



## Anuj Aggarwal

Clinical Associate Professor, Anesthesiology, Perioperative and Pain Medicine

### CLINICAL OFFICE (PRIMARY)

- **Pain Management Clinic**

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Redwood City, CA 94063

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### Bio

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#### BIO

Anuj Aggarwal, M.D., is both a practicing anesthesiologist and pain specialist. Originally from Southern California, Dr. Aggarwal completed his undergraduate studies in biology with honors at the University of Southern California, Los Angeles, CA. He earned his medical degree from University of California, San Francisco School of Medicine with distinction, completing the Health Professions Education (HPE) Pathway advanced program. He completed his internship at Santa Barbara Cottage Hospital in Santa Barbara, CA. He then completed his Anesthesiology residency and Pain Medicine fellowship at Stanford Hospital, joining the faculty in 2018.

In addition to his research and clinical areas of interest of perioperative pain, orofacial pain, and the history of medicine, he is the associate program director for the pain management fellowship, theme lead and course director for pharmacology for the medical school, and associate director for Science of Medicine overseeing the teaching of the various organ blocks in the pre-clerkship curriculum. He also is an E4C (Educator for Care) faculty member, teaching clinical skills, clinical reasoning and serving as a mentor to medical students throughout their training. In addition, he is involved within the anesthesia residency education programs through various committees, mentorship of residents, and direct teaching. Formerly, he served as the director of medical student and resident clerkships in pain management and pain theme lead in the pre-clerkship curriculum.

#### CLINICAL FOCUS

- Pain Management
- Medical Education
- Nerve Pain
- Orofacial Pain
- Pain Medicine

#### ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Anesthesiology, Perioperative and Pain Medicine

## **ADMINISTRATIVE APPOINTMENTS**

- Associate Course Director, Science of Medicine, Stanford School of Medicine, (2023- present)
- Educator 4 Care (E4C), Stanford School of Medicine, (2022- present)
- Associate Program Director, Pain Management Fellowship, (2020- present)
- Course Director, Pharmacological Treatment of Disease, Stanford School of Medicine, (2020- present)
- Rotation Director, Chronic Pain, Department of Anesthesiology, (2018-2022)
- Clerkship Director Chronic Pain Management (Anes 304a), Stanford School of Medicine, (2018-2022)
- Pain Theme Lead, Stanford School of Medicine, (2018-2022)
- Chair, Clinical Competency Committee, Pain Medicine, (2018- present)
- Member, Clinical Competency Committee, Anesthesia Residency, (2023- present)
- Member, Anesthesia Diversity Council, (2020- present)
- Member, Resident Selection Committee, Anesthesia, (2019- present)
- Member, Program Evaluation Committee, Pain Medicine, (2018- present)
- Member, Anesthesiology Education Committee, (2014- present)
- Medical Teaching Scholar, Department of Anesthesiology, (2018-2020)
- Member, Peer Support and Resiliency Committee, (2014-2019)

## **HONORS AND AWARDS**

- Franklin G. Ebaugh, Jr. Award for Excellence in Advising Medical Students, Stanford School of Medicine (2025)
- STAR (Stanford Teaching in Anesthesia Recognition) Teaching Award, Stanford School of Medicine, Department of Anesthesiology (2025)
- Outstanding Lecture Award, Stanford School of Medicine (2024)
- Henry J. Kaiser Family Foundation Award for Excellence in Preclinical Teaching, Stanford School of Medicine (2023)
- Pain Medicine Fellow Scholarship, American Academy of Pain Medicine (2018)
- Alpha Omega Alpha Honor Society, UCSF (2013)
- Essential Core Teaching Award, UCSF (2013)
- Foundation of Anesthesia Education and Research Medical Student Fellowship, UCSF (2010)
- Order of the Laurel and Palm, University of Southern California (2009)
- Phi Beta Kappa Honor Society, University of Southern California (2009)
- Okin Award, University of Southern California (2008)
- Phi Sigma (Biological Honors Society), President, University of Southern California (2006-2009)
- Trustee Scholar, University of Southern California (2005)

