



Sarita Khemani

Clinical Associate Professor, Medicine

CLINICAL OFFICE (PRIMARY)

- **Hospitalist for Stanford Medical Center**

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Bio

BIO

Dr. Sarita Khemani is a Clinical Associate Professor of Medicine at Stanford University School of Medicine, a Hospital Medicine physician, and the founding Director of STRIVE, the Stanford Resilience & Longevity Initiative.

Her work focuses on physiological reserve: the biological capacity that allows individuals to maintain strength, cognition, independence, and recovery potential across the lifespan. Through STRIVE, she is advancing a clinically grounded approach to longevity science, with a focus on healthspan, functional resilience, perioperative recovery, brain and physical performance, and the prevention of age-related decline.

Dr. Khemani's clinical expertise is in perioperative medicine and the care of neurosurgical patients, where she focuses on preventing and managing medical complications around surgery. This work has shaped her broader academic interest in why some patients recover well after surgery, illness, or biological stress, while others experience accelerated functional decline.

A dedicated educator, Dr. Khemani has served as Director of the Perioperative Medicine Rotation for medical students, Stanford Medicine residents and physician assistant students. She is a recipient of the Department of Medicine's Excellence in Teaching Award.

Dr. Khemani is the founder and co-director of the Stanford Medicine Clinical Summer Internship (SMCSI), a globally recognized program that exposes premedical students to the clinical and academic world of medicine. Under her leadership, the inclusive program has expanded access to medical training through numerous scholarships for students representing a range of experiences, with a mission to empower future leaders in healthcare.

Dr. Khemani is an invited speaker at national and international medical meetings, has presented at Stanford Neurosurgery Grand Rounds, and delivered the keynote address at the Stanford Physician Assistant Program's graduation ceremony. She has also been featured on U.S. media platforms and international television as a guest expert.

Dr. Khemani is a member of the American College of Physicians and serves on the Stanford Hospital Pharmacy and Therapeutics Committee and the Hospital Medicine Wellness Committee.

CLINICAL FOCUS

- Internal Medicine
- Perioperative Medicine
- Longevity Medicine

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Medicine

ADMINISTRATIVE APPOINTMENTS

- Director, Stanford Resilience & Longevity Initiative, Department of Medicine, (2026- present)
- Co-Director, Stanford Medicine Clinical Summer Internship, Department of Medicine, (2015- present)
- Director, Medical Student Perioperative Medicine Rotation (IM), Stanford School of Medicine, (2018-2025)
- Head, Stanford Lifestyle Medicine Stress Neuroscience, Stanford University, (2022-2024)
- Director, Resident Peri-operative Medicine Rotation (IM), Department of Medicine, (2015-2022)
- Director, PA student inpatient rotation (IM), Surgical Co-management Hospitalist, (2012-2018)
- Preceptor, Practice of Medicine course, Stanford School of Medicine, (2012-2018)

HONORS AND AWARDS

- Awardee: Division of Hospital Medicine Excellence in Teaching Award, Stanford School of Medicine, Department of Medicine (2016)
- Nominee: Division of Hospital Medicine Excellence in Teaching Award, Stanford University School of Medicine, Department of Medicine (2015)
- Malinda S. Mitchell Quality Award for development of Perioperative Medicine Program (Co-Recipient), Stanford Hospital and Clinics (2013)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Stanford Hospital Medicine Wellness Committee, Stanford Division of Hospital Medicine (2020 - present)
- Stanford Pharmacy & Therapeutics Committee, Stanford Hospital (2017 - present)

PROFESSIONAL EDUCATION

- Board Certification: Internal Medicine, American Board of Internal Medicine (2009)
- Internship: UCSF-Internal Medicine (1995) CA
- Residency: UCSF-Internal Medicine (1997) CA
- Medical Education: Indira Gandhi Medical College (1992) India

Publications

PUBLICATIONS

- **Asking the Right Questions: Benchmarking Large Language Models in the Development of Clinical Consultation Templates.** *Pacific Symposium on Biocomputing. Pacific Symposium on Biocomputing*
McCoy, L. G., Wu, D., Khemani, S., Maharaj, S. K., Pahwa, A., Rosengaus, L., Giang, L., Jee, O., Goh, E., Haredasht, F. N., Chopra, K., Wu, D. J., Conteh, et al
2026; 31: 400-416
- **Exploring the breadth of medicine: 8-year outcomes of a brief clinical summer immersion for premedical students.** *BMC medical education*
Weinlander, E., Sams, E., Khemani, S., Jamal, A., Srinivasan, M.
2024; 24 (1): 1387

- **IN-VIVO AND IN-VITRO EFFECTS OF MACROPHAGE-COLONY-STIMULATING FACTOR (M-CSF) ON BRONCHOALVEOLAR MACROPHAGES FOR ANTIHISTOPLASMA ACTIVITY** *INTERNATIONAL JOURNAL OF IMMUNOPHARMACOLOGY*
Khemani, S., Brummer, E., Stevens, D. A.
1995; 17 (1): 49-53

PRESENTATIONS

- What is the approach to post operative urinary retention? - Peri-operative Summit 2014 (2/22/2014)