal education, combined with my hands-on experience, has provided me with a strong foundation to excel in my field.

I believe in the power of collaboration and teamwork. I enjoy working with individuals from diverse backgrounds, as it enables me to gain new perspectives and learn from others. I am a good communicator and listener, always open to new ideas and willing to adapt to different situations. In my personal and professional life, I strive to make a positive impact.

Giving back to society is important to me, and I believe in using my skills and resources to create a better world. I am excited about new opportunities and challenges that lie ahead. I am confident in my abilities and look forward to making a meaningful contribution in any endeavor I undertake. Thank you for taking the time to get to know me, and I am eager to connect and learn more about you as well.

Early Education

Primary school: Alsajjana governmental elementary school, 1997-2004.

That was the first stage of formal education I have received; I was 5 Years old when I joined a small elementary school in the neighborhood where we used to live back in my home city. It was a small building run by the local governmental educational directorate, just a couple of blocks short distance from our house, therefore most of the time I used walk go walking on foot. In primary education, I was introduced to fundamental academic subjects such as mathematics, science, language arts (including reading, writing, and grammar), social studies, and physical education. The curriculum was designed to provide a well-rounded education that lays the foundation for further learning in secondary education. It was crucial in helping me developing essential skills and knowledge that served as the building blocks for my academic and personal growth. The Environment focused on fostering a love for learning, promoting critical thinking, and developing basic literacy and numeracy skills. Additionally, it helped to cultivate social and emotional skills, encouraged creativity, and instill a sense of curiosity and exploration. Teachers used to collaborate with my parents and colleagues to ensure the best possible educational experience for me.

Secondary School: Sheikh-Mustafa-Al-Amin-Private-School, 2004-2007.

a little bit more distant, Sheikh Mustafa Al-Amin school is partially private /partially governmental nonprofit institute. At that level, school provided more specialized and comprehensive curriculum. In secondary school, I studied a wider range of subjects in more depth compared to primary education. The curriculum included core subjects such as mathematics, science, language arts, and social studies, as well as elective subjects like foreign languages (French, thought I haven't practiced since that time), arts, music, physical education, computer sciences and sports. We were highly encouraged to explore our interests and talents, participate in extracurricular activities, and explore potential career paths.

In Sudan Republic, secondary education concludes the pre-graduate studies, and by the end of the three years students must decide which career pathway they would like to continue doing. options include biologic studies, engineering, Technical and Literature. It was my parents wish to become a physician that was why I wrapped up my secondary education by taking the required Sudanese secondary school national examinations in Biology and I was ranked number 31 out of all students all over the nation with a score result of 94.9%. I was honored by the President of Sudan republic among the top 100 students and offered a totally free scholarship to study medicine in the most prestigious university in Sudan, the memorial university of Khartoum.

Basic Medical qualification: MBBS, University of Khartoum, 2007-2014.

I obtained my basic medical qualification after completing a medical education program at a university in Khartoum school of medicine. Established in 1924, school of medicine (formerly Kitchener school of medicine named after the famous British governor upon the era of Sudan colonization by UK) is the earliest ever established medical school in Sudan and among the earliest in Africa and middle east.



Kitchener medical school - 1924

The duration of the program is six years including both theoretical and practical training in various medical disciplines. I have studied basic sciences such as anatomy, physiology, biochemistry, pharmacology, and pathology, and I also received clinical training in different specialties, including internal medicine, surgery, pediatrics, obstetrics and gynecology, psychiatry, and others. Throughout medical school years, I have learned the necessary knowledge and skills to diagnose and treat illnesses, performed basic procedures, and provided supervised primary healthcare.



Faculty of medicine – University of Khartoum, 2014

My medical school performance was totally satisfactory; I was able to secure the third highest score (80%) among my batch in human physiology, and a very good overall evaluation. As I was approaching the final years of medical school, I became more interested in internal medicine. I have done two months of observer ship at a private clinic of a well-known neurologist in Sudan. I was part of a volunteering medical campaign directed by the university, to provide health care for rural areas, where there is insufficiency of free medical treatment and health awareness which added a lot to my communication skills, leadership, and teamwork.

Post graduate Internship

Omdurman Maternity Hospital, Omdurman, Sudan: 10/2014 - 01/2015

House Officer, Obstetrics and Gynecology, Supervisor: Bashir Lima, MD

My Tasks included assessment, monitoring and management of labor, Urgent stabilization of obstetrics emergencies as well as attending and facilitating vaginal deliveries and other gynecological surgeries like hysterectomy, salpingectomy, Oophorectomy, and laparotomy.

