Stanford



Adela Wu

Clinical Assistant Professor, Neurosurgery

Bio

BIO

Dr. Adela Wu is a Clinical Assistant Professor of Neurosurgery at Santa Clara Valley Medical Center and Stanford University with experience and training in cranial and spinal pathologies, including neurosurgical oncology, traumatic injuries, and degenerative spinal disease.

Dr. Wu's primary clinical and research objective is to provide and broadly improve care and quality of life for neurosurgical patients. She has extensive background in health services and mixed methods research, supported by a NIH-Agency for Healthcare Research and Quality F32 postdoctoral fellowship during residency. Her current research aims include integrating palliative care practices and communication training in surgical subspecialties and surgical education, investigating quality-of-life metrics and patient outcomes, and identifying and mitigating disparities in treatment patterns for surgical pathologies and utilization of palliative care resources. Her collaborators hail from institutions across the country, including VA Palo Alto and University of Michigan. Dr. Wu has authored 50 peer-reviewed research publications and delivered numerous regional and national presentations.

Also a strong proponent of effective science communication and the medical humanities, Dr. Wu has written and contributed to numerous publications, such as Stanford Medicine Magazine, NPR, and ABC7 News. At Stanford, she is a member of Medicine and the Muse, the umbrella program for medical humanities endeavors on the medical campus, and Pegasus Physician Writers.

Dr. Wu received her medical degree from Johns Hopkins University School of Medicine and attended Brown University, completing degrees in both Neuroscience and English with honors.

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Neurosurgery
- Member, Stanford Cancer Institute

HONORS AND AWARDS

- Butler-Williams Scholars Program, National Institute on Aging (2026)
- Asian American Center for Research at Stanford Seed Grant, Stanford University (2026-2027)
- Resident Clinical Research Award, Stanford University (2025)
- Center for Asian Health Research and Education (CARE) Seed Grant, Stanford University (2023-2026)
- Michael Zinner Health Services Research Fellowship, Surgical Outcomes Club, University of Michigan (2023-2024)
- Leadership Education in Advancing Diversity Scholar, Stanford University (2022-2023)

- Alpha Omega Alpha Honor Medical Society, Stanford University (2022)
- Department of Neurosurgery Diversity Seed Grant, Stanford University (2021-2023)
- F32 Individual Postdoctoral Fellowship (1F32 HS28747-01), Agency for Healthcare Research and Quality (2021-2023)
- Mass Media Science & Engineering Fellowship, American Association for the Advancement of Science (2021)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, California Association of Neurological Surgeons (2026 - present)
- Member, Congress of Neurological Surgeons (2018 - present)

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Dr. Wu's current research aims include integrating palliative care practices and communication training in surgical subspecialties and surgical education, investigating quality-of-life metrics and patient outcomes, and identifying and mitigating disparities in treatment patterns for surgical pathologies and utilization of palliative care resources.

