



Al'ai Alvarez, MD

Clinical Professor, Emergency Medicine

CLINICAL OFFICE (PRIMARY)

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Bio

BIO

Al'ai Alvarez, MD (@alvarezzy) is a nationally recognized physician leader specializing in physician wellness, workforce inclusion, and emergency medicine (EM) at Stanford University.

As Director of Well-Being for Stanford EM and Interim Director of the Stanford Center for Compassion and Altruism Research and Education (CCARE), he focuses on humanizing healthcare through evidence-based approaches to preventing clinician burnout, enhancing team performance, and fostering wellness-centered, compassionate leadership.

- Clinical Professor, Stanford EM
- Director of Well-Being, Stanford EM
- Co-lead, Human Potential Team, Stanford EM
- Fellowship Director, Stanford EM Physician Wellness Fellowship
- Chair, Physician Wellness Forum, Stanford Medicine WellMD/WellPhD Center
- Director, PRN Peer Support Program, Stanford Medicine WellMD/WellPhD Center
- Interim Director, Stanford CCARE

His work focuses on humanizing physicians—individuals and teams—by supporting growth, connection, and purpose in high-performance environments. He aligns quality improvement, recruitment, and well-being to build more human-centered systems that prioritize workforce inclusion and belonging.

Dr. Alvarez co-led the High Performance Resuscitation Teams (HPRT) national conference series in partnership with Mayo Clinic and the Mission Critical Teams Institute. This effort brought together experts from healthcare, aerospace, sports, military, special operations, fire rescue, and other high-stakes fields to share insights on how teams perform under pressure.

He was a 2021–2022 Faculty Fellow at the Stanford Byers Center for Biodesign. In 2020, he joined the inaugural class of ambassadors for the Applied Compassion Training at Stanford's CCARE. He also completed CCARE's Compassion Cultivation Training and Awakening Humanity at Work.

From 2016 to 2021, Dr. Alvarez served as assistant and associate residency program director for Stanford EM. His work focused on integrating well-being, patient experience, safety, representation, and belonging in medical education. He also co-founded and co-chaired the largest national mentoring program focused on workforce representation, inclusion and belonging in EM through ACEP and EMRA.

Dr. Alvarez regularly delivers grand rounds and keynotes at institutions across the U.S. and internationally, including Harvard, Yale, UT Southwestern, and McMaster University. He has also presented at global conferences, most recently in Uruguay, Switzerland, and Australia. His talks and workshops explore the intersection of physician well-being, design thinking, and inclusion and belonging, with a focus on self-compassion, high-performance teams, and wellness-centered leadership [#doctorsarehumanstoo | #whatdoctorslooklike].

His work has been recognized with several national awards (see below).

CLINICAL FOCUS

- Emergency Medicine
- High-Performance Teams
- Design Thinking
- Physician Well-Being
- Diversity and Inclusion
- Self Compassion
- Patient Safety and Quality Improvement
- Professionalism
- Patient Experience and Clinical Operations
- Recruitment

ACADEMIC APPOINTMENTS

- Clinical Professor, Emergency Medicine
- Member, Wu Tsai Human Performance Alliance

ADMINISTRATIVE APPOINTMENTS

- Director of Well-Being, Stanford Emergency Medicine, (2021- present)
- Co-Lead, Human Potential Team, Stanford Emergency Medicine, (2021- present)
- Director, Physician Resource Network (PRN) Support Program, Stanford WellIMD/WellPhD, (2023- present)
- Chair, Physician Wellness Forum, Stanford WellIMD/WellPhD, (2019- present)
- Fellowship Director, Physician Wellness Fellowship, Stanford Emergency Medicine, (2021- present)
- Faculty Diversity Liaison, Stanford Office of Faculty Development and Diversity, (2020- present)
- Associate Residency Program Director, Stanford Emergency Medicine, (2021-2021)
- Assistant Residency Program Director, Stanford Emergency Medicine, (2016-2021)
- Interim Assistant Clerkship Director, Stanford Emergency Medicine, (2017-2019)