Academy University Hospital, Khartoum, Sudan: 01/2015 - 04/2015

House officer, Department of General Surgery, Supervisor: Mohammad Ibrahim, MD

I spent three months in the Department of General Surgery, working in both the Accidents and Trauma Department as well as the Outpatient Clinic. My duties included Performing minor procedures such as wound stitching, application of casts, and abscess drainage, assisting in major surgical operations such as laparotomy, hernia repair, thyroidectomy, and breast surgeries, managing trauma patients, performing pre-surgical preparation and post-surgical assessment of patients, and presenting tutorials of academic topics related to general surgery.

Academy University hospital, Khartoum ,Sudan : 04/2015-7/2015

House officer , Department of Internal Medicine , Supervisor : Ahmad Dirar MD

I have been directly working under a physician with special interest in Tropical and infectious Diseases, which has given me the opportunity to learn and deal with a variety of tropical diseases including Bilharziasis, Leishmaniasis and Tuberculosis. Duties included working in Emergency Department, critical care, inpatient hospital, and outpatient department.

Omdurman Military Hospital, Omdurman, Sudan :07/2015-10/2015

House officer, Department of Pediatric medicine – Supervisor: Yousef Haj MD

Duties included working in inpatient pediatric setup, as well as outpatient pediatric clinic, NICU, PICU, nursery and growth and development clinics.

Teaching Experience

Ahfad University for Women, School of medicine Omdurman Sudan

Teaching assistant

Supervisor: Mohammed Osman Swar, MD, Associate professor

Conducting tutorial sessions of problem-based learning for second year classes, as well as clinical demonstration of examination techniques for third year classes. I also participated in teaching different hospital procedures for fifth and sixth-year classes, including intubation, catheterization, and central venous line placement.

Sabri Abu center for medical training

Tutor

Teaching USMLE step 1, USMLE step 2 CK subjects for exam candidates.

Volunteer experience

Awliya Mountain refugees camp

Medical officer 10/2015-12/2015

I volunteered to be a doctor at an internally displaced people camp, established for people compelled to leave their hometowns because of Sudan civil war. Most of the camp residents were children and adolescents, with cases mainly due to poverty, poor hygiene and shortage of food and medical supply. My duties were to provide medical care in campus if feasible or arrange for hospital transfer if necessary. I conducted weekly sessions of health awareness focusing on maintenance of good personal hygiene, ensuring acceptable sanitations undertaken, I also Provided health education about unsafe sexual practice to minimize risks of STDs. I also participated in Bringing up forward and addressing the camp's needs with higher governmental and non-governmental authorities to arrange for essential financial, objective, and logistic support.

Work experience

Al Zaytouna Hospital, Khartoum, Sudan: 06/2017 - 08/2017

Senior House Officer, Department of Cardiology, Supervisor: Nashwa Ahmed, MD , FRCP.

Duties included obtaining history, performing clinical examination, and participating in formulation of assessment and plan for patients admitted in department of cardiology. Daily follow up and monitoring of patients' progress, observing echocardiography clinics. Observing in Cath lab emergency and planned percutaneous coronary interventions, writing discharge notes for patients and refilling medications prescriptions.

Bashayer university hospital, Khartoum, Sudan 9/2017-8/2019

Senior House officer, MICU. Supervisor: ElFatih El Najeeb MD

Duties included taking care of critically sick patients under supervision of critical care physician. activities include ICU procedures like central line placement, arterial line placement, cardioversion, and defibrillation.

Aseer central Hospital. 8/2019-9/2019

KSA, Abha

Resident physician, Emergency Medicine. supervisor Mohammad El sheikh MD

Rapid response, front line health professional performing initial triaging, assessment, and stabilization of patients upon arrival to ED. EMS doctor for emergency transfer service through various ambulance methods.

Ball Ahmar general hospital 09/2019-8/2021

KSA, Ball Ahmar

Resident physician, Emergency Medicine, Supervisor. Shady Hegazi MD

That was amid COVID19 pandemic, I was basically covering pulmonology critical care established for taking care of COVID-19 patients.