Publications

PUBLICATIONS

- **Communicating With Families About Brain Death.** *JAMA*
  Wu, A., Hirsch, K. G., Magnus, D.
  2026
- **Percutaneous Cervical Cordotomy for Refractory Cancer Pain With General Anesthesia and Neuromonitoring: A Case Report.** *Pain practice : the official journal of World Institute of Pain*
  Ahmed, S., Huang, Y., Polat, M., Chang, F., Lopez, J. R., McGeoch, P. D., Buch, V. P., Heidari, S. N., Wu, A., Neugarten, C., Carroll, I., Brose, W. G., Lanzman, et al
  2026; 26 (7): e70193
- **Harnessing the power of grief: a framing model and call to action.** *Neurosurgical focus*
  Kim, M., Wu, A., Miranda, S. P., D'Agostino, E., Lapenta-H, S., Wiseman, D. B., Stern, J. D.
  2026; 61 (2): E9
- **Top Ten Tips Palliative Care Clinicians Should Know About Neurosurgery and Neurosurgical Care.** *Journal of palliative medicine*
  Wu, A., Kim, M., Miranda, S. P., D'Agostino, E., Wiseman, D., Zappi, K., Robbins-Welty, G., Stern, J.
  2026: 10966218261471627
- **Summer reading 2026** *SCIENCE*
  Henderson, A., Alex, B., Allf, B., Lin, B., Wu, A., Dames, P., Tu, L., Zarei, K., Martinez, C., Duong, Y.
  2026; 392 (6803): 1118-1124
- **Perspectives on Palliative Care and the Serious Illness Experience from Chinese-Heritage Patients and Caregivers** *PALLIATIVE MEDICINE REPORTS*
  Wu, A., Wan, S., Lin, K., Feng, A., Wu, J., Giannitrapani, K., Lorenz, K.
  2026; 7
- **Getting on "the same page": a qualitative study on strategies for healthcare professionals in cross-cultural communication about serious neurological illness.** *BMC palliative care*
  Wu, A., Giannitrapani, K. F., Ruiz Colón, G. D., Lorenz, K. A.
  2025; 24 (1): 271
- **'Time is brain': Enhancing stroke knowledge and emergency response readiness in seniors** *HEALTH EDUCATION JOURNAL*
  Sadeghzadeh, S., Adu-Brimpong, J., Abikenari, M. A., Bhatia, A., Harary, P. M., Bhanot, P., Muller, R. K., Escalante, R., Schonfeld, E., Jain, B., Nageeb, G., Wu, A., Hsin, et al

2025

- **The surgeon's role in delivering palliative care practices: a narrative review.** *Annals of palliative medicine*
  Wu, A., Aslanian, R. E., Bradley, S. E., Suwanabol, P. A.
  2025; 14 (4): 369-378
- **Prediction of seizure risk after repetitive mild traumatic brain injury in childhood.** *Journal of neurosurgery. Pediatrics*
  Jin, M. C., Ravi, K., Wu, A., Garcia, C. A., Rodrigues, A. J., Savchuk, S., Ruiz Colón, G. D., Kakusa, B. W., Parker, J. J., Grant, G. A., Prolo, L. M.
  2025: 1-10
- **Improved Survival and Symptom Relief Following Palliative Cerebrospinal Fluid Diversion for Leptomeningeal Disease from Brain Cancers: A Case Series and Systematic Review.** *Cancers*
  Wu, A., Zhou, J., Skirboll, S.
  2025; 17 (2)
- **"It's Traumatic for All of Us": A Qualitative Analysis of Providers Caring for Seriously Ill Veterans With Surgical Conditions.** *Annals of surgery open : perspectives of surgical history, education, and clinical approaches*
  Wu, A., Bradley, S. E., Vitous, C. A., Millis, M. A., Suwanabol, P. A.
  2024; 5 (4): e518
- **Dorsolateral Transdural Surgical Management of Spontaneous Intracranial Hypotension From Ventral Dural Cerebrospinal Fluid Leaks: Case Series and Technical Report.** *Operative neurosurgery (Hagerstown, Md.)*
  Wu, A., Mamlouk, M. D., Sedrak, M. F.
  2024
- **"You have to hold their hand": experiences of providers integrating virtual care and communication methods while caring for ICU patients during the COVID-19 pandemic.** *Annals of palliative medicine*
  Bradley, S. E., Aslanian, R. E., Ferguson, C., Vitous, C. A., Wu, A., Duby, A., Millis, M. A., Suwanabol, P. A.
  2024; 13 (6): 1332-1342
- **Cross-cultural serious neurological illness communication: qualitative analysis of multidisciplinary perspectives.** *Annals of palliative medicine*
  Wu, A., Giannitrapani, K. F., Ruiz Colón, G. D., Adams, A. S., Li, G., Lorenz, K. A.
  2024
- **Primary BAP1-absent atypical meningioma arising from median nerve within infraclavicular brachial plexus: illustrative case.** *Journal of neurosurgery. Case lessons*
  Wu, A., Ring, A. C., Ziskin, J., Nguyen, T., Pezeshkian, P.
  2024; 8 (5)
- **Frequency and distribution of ophthalmic surgical procedures among patients with inherited retinal diseases.** *Ophthalmology. Retina*
  Mees, L., Li, M., Antonio-Aguirre, B., Liu, T. Y., Wu, A., Kong, X., Singh, M. S.
  2024
- **Neurosurgical Outcomes Among Non-English Speakers: A Systematic Review and a Framework for Future Research.** *World neurosurgery*
  Ruiz Colon, G. D., Barros Guinle, M. I., Wu, A., Grant, G. A., Prolo, L. M.
  2024
- **Disparities in Preoperative Goals of Care Documentation in Veterans.** *JAMA network open*
  Wu, A., Giannitrapani, K. F., Garcia, A., Bozkurt, S., Boothroyd, D., Adams, A. S., Kim, K. M., Zhang, S., McCaa, M. D., Morris, A. M., Shreve, S., Lorenz, K. A.
  2023; 6 (12): e2348235
- **OUTCOMES FOLLOWING PALLIATIVE CEREBROSPINAL FLUID DIVERSION FOR NEOPLASTIC LEPTOMENINGEAL DISEASE: A SYSTEMATIC REVIEW**
  Wu, A., Zhou, J., Skirboll, S.
  OXFORD UNIV PRESS INC.2023
- **Treatment Course and Outcomes of Intracranial Teratomas in Pediatric Patients: A Retrospective 15-Year Case Series Study.** *Pediatric neurosurgery*
  Wu, A., Jin, M. C., Vogel, H., Hiniker, S., Campen, C., Prolo, L. M., Grant, G. A.