HONORS AND AWARDS

- Distance and Impact Award, Diversity, Inclusion & Health Equity Section. American College of Emergency Physicians (ACEP) (2019)
- National Organizational/Institutional Award, Building Next Generation of Academic Physicians (BNGAP) (2020)

- Outstanding Academician Award, Society for Academic EM (SAEM) -- Academy for Diversity & Inclusion in EM (ADIEM) (2020)
- Scholarship in Education in Emergency Medicine Academy Member Award on Teaching and Evaluation, Council of Residency Director (CORD) (2020)
- John Levin Leadership Award, Stanford Health Care (2022)
- Physician Leader of the Year Award, SHARP Index (2024)
- Excellence in our Workplace Award (Honorable Mention), Stanford Health Care (2026)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Interim Director, Stanford Center for Compassion and Altruism Research and Education (2026 - present)
- Chair, Wellness Committee, American Academy of Emergency Medicine (AAEM) (2023 - 2024)
- Elected Member, Nominations Committee, Society of Academic Emergency Medicine (SAEM) (2023 - 2025)
- Chair, Wellness Committee, Society of Academic Emergency Medicine (SAEM) (2022 - 2024)
- Vice-Chair, Wellness Committee, American Academy of Emergency Medicine (AAEM) (2021 - 2023)
- Diplomate, American Board of Emergency Medicine (ABEM) (2012 - present)
- Fellow, American Academy of Emergency Medicine (AAEM) (2016 - present)
- Fellow, American College of Emergency Physicians (ACEP) (2016 - present)
- Faculty Fellow, Stanford Byers Center for Biodesign (2021 - 2022)

PROFESSIONAL EDUCATION

- MS (c), Johns Hopkins University , Organizational Leadership (2027)
- Residency: Albert Einstein College of Medicine (2011) NY
- Internship: Albert Einstein College of Medicine (2008) NY
- Board Certification: Emergency Medicine, American Board of Emergency Medicine (2012)
- Residency, Jacobi/Montefiore Residency Program at the Albert Einstein College of Medicine, Bronx, NY , Emergency Medicine (2011)
- Medical Education: University at Buffalo School of Medicine (2007) NY
- BS, SUNY at Buffalo (University at Buffalo , Biological Sciences (2002)
- BS, SUNY at Buffalo (University at Buffalo) , Biophysics (2002)
- BA, SUNY at Buffalo (University at Buffalo) , English (2002)

COMMUNITY AND INTERNATIONAL WORK

- Systems Improvement at District Hospitals and Regional Training of Emergency Care (sidHARTe) Program, Kintampo, Ghana
- Post 2010 Earthquake Relief, Port-au-prince, Haiti

LINKS

- Twitter: @alvarezzy: <https://twitter.com/alvarezzy>
- LinkedIn: <https://www.linkedin.com/in/al-ai-alvarez-722980119/>
- Academic Life in Emergency Medicine (ALiEM): <https://www.aliem.com/author/alai-alvarez/>

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

My work centers on improving clinician and staff well-being, encompassing medical education, equity and inclusion, and efficiency of practice (clinical operations, quality, and patient safety), with a particular interest in studying the role of self-compassion in imposter phenomena, adverse events, and

vicarious trauma. I am a Biodesign Faculty Fellow graduate, and my active research is on using biometrics for personalized fatigue-mitigation lifestyle coaching in high-performance teams to minimize sleep-related disruptions.