Research Experience:

Tele geriatric research fellowship 9/2021-6/2022

Michigan state university – Department of geriatric medicine.

supervisor Nadir Abdelrahman MD

one year long online research fellowship program conducted by department of geriatric medicine in MSU. Goals were building up of research experience, understating the concept of research methodology as well as participating in research projects. It was a good learning opportunity provided me a chance to engage in research projects, gain hands-on experience in conducting scientific studies, and contribute to the advancement of medical knowledge. During a research fellowship, I worked under the supervision of experienced researcher in the field of geriatric medicine. I was involved in designing research protocols, collecting, and analyzing data, conducting experiments, reviewing literature, writing research papers, and presenting findings at conferences and scientific meetings. Participating in research also helped to provide better understanding in geriatric medicine. It also served as a steppingstone for me in continuing scientific writing thereafter.

Internal medicine residency training

Marshfield clinic health system – internal Medicine residency program

Program director, Ateeq Reman MD: 07/2022

In Marshfield Clinic Health System (MCHS) Internal Medicine Residency Program, I have the opportunity, resources and required facilities to advance my knowledge and skills level in all aspects of patient care. I have had my level of medical curiosity and critical thinking remarkable boosted and encouraged. I am being trained to become a competent advocate for my patients. Having entered this third decade of the 21st century, we are also being trained into becoming must be proficient in best practice, with patient safety always at the forefront of healthcare delivery.

Additionally, as the program acknowledge that system quality improvement is the responsibility of all members of the healthcare team, I have participated in the quality improvement project titled:

Reduction of readmission rate of CHF exacerbations.

we have learned that the best outcomes for our patients occur when a highly functioning, mutually respectful team is utilized to its fullest extent. Within the Internal Medicine Residency of the Marshfield Clinic Health System, there is evidence of multidisciplinary team integration within didactic instruction, small group interactions, and feedback processes.

The MCHS Internal Medicine Residency Program provided me an experience to do 2 months of Elective cardiology rotation in department of cardiovascular diseases. During which I have had the opportunity to work with the head department who gave me very good performance evaluation. Overall, I have seen and managed 5 to 7 patients on daily bases during the two months duration of the elective cardiology rotation.

The program also arranged an exchange externship elective cardiology rotation which I will be having this winter in University of Wisconsin health system December 2023 through January 2024.



Marshfield clinic 2020

So far in my training, I have presented 12 morning reports and power point presented lectures in various topics in internal medicine. I have also participated in teaching University of Wisconsin medical school Alumni and students who attends their rotations in Marshfield hospital.

special courses completed during residency

I have also completed several online training courses assigned by the program, including

1. Communication skills: Effective communication is a crucial aspect of professionalism.

This course taught me how to communicate professionally, both verbally and in writing. It covered techniques for active listening, clear and concise writing, and professional etiquette in various communication channels.

2. Time management: Professionalism requires efficient time management. I learned how to prioritize tasks, set goals, and manage their time effectively. I also gain insights into strategies for overcoming procrastination and staying organized.

3. Professional appearance: This course emphasized the importance of a professional appearance in the workplace. It covered appropriate dress codes, grooming standards, and personal hygiene. I learned how to present myself in a manner that reflects professionalism and respect for the workplace environment.

4. Ethical behavior: Professionalism goes hand in hand with ethical behavior. The course educated me on ethical principles and practices, emphasizing honesty, integrity, and accountability. It discussed ethical decision-making and guided us on handling ethical dilemmas in a professional manner.

5. Interpersonal skills: Building positive relationships with colleagues, clients, and superiors is crucial for professionalism. The course provided insights into effective interpersonal skills, such as active listening, conflict resolution, teamwork, and respectful communication. Participants learn to navigate different personalities and work collaboratively in diverse environments.

6. Adaptability and resilience: The course taught me the importance of adaptability and resilience in professional settings. It covers strategies for embracing change, managing stress, and bouncing back from setbacks. I learned to remain composed and professional in challenging situations.

7. Professional networking: Networking plays a significant role in professional growth. The course educated me on building and maintaining professional networks. It covers techniques for effective networking, including attending industry events, utilizing social media platforms, and nurturing professional relationships. Throughout the course, I was engaged in interactive activities, case studies, and role-playing exercises to apply the concepts learned. They also receive feedback and guidance to enhance my professionalism.

8-emotional intelligence:

An emotional intelligence short course focused on developing the skills and abilities associated with emotional intelligence. Emotional intelligence refers to the capacity to recognize, understand, and manage emotions in oneself and others. This course covered the following key areas:

1. Self-awareness: I learned to recognize and understand my own emotions, strengths, weaknesses, and triggers. I explored techniques for self-reflection, mindfulness, and self-assessment to enhance my self-awareness.