2023; 58 (6): 429-438

- **Strategies to Improve Perioperative Palliative Care Integration for Seriously Ill Veterans.** *Journal of pain and symptom management*
  Giannitrapani, K. F., Sasnal, M., McCaa, M., Wu, A., Morris, A. M., Connell, N. B., Aslakson, R. A., Schenker, Y., Shreve, S., Lorenz, K. A.
  2023
- **Serum Methamphetamine Positivity in Trauma Patients Undergoing Surgery has No Negative Effect on Postoperative Morbidity and Mortality.** *Journal of emergencies, trauma, and shock*
  Zhou, J., Wu, A., Miao, J., Singh, H.
  2023; 16 (3): 102-108
- **Serum methamphetamine positivity in trauma patients undergoing surgery has no negative effect on postoperative morbidity and mortality** *Journal of Emergencies, Trauma, and Shock*
  Zhou, J., Wu, A., Miao, J., Singh, H.
  2023; 16 (3): 102-108
- **Advancing combination therapy for recurrent glioblastoma.** *Nature medicine*
  Wu, A., Lim, M.
  2023
- **Factors Perpetuating Racial Disparities in Veterans Completing Preoperative Goals of Care Documentation**
  Wu, A., Giannitrapani, K., Garcia, A., Bozkurt, S., Boothroyd, D., Adams, A., Shreve, S., Lorenz, K.
  ELSEVIER SCIENCE INC.2023: E517
- **Patient Characteristics Associated With Occurrence of Preoperative Goals-of-Care Conversations.** *JAMA network open*
  Kim, K. M., Giannitrapani, K. F., Garcia, A., Boothroyd, D., Wu, A., Van Cleve, R., McCaa, M. D., Yefimova, M., Aslakson, R. A., Morris, A. M., Shreve, S. T., Lorenz, K. A.
  2023; 6 (2): e2255407
- **Quality and patient safety research in pediatric neurosurgery: a review.** *Child's nervous system : ChNS : official journal of the International Society for Pediatric Neurosurgery*
  Ruiz Colón, G. D., Wu, A., Ratliff, J. K., Prolo, L. M.
  2023
- **"It's Not Us Versus Them": Building Cross-Disciplinary Relationships in the Perioperative Period.** *Journal of pain and symptom management*
  Sasnal, M., Lorenz, K. A., McCaa, M., Wu, A., Morris, A. M., Schenker, Y., Shreve, S. T., Giannitrapani, K. F.
  2023
- **Early palliative care consultation offsets hospitalization duration and costs for elderly patients with traumatic brain injuries: Insights from a Level 1 trauma center.** *Journal of clinical neuroscience : official journal of the Neurosurgical Society of Australasia*
  Wu, A., Zhou, J., Quinlan, N., Dirlikov, B., Singh, H.
  2022; 108: 1-5
- **Low rates of structured advance care planning documentation in electronic health records: results of a single-center observational study.** *BMC palliative care*
  Wu, A., Huang, R. J., Colon, G. R., Zembrzuski, C., Patel, C. B.
  2022; 21 (1): 203
- **Updates in intraoperative strategies for enhancing intra-axial brain tumor control.** *Neuro-oncology*
  Wu, A., Wu, J. Y., Lim, M.
  2022; 24 (Supplement_6): S33-S41
- **Trends and outcomes of early and late palliative care consultation for adult patients with glioblastoma: A SEER-Medicare retrospective study.** *Neuro-oncology practice*
  Wu, A., Ugiliweneza, B., Wang, D., Hsin, G., Boakye, M., Skirboll, S.
  2022; 9 (4): 299-309
- **Exploration of Clinician Perspectives on Multidisciplinary Tumor Board Function Beyond Clinical Decision-making.** *JAMA oncology*
  Wong, B. O., Blythe, J. A., Wu, A., Batten, J. N., Kennedy, K. M., Kouaho, A. S., Wren, S. M.
  2022