Publications

PUBLICATIONS

- **Practical Applications of Generative Artificial Intelligence for Clinical Teaching in the Emergency Department** *AEM EDUCATION AND TRAINING*
Shaw, J. J., Mand, S. K., Williams, S. R., Cico, S. J., Bailes, C., Alvarez, A., Promes, S. B., Wagner, J., Schnapp, B. H.
2026; 10 (2)
- **Ambient Artificial Intelligence Scribe Adoption and Documentation Time in the Emergency Department.** *Annals of emergency medicine*
Preiksaitis, C., Alvarez, A., Winkel, M., Karamatsu, M., Brown, I., Sama, N., Morris, L., Lee, J., Gubbels, A., Wahl, E., Frye, A., Rose, C.
2026
- **Variability in Standardized Letters of Evaluation: A Multi-Institutional Review of EM Residency Based Versus Non-Residency Based Faculty Evaluation.** *AEM education and training*
Gore, K., Hegarty, C. B., Beardsley, T., Krzyzaniak, S. M., Monteiro, S., Alvarez, A., Davis, T., Parsons, M., Pandey, A., Bord, S., Gottlieb, M., Mannix, A.
2026; 10 (1): e70133
- **Emergency Department or Battleground? Confronting Workplace Violence Against Staff in Emergency Departments Through Education and Systems Reform.** *AEM education and training*
Bentley, S. K., Iavicoli, L., Alvarez, A., Doehring, M., Karalius, V., Deutsch, A. J.
2026; 10 (1): e70132
- **SPIKING A Sense of Belonging: Utilizing a Communication Model to Unlock Your Story With Authenticity.** *MedEdPORTAL : the journal of teaching and learning resources*
Koons, N. J., Okwuonu, E., Rao, R. R., Belay, R., Alvarez, A., Ramos, M., Coupe, N., Yemane, L.
2025; 21: 11567
- **Association of individual item characteristics with faculty competitiveness rankings in emergency medicine standardized letters of evaluation** *AEM EDUCATION AND TRAINING*
Hegarty, J., Sehdev, M., Pelletier-Bui, A., Dubosh, N. M., Alvarez, A., Schrepel, C., Schnapp, B., Bord, S., Park, Y., Shappell, E.
2025; 9 (3): e70009
- **Evaluating the role of traditional and nontraditional educational resources in point-of-care ultrasound training: A cross-sectional survey of educator preferences and practices** *AEM EDUCATION AND TRAINING*
Broadstock, A., Kalantari, A., Dessie, A. S., Alvarez, A., Lewiss, R. E., Acuna, J., Weekes, A., Maloney, K., Stolz, U., Stolz, L., Shah, A.
2025; 9 (3): e70039
- **From Wilderness to the Bedside: Creating Adventurous and Mindful Physicians Entering Residency (CAMPER) by Residents for Residents to Foster Belongingness.** *Journal of surgical education*
Bernard, A., Vogt, E. L., Flaharty, K., Gutterman, S., Gottlieb, R., Shapiro, J., Young, A. T., Johnson-Harwitz, C., Falahee, E., Burrows, H., Alvarez, A., Liebert, C., Tabin, et al
2025; 82 (6): 103510
- **A blended approach: How to integrate coaching, mentoring, and advising as a medical educator.** *AEM education and training*
Mand, S. K., Santen, S. A., Hemphill, R. R., Schnapp, B. H., Promes, S. B., Shaw, J., Alvarez, A., Cico, S. J., Williams, S. R.
2025; 9 (Suppl 1): S24-S28
- **From Why to How in Physician Well-Being: Aligning Strategies for Sustainable Cultural Change in Healthcare.** *Rhode Island medical journal (2013)*
Alvarez, A., Winkel, M., Karamatsu, M. L.
2025; 108 (3): 11-15
- **The standardized letter of evaluation (SLOE) in emergency medicine: The internal validity of the SLOE 2.0.** *AEM education and training*
Mannix, A., Hegarty, C. B., Bord, S., Beardsley, T., Monteiro, S., Alvarez, A., Davis, T., Gore, K., Parsons, M., Pandey, A., Krzyzaniak, S. M., Gottlieb, M.