2. Self-regulation: This section focused on managing and regulating one's emotions effectively. I learned strategies for controlling impulsive reactions, managing stress, and developing emotional resilience. They also explore techniques for maintaining composure and adapting to changing situations.

3. Empathy: Building empathy is an essential aspect of emotional intelligence. This course helped me develop the ability to understand and appreciate the emotions, perspectives, and needs of others. It explores techniques for active listening, reading non-verbal cues, and showing genuine empathy towards colleagues, clients, and stakeholders.

4. Social skills: Effective social skills are crucial for building and maintaining positive relationships. I learned techniques for effective communication, conflict resolution, and building rapport. I also explored the importance of teamwork, collaboration, and networking in professional settings.

5. Relationship management: This section focuses on developing and managing relationships in a professional context. I have learned strategies for building trust, resolving conflicts, and providing constructive feedback. I also explored techniques for influencing and inspiring others in a positive and ethical manner.

6. Cultural intelligence: In today's globalized world, cultural intelligence is a vital aspect of emotional intelligence. This course helped me develop an understanding and appreciation for cultural differences. It explores techniques for effective cross-cultural communication, cultural adaptation, and building inclusive work environments.

7. Emotional intelligence in leadership: This section focused on the role of emotional intelligence in leadership. I learned how to lead with emotional intelligence, inspire and motivate team members, and foster a positive and emotionally intelligent work culture. Throughout the course, I was engaged in experiential activities, case studies, and self-reflection exercises to apply the concepts learned. I received feedback and guidance to enhance my emotional intelligence skills. By the end of the course, I had a solid understanding of emotional intelligence and possess the skills necessary to apply it in my personal and professional lives. The below report compares my E.I tests scores before and after the course .

ALI ELKHEDR

Emotional Intelligence 2.0

April 22, 2023

About My Feedback

What is Emotional Intelligence?

What the Scores Mean

72

Your New *Overall* Emotional Intelligence Score

and then I crowned my experience by being awarded a shine star in communication from CDI team