- **Modifiers of and Disparities in Palliative and Supportive Care Timing and Utilization among Neurosurgical Patients with Malignant Central Nervous System Tumors.** *Cancers*
  Jin, M. C., Hsin, G., Ratliff, J., Thomas, R., Zygourakis, C. C., Li, G., Wu, A.
  2022; 14 (10)
- **An integrated risk model stratifying seizure risk following brain tumor resection among seizure-naive patients without antiepileptic prophylaxis.** *Neurosurgical focus*
  Jin, M. C., Parker, J. J., Prolo, L. M., Wu, A., Halpern, C. H., Li, G., Ratliff, J. K., Han, S. S., Skirboll, S. L., Grant, G. A.
  2022; 52 (4): E3
- **Trends and outcomes of early and late palliative care consultation for adult patients with glioblastoma: A SEER-medicare retrospective study** *NEURO-ONCOLOGY PRACTICE*
  Wu, A., Ugiliweneza, B., Wang, D., Hsin, G., Boakye, M., Skirboll, S.
  2022
- **Quality of Life and Role of Palliative and Supportive Care for Patients With Brain Metastases and Caregivers: A Review** *Frontiers in Neurology*
  Wu, A., Ruiz Colon, G. D., Lim, M.
  2022; 13
- **The Challenges and Future of Immunotherapy for Gliomas.** *Cancer journal (Sudbury, Mass.)*
  Wu, A., Lim, M.
  2021; 27 (5): 371-378
- **Risk of secondary neoplasms after external-beam radiation therapy treatment of pediatric low-grade gliomas: a SEER analysis, 1973-2015.** *Journal of neurosurgery. Pediatrics*
  Rodrigues, A. J., Jin, M. C., Wu, A., Bhambhvani, H. P., Li, G., Grant, G. A.
  2021: 1-9
- **Palliative care service utilization and advance care planning issues for adult glioblastoma patients: A systematic review.**
  Wu, A., Colon, G., Aslakson, R., Pollom, E. L., Patel, C. B.
  LIPPINCOTT WILLIAMS & WILKINS.2021
- **Large intramedullary bronchogenic cyst of the cervical spine: illustrative case.** *Journal of neurosurgery. Case lessons*
  Wu, A., Patel, M., Darbonne, D., Singh, H.
  2021; 1 (13): CASE2115
- **Large intramedullary bronchogenic cyst of the cervical spine: illustrative case** *Journal of Neurosurgery: Case Lessons*
  Wu, A., Patel, M., Darbonne, D., Singh, H.
  2021; 1 (13): 1-6
- **Palliative Care Service Utilization and Advance Care Planning for Adult Glioblastoma Patients: A Systematic Review** *Cancers*
  Wu, A., Ruiz Colón, G., Aslakson, R., Pollom, E., Patel, C.
  2021; 13 (12)
- **Potential differences between monolingual and bilingual patients in approach and outcome after awake brain surgery.** *Journal of neuro-oncology*
  ReFaey, K., Tripathi, S., Bhargav, A. G., Grewal, S. S., Middlebrooks, E. H., Sabsevitz, D. S., Jentoft, M., Brunner, P., Wu, A., Tatum, W. O., Ritaccio, A., Chaichana, K. L., Quinones-Hinojosa, et al
  2020
- **Evaluating Shunt Survival Following Ventriculoperitoneal Shunting with and without Stereotactic Navigation in Previously Shunt-Naïve Patients.** *World neurosurgery*
  Jin, M. C., Wu, A. n., Azad, T. D., Feng, A. n., Prolo, L. M., Veeravagu, A. n., Grant, G. A., Ratliff, J. n., Li, G. n.
  2020
- **Patterns of Care and Age-Specific Impact of Extent of Resection and Adjuvant Radiotherapy in Pediatric Pineoblastoma.** *Neurosurgery*
  Jin, M. C., Prolo, L. M., Wu, A. n., Azad, T. D., Shi, S. n., Rodrigues, A. J., Soltys, S. G., Pollom, E. L., Li, G. n., Hiniker, S. M., Grant, G. A.
  2020