## **BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS**

- ACE Editorial Board (2021-present), Member, American Society of Anesthesiologists (2010 - present)
- Member, Committee on Pain, History Committee, California Society of Anesthesiologists (2012 - present)
- Member, Western Group of Educational Affairs, American Association of Medical Colleges (2020 - present)
- Member, North American Neuromodulation Society (2017 - present)
- Member, American Society of Regional Anesthesia (2015 - present)
- Member, ACGME Working Group Pain Milestones 2.0 (2020 - 2022)
- Co-Chair Young Trainee Committee, Member, American Academy of Pain Medicine (2015 - 2017)

## PROFESSIONAL EDUCATION

- Board Certification: Pain Medicine, American Board of Anesthesiology (2019)
- Fellowship: Stanford University Pain Management Fellowship (2018) CA
- Residency: Stanford University Anesthesiology Residency (2017) CA
- Internship: Santa Barbara Cottage Hospital Internal Medicine Residency (2014) CA
- Medical Education: University of California at San Francisco School of Medicine (2013) CA
- Board Certification: Anesthesiology, American Board of Anesthesiology (2018)

## LINKS

- Stanford Pain Management Center: <https://stanfordhealthcare.org/medical-clinics/pain-management.html>
- Facial and Oral Pain Program: <https://stanfordhealthcare.org/medical-clinics/orofacial-pain-clinic.html>
- Stanford Anesthesiology: <http://med.stanford.edu/anesthesia.html>

## Teaching

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### COURSES

#### 2025-26

- Intro to Microbiology and Pharmacology: INDE 263 (Win)
- Pharmacological Treatment of Disease-A: INDE 260A (Win)
- Pharmacological Treatment of Disease-B: INDE 260B (Win)
- Science of Medicine I: INDE 221 (Spr)
- Science of Medicine II-A: INDE 222A (Aut)
- Science of Medicine II-B: INDE 222B (Aut)
- Science of Medicine III-A: INDE 223A (Win)
- Science of Medicine III-B: INDE 223B (Win)

#### 2024-25

- Pharmacological Treatment of Disease-A: INDE 260A (Win)
- Pharmacological Treatment of Disease-B: INDE 260B (Win)
- Science of Medicine I: INDE 221 (Spr)
- Science of Medicine II-A: INDE 222A (Aut)
- Science of Medicine II-B: INDE 222B (Aut)
- Science of Medicine III-A: INDE 223A (Win)
- Science of Medicine III-B: INDE 223B (Win)

#### 2023-24

- Pharmacological Treatment of Disease-A: INDE 260A (Win)
- Pharmacological Treatment of Disease-B: INDE 260B (Win)
- Science of Medicine I: INDE 221 (Spr)
- Science of Medicine II-A: INDE 222A (Aut)
- Science of Medicine II-B: INDE 222B (Aut)
- Science of Medicine III-A: INDE 223A (Win)

- Science of Medicine III-B: INDE 223B (Win)

#### 2022-23

- Pharmacological Treatment of Disease: INDE 260A (Win)
- Pharmacological Treatment of Disease: INDE 260B (Win)

### STANFORD ADVISEES

#### E4C Mentor

Aaron Abai, Alyssa Amick, Henry Bair, Rishik Bethi, Kevin Chang, Eden Deng, Huy Dinh, Andrew Du, Trae Dunn, Melissa Dzinoreva, David Grimm, Haiwen Gui, Anjali Gupta, Marzan Hamid, Henna Hundal, Grace Jin, Michael Johnson, Aravind Krishnan, John Layton, Corrine Nief, Raj Pandya, Aparna Reddy, Ethan Schonfeld, Heather Shipley, Courtney Smith, Taro Ten, Veronica Toro, Aaron Wilk, Brian Yu

### GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Pain Management (Fellowship Program)

## Publications

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### PUBLICATIONS

- **Current state of the pain medicine match: perspective and an eye to the future.** *Regional anesthesia and pain medicine*  
Aggarwal, A. K., Barad, M., Chai, N. C., Furnish, T., Mishra, P., Kohan, L., Moeschler, S., Reddy, R. D., Yalamuru, B.  
2024
- **Review of Ultrasound-Guided Procedures in the Management of Chronic Pain.** *Anesthesiology clinics*  
Aggarwal, A. K., Ottestad, E., Pfaff, K. E., Huai-Yu Li, A., Xu, L., Derby, R., Hecht, D., Hah, J., Pritzlaff, S., Prabhakar, N., Krane, E., D'Souza, G., Hoydonckx, et al  
2023; 41 (2): 395-470
- **Emerging Field of Biased Opioid Agonists.** *Anesthesiology clinics*  
Aggarwal, A. K.  
2023; 41 (2): 317-328
- **Pain Medicine Education in the United States: Success, Threats, and Opportunities.** *Anesthesiology clinics*  
Aggarwal, A. K., Kohan, L., Moeschler, S., Rathmell, J., Moon, J. S., Barad, M.  
2023; 41 (2): 329-339
- **Pain Medicine Milestones 2.0: A Step into the Future.** *Pain medicine (Malden, Mass.)*  
Aggarwal, A., Barad, M., Braza, D. W., McKenzie-Brown, A. M., Lee, D., Mayer, R. S., Przkora, R., Kohan, L., Koka, A., Szabova, A.  
2023
- **Anesthesiologists With Advanced Degrees in Education: Qualitative Study of a Changing Paradigm.** *JMIR medical education*  
Aggarwal, A., Hess, O., Lockman, J. L., Smith, L., Stevens, M., Bruce, J., Caruso, T.  
2022; 8 (2): e38050
- **Anesthesiologists with Advanced Degrees in Education: A Qualitative Study of a Changing Paradigm**  
Hess, O. M., Daniel, D., Aggarwal, A., Lockman, J., Smith, L. E., Stevens, M., Bruce, J., Caruso, T.  
LIPPINCOTT WILLIAMS & WILKINS.2022: 388-389
- **Considerations in Permanent Implantation of Peripheral Nerve Stimulation (PNS) for Chronic Neuropathic Pain: An International Cross Sectional Survey of Implanters.** *Pain practice : the official journal of World Institute of Pain*  
Li, A. H., Gulati, A., Leong, M. S., Aggarwal, A. K., Salmasi, V., Spinner, D., Ottestad, E.  
2022
- **Management of Postoperative Pain in Patients Following Spine Surgery: A Narrative Review.** *International journal of general medicine*  
Prabhakar, N. K., Chadwick, A. L., Nwaneshiudu, C., Aggarwal, A., Salmasi, V., Lii, T. R., Hah, J. M.  
2022; 15: 4535-4549

- **Characterization of chronic overlapping pain conditions in patients with chronic migraine: A CHOIR study.** *Headache*  
Barad, M. J., Sturgeon, J. A., Hong, J., Aggarwal, A. K., Mackey, S. C.  
2021
- **Evidence for Continuing Buprenorphine in the Perioperative Period.** *The Clinical journal of pain*  
Li, A. H., Schmiesing, C., Aggarwal, A. K.  
2020
- **Comparison of intravenous lidocaine versus epidural anesthesia for traumatic rib fracture pain: a retrospective cohort study.** *Regional anesthesia and pain medicine*  
Lii, T. R., Aggarwal, A. K.  
2020
- **INTRAVENOUS LIDOCAINE INFUSION FOR MANAGEMENT OF PAIN IN THE INTENSIVE CARE UNIT**  
Jung, S., Ottestad, E., Aggarwal, A., Flood, P., Nikitenko, V.  
LIPPINCOTT WILLIAMS & WILKINS.2020
- **Qualitative Assessment of Clerkship Students' Perspectives of the Topics of Pain and Addiction in their Preclinical Curriculum.** *Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*  
Raber, I., Ball, A., Papac, J., Aggarwal, A., Sussman, R., Basaviah, P., Newmark, J., Lembke, A.  
2018; 42 (5): 664-667
- **Perioperative Considerations for the Patient with Opioid Use Disorder on Buprenorphine, Methadone, or Naltrexone Maintenance Therapy.** *Anesthesiology clinics*  
Harrison, T. K., Kornfeld, H., Aggarwal, A. K., Lembke, A.  
2018; 36 (3): 345-59
- **Qualitative Assessment of Clerkship Students' Perspectives of the Topics of Pain and Addiction in their Preclinical Curriculum** *Academic Psychiatry*  
Raber, I., Ball, A., Papac, J., Aggarwal, A., Sussman, R., Basaviah, P., Newmark, J., Lembke, A.  
2018: 664-67
- **Ehlers Danlos, POTS, and Occult Cerebrospinal Fluid Leak: A Case Report** *Journal of Anesthesia Pain Medicine*  
Aggarwal, A. K., Carroll, I.  
2017; 2 (1)
- **Subpleural Cystic Lung Disease In Severe H1n1 Influenza-Induced Acute Respiratory Distress Syndrome (ards)**  
Matusov, Y., Aggarwal, A., Sager, J. S.  
AMER THORACIC SOC.2016
- **Effect of General Anesthesia in Infancy on Long-Term Recognition Memory in Humans and Rats** *NEUROPSYCHOPHARMACOLOGY*  
Stratmann, G., Lee, J., Sall, J. W., Lee, B. H., Alvi, R. S., Shih, J., Rowe, A. M., Ramage, T. M., Chang, F. L., Alexander, T. G., Lempert, D. K., Lin, N., Siu, et al  
2014; 39 (10): 2275-2287
- **Demographic Factors Affect Willingness to Register as an Organ Donor More Than a Personal Relationship with a Transplant Candidate** *DIGESTIVE DISEASES AND SCIENCES*  
Regalia, K., Zheng, P., Sillau, S., Aggarwal, A., Bellevue, O., Fix, O. K., Prinz, J., Dunn, S., Biggins, S. W.  
2014; 59 (7): 1386-1391
- **Mental Illness Among Us: A New Curriculum to Reduce Mental Illness Stigma Among Medical Students** *ACADEMIC PSYCHIATRY*  
Aggarwal, A. K., Thompson, M., Falik, R., Shaw, A., O'Sullivan, P., Lowenstein, D. H.  
2013; 37 (6): 385-91

