

# **AMARDEEP SHRESTHA, MD**

## *Curriculum Vitae*

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### **EDUCATION**

1. Certificate in physician Leadership (CPL) program through American College of Physicians (ACP) (January 2020- program): currently enrolled
2. June 2010 – June 2013: Southern Illinois University School of Medicine, Springfield, IL
  - Residency, Internal Medicine
3. August 2000 – September 2006: Kathmandu University
  - Institution: College of Medical Sciences, Bharatpur, Nepal.
  - Degree: Bachelor of Medicine and Bachelor of Surgery (MBBS).
  - Completed 5.5 years.
  - Rank: Distinction
4. July 1997 – July 1999: Tribhuvan University
  - Institution: Siddhartha Vanasthali Science College, Balaju, Kathmandu, Nepal.
  - Degree: Proficiency Certificate in Science and Technology.
  - Completed 2 years.
  - Rank: College topper.
5. June 1997: His Majesty's Government of Nepal, Ministry of Education, Office of Controller of Examinations
  - Institution: Anandakuti Vidyapeeth, Swoyambhu, Kathmandu, Nepal.
  - Degree: School Leaving Certificate.
  - Completed 10 years.
  - Rank: 7<sup>th</sup> nationwide, School topper.

### **LICENSING EXAMINATIONS**

- American Board of Obesity Medicine ABOM certified April 2020
- American Board of Internal Medicine ABIM certified August 2013
- USMLE Step 3 February 2012
- USMLE Step 2 CK September 2009
- USMLE Step 2 CS (Clinical Skills) April 2009
- USMLE Step 1 September 2008
  - All passed in 1st attempt
- ECFMG Certification October 2009

**LICENSURES:**

- STATE OF ILLINOIS: ACTIVE

**HOSPITAL AFFILIATIONS:**

1. MEMORIAL HOSPITAL BELLEVILLE, ILLINOIS
2. MEMORIAL EAST SHILOH, ILLINOIS
3. ANDERSON HOSPITAL, MARYVILLE, IL
4. CARLINVILLE AREA HOSPITAL, CARLINVILLE, ILLINOIS

**WORK EXPERIENCE**

1. **February 2022 to present:** Hospitalist with MEDS Full Time position at Anderson Hospital, Maryville, IL
2. **November 2021 – present:** Hospitalist with SCP health PRN position at Carlinville Area Hospital, Carlinville, IL
3. **March 2021 – February 2022:** Hospitalist with SCP Health Full Time position at Anderson Hospital, Maryville, IL
4. **March 2019 to present:** Family Medical Clinic: working as a primary care, internal medicine and obesity medicine physician in O'Fallon, IL; continued coverage and provision of hospital care for own patients at Memorial hospital Belleville and Memorial East Shiloh hospital since February 2020
5. **July 2013 –October 2018:** worked as a full time Hospitalist with HSHS medical group at HSHS St John's Hospital, Springfield, IL
6. **June 2010-June 2013:** Internal Medicine Residency program with Southern Illinois University School of Medicine (SIU-SOM)
7. **March 2007 – March 2008:** Worked as medical office under Ministry of health and Population, Government of Nepal, Nepal. Was posted at a primary health center at Kharanitar village, Nuwakot, Nepal
8. **September 2006 –March 2007:** worked as an in-house medical office providing medical care to critically ill as well as general medical patients in Norvic-Escorts International Hospital, Kathmandu, Nepal
9. **March 2006-October 2006:** worked as an emergency department medical office at Tribhuvan University Teaching Hospital, Nepal
10. **February 2006-February 2007:** worked as medical advisor/office at Life Development Center, Nepal: rehabilitation center for mentally retarded children.

## COMMITTEE INVOLVEMENTS

1. Elsevier Journal Peer Reviewer 01/2022 onwards
2. Peer Review Committee member, Anderson Hospital, Maryville, IL Jan 2022 onwards
3. Pharmacy and therapeutics committee member at St John's hospital, Springfield, IL 2014-2018
4. VTE prophylaxis committee member at St John's hospital, Springfield, IL 2018
5. Obesity Medicine Association (OMA) CME overview committee member (2019 to present) CURRENT ACTIVE
6. Obesity Medicine Association (OMA) International and Diversity Committee member (2020 to present) CURRENT ACTIVE
7. Obesity Medicine Association (OMA) annual conference abstracts review 2020
8. Obesity Medicine Association (OMA) annual conference proposals review 2020
9. Obesity Medicine Association (OMA) annual conference abstracts review 2021