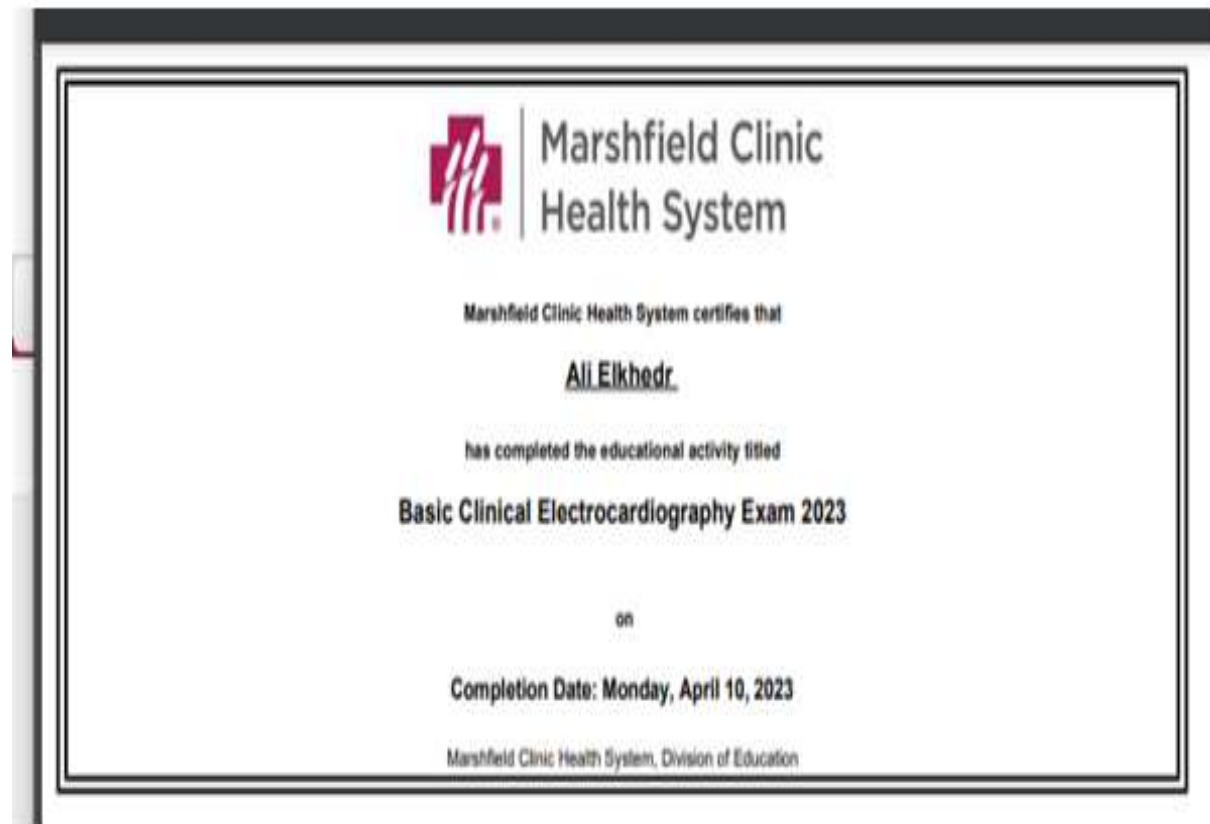
Ali Elkhedr

Internal Medicine Resident - PGY2

Dr. Elkhedr, the CDI team recognized you as a provider who goes above and beyond, always pleasant to work with and a great communicator. Thank you!

Courses pertinent to cardiovascular diseases completed during residency

1-EKG:



Test Scoring Details

Basic Clinical Electrocardiography Exam 2023: 98% (40 Out Of 41)

Overall Score: 98% (40 Out Of 41)

Submissions, Publications and Presentations

A-Case reports

#publications

* Management options of terminal stage CHF due to shone syndrome in a 23 Y old patient.

<https://academia.edu/resource/work/106309494>

*A_Case_of_False_Elevation_of_Troponin_Levels_in_a_Patient_with_significant_psycho_emotional_stress_Ali_Elkhedr_MD_PGY2_Resident_Marshfield_clinic

https://www.academia.edu/106398098/Title_page

#Submitted , being processed

*infected ICD implant in a 65 Y old male with Heart failure with reduced ejection fraction .

*mildly symptomatic critical Thrombocytopenia in a 60 Y old otherwise healthy female .

*Post pacemaker placement pericarditis, a rare a etiology of pericardial effusion.

*Ketogenic diet induced non glycemc ketoacidosis in a 23 Y old male with morbid obesity.

*Nivolumab induced combined Adrenal crisis and DKA in a 73 Y old patient.

*Idiopathic adult-onset factor 8 deficiency presented as spontaneous psoas hematoma.

*Idiopathic calciophylaxis in an old woman with no obvious risk factors.

*Chronic constipation in a 70 Y old woman with elongated tortuous colon.

B-Systematic reviews

#publications

Sarah Elsayed, Malaz Joda, Wiam Awad Saeed Sadoon, Mohammed B. Ibrahim, Ali Elkhedr, Lina Alatta, Nadir G. Abdelrahman, Senthil Thambidorai,

A SYSTEMATIC REVIEW ON ECHOCARDIOGRAPHIC FINDINGS OF MYOCARDITIS AFTER THE SECOND COVID-19 MRNA VACCINATION DOSE,

Journal of the American College of Cardiology, Volume 79, Issue 9, Supplement,2022, Page 2162, ISSN 0735-1097,

[https://doi.org/10.1016/S0735-1097\(22\)03153-9](https://doi.org/10.1016/S0735-1097(22)03153-9)

(<https://www.sciencedirect.com/science/article/pii/S0735109722031539>)

#Submitted, being processed

* Association of Metabolic Healthy obesity with major cardiovascular Outcomes of older patients hospitalized with HFref. Insight from national sample of 2019.

*Use of AED in Outpatient cardiac arrest.

C-Meta analysis

#Submitted, being processed

**Impact of high sensitivity CRP on mortality in acute coronary syndrome patients undergoing percutaneous coronary intervention.*

D-Poster presentations

abstract: Chaga Mushroom induced ATI, a rare etiology of AKI.

Memberships and societies contributions:

- * Sudan board of internal medicine.
- * Sudan Medical union.
- * Saudi Arabia commission for medical specialties.
- * American Association of physicians.
- * Career Village students and young professionals' mentorship online platform.
- * Erevnites research team.
- * California institute for research and mentorship .

References

Reference 1		
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