- **Impact of Proton Radiotherapy on Treatment Timing in Pediatric and Adult Patients with Central Nervous System Tumors** *Neuro-Oncology Practice*
  Jin, M. C., Shi, S., Wu, A., Sandhu, N., Xiang, M., Soltys, S. G., Hiniker, S., Li, G., Pollom, E. L.
  2020
- **Adverse Events and Bundled Costs after Cranial Neurosurgical Procedures: Validation of the LACE Index Across 40,431 Admissions and Development of the LACE-Cranial Index.** *World neurosurgery*
  Jin, M. C., Wu, A. n., Medress, Z. A., Parker, J. J., Desai, A. n., Veeravagu, A. n., Grant, G. A., Li, G. n., Ratliff, J. K.
  2020
- **Prognostic Factors and Treatment Patterns in the Management of Giant Cell Glioblastoma** *WORLD NEUROSURGERY*
  Jin, M. C., Wu, A., Xiang, M., Azad, T. D., Soltys, S. G., Li, G., Pollom, E. L.
  2019; 128: E217–E224
- **Efficacy and toxicity of particle radiotherapy in WHO grade II and grade III meningiomas: a systematic review.** *Neurosurgical focus*
  Wu, A., Jin, M. C., Meola, A., Wong, H., Chang, S. D.
  2019; 46 (6): E12
- **Combination anti-CXCR4 and anti-PD-1 immunotherapy provides survival benefit in glioblastoma through immune cell modulation of tumor microenvironment.** *Journal of neuro-oncology*
  Wu, A., Maxwell, R., Xia, Y., Cardarelli, P., Oyasu, M., Belcaid, Z., Kim, E., Hung, A., Luksik, A. S., Garzon-Muvdi, T., Jackson, C. M., Mathios, D., Theodros, et al
  2019
- **Prognostic Factors and Treatment Patterns in the Management of Giant Cell Glioblastoma.** *World neurosurgery*
  Jin, M. C., Wu, A., Xiang, M., Azad, T. D., Soltys, S. G., Li, G., Pollom, E. L.
  2019
- **Thalamic gliomas: Advances in the surgical management** *NEW TECHNIQUES FOR MANAGEMENT OF INOPERABLE GLIOMAS*
  Hung, A., Wu, A., Jackson, C., Lim, M.
  edited by Sughrue, M. E., Yang
  2019: 117-135