## MENTORSHIP/TEACHING EXPERIENCE

1. Mentored FNP Student for her primary care/internal medicine clinical rotation March 2021 to May 2021
2. Mentored rotating medical student/graduate for clinical rotations at primary care office April 2020 to present
3. Mentorship program with Obesity Medicine Association (OMA): May 2021 to present
4. Physician Evaluator for ECFMG (Educational Commission for Foreign Medical Graduates) Mini-Clinical Evaluation Exercise (Mini-CEX) for Pathway 6 ECFMG certification requirement October 2021

## VOLUNTEER EXPERIENCE

1. **October 2008 – March 2009:** Volunteered as a support staff at INOVA Alexandria Hospital, Alexandria, VA

## PUBLICATIONS:

1. **Healio news article: Obesity management metrics: Should weight loss be the goal? A. Shrestha: Healio News Article, May 20, 2022** ([Obesity management metrics: Should weight loss be the goal? \(healio.com\)](https://www.healio.com/obesity-management-metrics-should-weight-loss-be-the-goal))

2. **Obesity Pillars Roundtable: Obesity and South Asians**(<https://doi.org/10.1016/j.obpill.2021.100006>) H. Bays, A. Shrestha, V. Niranjan, M. Khanna, L Kambhamettu; Obesity Pillars Volume 1, March 2022, 100006
3. **Obesity Medicine Association Self-Assessment Program (SAP) - Volume 1.** 2020. Harold E. Bays. Contributing Author to this Obesity Medicine Association designed ABOM board exam prep multiple choice questions.
4. **Obesity Medicine Association Nutrition Guide: South Asian:** currently in review for online publication
5. **Intravenous colistin-induced acute respiratory failure: A case report and a review of literature.** Shrestha, A; Soriano, S; Song, M; Chihara, S. International Journal of Critical Illness and Injury Science. June 2014
6. **Antibiotic susceptibility pattern for *Mycobacterium avium complex* in central Illinois.** Vegi, S; Shrestha, A; Neziroski, B; Koirala, J. ID week 2013 Meeting of the Infectious Diseases. October 2013
7. **An Uncommon Cause of Posterior Mediastinal Abscess.** Soriano, S, Shrestha, A, Song, M. Chest. September 2012

#### **QUALITY IMPROVEMENT PROJECTS:**

1. August 2020 to present: American College of Physicians Certificate of physician leadership Capstone project on “**Implementation of Point of Care Ultrasound in primary care**”
2. December 2020 to December 2021: Quality Improvement project to increase the immunization rates in my primary care office with ACP Advance program “**I Raise the Rates**”
3. November 2019 to January 2020: Quality Improvement project in **Chronic pain management** with ACP Advance program
4. Residency Quality Improvement and Quality Assurance Project 2012-2013: Southern Illinois University School of Medicine: “**Reducing Inappropriate stress ulcer prophylaxis use in critically ill patients**” Mentor: Dr. White
5. Residency Quality Improvement and Quality Assurance Project 2011-2012: Southern Illinois University School of Medicine: “**Reducing Inappropriate stress ulcer prophylaxis during ICU transfer**” Mentor: Dr. Jabeen

#### **RESEARCH ACTIVITIES**

1. Koirala J, “**Comparison of two triple regimens for treatment and retreatment of chronic Hepatitis C infection.**” SIU Department of Internal Medicine, Division of Infectious diseases (Co-Investigator)

2. Shrestha, A; Bakir, Haitham; Koirala, J. **“Comparison of various treatment regimens for *Mycobacterium Avium Complex* Pulmonary disease in HIV negative patients: A retrospective chart review.”** SIU Department of Internal Medicine, Division of Infectious Diseases, Division of Pulmonary Medicine.