## PRESENTATIONS

- Anesthesia in Infancy Causes a Specific Recognition Memory Impairment in Rats and Humans - American Society of Anesthesiologists (10/2010)
- Mental Illness Among Us (MIAU): A medical school curriculum innovation that addresses medical students' psychiatric illnesses. - The Rodnick Colloquium: Innovations in Family and Community Medicine (3/2012)

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- Comparison of Anesthesia Knowledge Retention between a Traditional Block Clerkship and an Integrated Longitudinal Clerkship - American Society of Anesthesiology (10/2012)
  - A Vertically Integrated Anesthesia Curriculum for Medical Students - AAMC West 2013 (5/2013)
  - Neuromuscular Blocking Drug Module: How to Integrate Anesthesia in Pre-Clerkship Curriculum - Western Anesthesia Resident's Conference (5/2013)
  - Pulmonary Embolism with Tranexamic Acid in Spine Surgery - American Society of Anesthesiology (10/2015)
  - No Airway, No Central Access: Venous Air Embolism in Awake Deep Brain Stimulation Surgery - American Society of Anesthesiology (10/2015)
  - Ehlers-Danlos, POTS, and a Headache Cured - American Academy of Pain Medicine (2/2016)
  - . Improved Patient Satisfaction with Housestaff: Patient Familiarity with Daily Care Plans and Inpatient Care Team, a Mixed Methods Study - Quality Improvement and Patient Safety Symposium (5/2016)
  - When Pumps Fail: A Critical Issue in Patient Safety. Resident/Fellow Quality Improvement and Patient Safety Symposium - Quality Improvement and Patient Safety Symposium (5/2016)
  - Mystery Headaches: Migraines, Postural Headache, and POTS - American Society of Anesthesiology (10/2016)
  - Assessment of Buprenorphine Management in the Perioperative Period - American Academy of Pain Medicine (3/2017)
  - Perioperative Safety in the Era of Buprenorphine Therapy - National Patient Safety Foundation Patient Safety Congress (5/2017)
  - When Pumps Fail: A Critical Issue in Patient Safety - National Patient Safety Foundation Patient Safety Congress (5/2017)
  - Retrospective Study to Assess Efficacy of Peripheral Lidocaine for Pain Management of Rib Fractures - American Society of Regional Anesthesia Pain Meeting (11/2017)
  - Use of Ultrasound for Placement of a Novel Peripheral Nerve Stimulator for Chronic Neuropathic Pain: Single Institution Results - North American Neuromodulation Society (1/2018)
  - Perioperative Management of Opioid Antagonists - American Academy of Pain Medicine (4/2018)
  - Characterization of Patients with Migraines Compared to Patients with Migraines and Non-Cephalic Pain - American Headache Society (6/2018)