2025; 9 (1): e70000

- **Interventions to reduce burnout in emergency medicine: a national inventory of the Canadian experience to support global implementation of wellness initiatives.** *Internal and emergency medicine*
Liu, K., Patey, C., Norman, P., Moellekaer, A. B., Lim, R., Alvarez, A., Heymann, E. P.
2024
- **ChatG-PD? Comparing large language model artificial intelligence and faculty rankings of the competitiveness of standardized letters of evaluation.** *AEM education and training*
Schnapp, B., Sehdev, M., Schrepel, C., Bord, S., Pelletier-Bui, A., Alvarez, A., Dubosh, N. M., Park, Y. S., Shappell, E.
2024; 8 (6): e11052
- **Generalizability of consensus regarding standardized letters of evaluation competitiveness: A validity study in a national sample of emergency medicine faculty** *AEM EDUCATION AND TRAINING*
Bord, S., Sehdev, M., Pelletier-Bui, A., Alvarez, A., Schnapp, B., Dubosh, N., Schrepel, C., Park, Y., Shappell, E.
2024; 8 (6)
- **Faculty consensus on competitiveness for the new competency-based emergency medicine standardized letter of evaluation** *AEM EDUCATION AND TRAINING*
Schnapp, B., Sehdev, M., Schrepel, C., Bord, S., Pelletier-Bui, A., Alvarez, A., Dubosh, N. M., Park, Y., Shappell, E.
2024; 8 (5): e11024
- **Measuring Burnout and Professional Fulfillment Among Emergency Medicine Residency Program Leaders in the United States: A Cross-Sectional Survey Study.** *Clinical and experimental emergency medicine*
Preiksaitis, C., Wright, K. N., Alvarez, A., Chan, T. M., Gottlieb, M., Little, A. G., Landry, A.
2024
- **Underrepresented in Medicine Trainees' Sense of Belonging and Professional Identity Formation after Participation in the Leadership Education in Advancing Diversity Program.** *Academic pediatrics*
Yemane, L., Powell, C., Edwards, J., Shumba, T., Alvarez, A., Bandstra, B., Brooks, M., Brown-Johnson, C., Caceres, W., Dunn, T., Johnson, C., Perez, F. D., Reece-Nguyen, et al
2024
- **Decoding competitiveness: Exploring how emergency medicine faculty interpret standardized letters of evaluation.** *AEM education and training*
Schrepel, C., Sehdev, M., Dubosh, N. M., Schnapp, B. H., Alvarez, A., Pelletier-Bui, A., Hegarty, C., Bord, S., Shappell, E.
2024; 8 (4): e11019
- **Precision emergency medicine.** *Academic emergency medicine : official journal of the Society for Academic Emergency Medicine*
Strehlow, M., Alvarez, A., Blomkalns, A. L., Caretta-Wyer, H., Gharahbaghian, L., Imler, D., Khan, A., Lee, M., Lobo, V., Newberry, J. A., Riberia, R., Sebok-Syer, S., Shen, et al
2024
- **A national pilot study on simulation-based upstander training for emergency medicine clinicians.** *AEM education and training*
Mundo, W., Vaughn, J., Odetunde, A., Donovan, T., Alvarez, A., Smith, K., Brown, C., Brown, I., Datta, S., Vora, S., Ward-Gaines, J.
2024; 8 (3): e10990
- **Applying the master adaptive learner framework to just-in-time training of procedures.** *AEM education and training*
Alvarez, A., Manthey, D., Promes, S. B., Haas, M., Santen, S. A., Wagner, J., Schnapp, B.
2024; 8 (Suppl 1): S17-S23
- **Breaking point: the hidden crisis of emergency physician burnout.** *CJEM*
Lim, R., Alvarez, A., Cameron, B., Gray, S.
2024
- **An Exploration of the Interplay Between Well-being and Quality and Safety.** *CJEM*
Hrymak, C., Lim, R., Trivedi, S., Alvarez, A., Purdy, E., Belisle, S., Thull-Freedman, J., Leeies, M., Lang, E., Chartier, L. B.
2024
- **"I don't want to be the squeaky wheel": Addressing bias as a leader in emergency medicine.** *Academic emergency medicine : official journal of the Society for Academic Emergency Medicine*