## POSTER PRESENTATIONS

1. **Nervus Tricks: Identifying a new syndrome? A case of Lung Schwannoma with severe myopathy of unknown cause.** Shahidi, M; Smith, J; Shrestha, A. Southern Illinois University School of Medicine, Springfield, IL. Department of Internal Medicine. ACP Downstate Illinois Chapter 2010, Springfield, IL.
2. **An Uncommon Cause of Posterior Mediastinal Abscess.** Soriano, Sheryll; Shrestha, A, Song, M. Southern Illinois University School of Medicine, Springfield, IL, Department of Internal Medicine, Division of Pulmonary Medicine. Presented at American College of Chest Physicians (ACCP) Meeting. October 2012
3. **Dercum's disease: Masked by Depression and Anxiety.** Uga, A; Shrestha, A; Pilla, T; Royce, M; Bottum, K; Shea, L. Southern Illinois University School of Medicine, Springfield, IL, Department of Internal Medicine. Presented at AMP conference on September 28, 2012.
4. **Hematologic effects of treatment with Triple Drug regimen for Hepatitis C Treatment.** Jogi, V; Modi, J; Tyagi, I; Sundareshan, V; Chihara, S; Shrestha, A; Shahani, L; Devanna, S; Reddy, D; Andoh, J; Bergman, S; Koirala, J. Southern Illinois University School of Medicine, Springfield, IL, Department of Medicine, Division of Infectious, Abstract #36849. Presented in ID Week 2012 at San Diego, CA on October 17 -21, 2012; Poster #1585
5. **Dercum's disease: Diagnosis and Management dilemmas.** Uga, A; Shrestha, A; Pilla, T; Royce, M; Shea, L. Southern Illinois University School of Medicine, Springfield, IL, Department of Internal Medicine. Presented at ACP Downstate Illinois Chapter scientific meeting, Abstract competition. October 26, 2012.

## ORAL PRESENTATION

1. Shrestha, A; Henkle, J. SIU Department of Internal Medicine Grand Rounds. April 2012. **“Management of Parapneumonic effusion”**
2. Shrestha, A; Chihara, S. SIU Department of Internal Medicine Grand Rounds. September 2012: **“I got Demons in my blood: Mal’aria”**.
3. Shrestha, A; Koirala J. SIU Department of Internal Medicine, Faculty Research Presentation. June 2012: **“Hematological Adverse Effects of Treatment with Boceprevir/Telaprevir + PEG-IFN + Ribavirin vs PEG-IFN + Ribavirin for genotype 1**

### **Hepatitis C infection in non-HIV infected patients”.**

4. Shrestha, A; Arora, S; Kaufmann, B; Jabeen, S. SIU Department of Internal Medicine Grand Rounds. May 2012. **“Reducing inappropriate stress ulcer prophylaxis during ICU transfer.”**
5. Shrestha, A; Pargal, S. SIU Department of Internal Medicine Grand Rounds. May 2013. **“Reducing inappropriate stress ulcer prophylaxis use in critically ill patients”**

### **MEMBERSHIP AND HONORARY/PROFESSIONAL SOCIETIES**

1. American College of Physicians (ACP) member
2. Obesity medicine association (OMA) member
3. Lifetime member, Technical Skills and Development Center for Blind and Disabled (TSDCBD): a non-governmental organization in Nepal aimed at blind and disabled individuals

### **AWARDS/ACCOMPLISHMENTS**

1. Certified Journal Peer Reviewer, Elsevier Researcher Academy 02/2022
2. “The Healer’s Calling” Appreciation Award on November 25, 2015, for exceptional demonstration of the mission and core values of St John’s Hospital
3. American College of Physicians (ACP) annual meeting 2013 Research Abstract competition: “Reducing Stress Ulcer Prophylaxis During ICU Transfer” was selected as one of the 10 winners of ACP Associate Research Abstract.
4. 2<sup>nd</sup> Best residency quality improvement and quality assurance project 2011-2012: “Reducing inappropriate stress ulcer prophylaxis during ICU transfer”
5. 2<sup>nd</sup> Best Residency Quality Improvement and Quality Assurance Project 2012-2013: “Reducing Inappropriate stress ulcer prophylaxis use in critically ill patients”
6. Letter of Appreciation by Norvic-Escorts International Hospital for my outstanding performance in Mega cardiac Camp (January 11-January 14, 2007)
7. DOTS (Directly Observed Treatment Short-Course) training designed for National Tuberculosis program according to WHO Modules (June 27-June 29, 2007)
8. Training on Health program management and Medico-legal Autopsy (June 11-July 12, 2007)
9. Medical School Honors / Awards
  - Distinction in Anatomy, Physiology, Biochemistry, Community Medicine, Pharmacology and Pathology (Basic Sciences)
  - Distinction in Obstetrics and Gynecology and Pediatrics (Clinical Sciences).

10. Ranked 7<sup>th</sup> nationwide and topped the school in School Leaving Certificate Examination in 1997
11. Ranked highest in college of Science and Technology in 1999 and Second highest in Biology group Nationwide.
12. Government scholarship for medical education.
13. Received merit-based scholarship education from eighth grade to tenth grade.
14. Received merit-based scholarship education for my college degree in college of science and Technology.

#### **HOBBIES/INTERESTS**

Traveling, Movies, Music