- Suri, A., Yang, D., Sun, W. W., Fofana, M., Binstadt, E. S., Weygandt, P. L., Moll, J. L., Strout, T. D., Gipson, K., Norman, M. S., Tsuchida, R. E., Alvarez, A., Balhara, et al
2024
- **Measuring and Predicting Faculty Consensus Rankings of Standardized Letters of Evaluation.** *Journal of graduate medical education*
Sehdev, M., Schnapp, B., Dubosh, N. M., Alvarez, A., Pelletier-Bui, A., Bord, S., Schrepel, C., Park, Y. S., Shappell, E.
2024; 16 (1): 51-58
 - **Re-THINK: Use of narratives to explore social justice in clinical practice and education.** *Journal of evaluation in clinical practice*
Alvarez, A., Monteiro, S., Chen, R., Cohen, K., Fofana, M., Powell, C., Tago, A., Martin, L.
2023
 - **Brain versus bot: Distinguishing letters of recommendation authored by humans compared with artificial intelligence.** *AEM education and training*
Preiksaitis, C., Nash, C., Gottlieb, M., Chan, T. M., Alvarez, A., Landry, A.
2023; 7 (6)
 - **#StopTheStigmaEM: Building a Social Media Based Movement to Support Emergency Medicine Mental Health.** *Academic emergency medicine : official journal of the Society for Academic Emergency Medicine*
Deutsch, A. J., Alvarez, A., Balint, S., Pappal, R. D., Roseen, S., Sun, W. W., Warren, J., Stanton, K., Agarwal, A. K.
2023
 - **Influence of COVID-19 on stress at work during the first wave of the pandemic among emergency health care workers.** *Disaster medicine and public health preparedness*
Dupuy, M., Dutheil, F., Alvarez, A., Godet, T., Adeyemi, O. J., Clinchamps, M., Schmidt, J., Lambert, C., Bouillon-Minois, J. B.
2023: 1-21
 - **A Virtual National Diversity Mentoring Initiative to Promote Inclusion in Emergency Medicine.** *The western journal of emergency medicine*
Carrillo, T., Rodriguez, L. M., Landry, A., Alvarez, A., Ceniza, A., Gay, R., Green, A., Faiz, J.
2023; 24 (4): 662-667
 - **Trends of Academic Faculty Identifying as Hispanic at US Medical Schools, 1990-2021.** *Journal of graduate medical education*
Saxena, M. R., Ling, A. Y., Carrillo, E., Alvarez, A., Yiadom, M. Y., Bennett, C. L., Gallegos, M.
2023; 15 (2): 175-179
 - **Ethnic and Racial Differences in Ratings in the Medical Student Standardized Letters of Evaluation (SLOE).** *Journal of graduate medical education*
Alvarez, A., Mannix, A., Davenport, D., Gore, K., Krzyzaniak, S. M., Parsons, M., Miller, D. T., Eraso, D., Monteiro, S., Chan, T. M., Gottlieb, M.
2022; 14 (5): 549-553
 - **Physician Pipeline and Pathway Programs: An Evidence-based Guide to Best Practices for Diversity, Equity, and Inclusion from the Council of Residency Directors in Emergency Medicine.** *The western journal of emergency medicine*
Parsons, M., Caldwell, M. T., Alvarez, A., Davenport, D., Gallegos, M., Landry, A., Gottlieb, M., Natesan, S.
2022; 23 (4): 514-524
 - **Factors driving burnout and professional fulfillment among emergency medicine residents: A national wellness survey by the Society for Academic Emergency Medicine.** *AEM education and training*
Sakamoto, J. T., Lee, J., Lu, D. W., Sundaram, V., Bird, S. B., Blomkalns, A. L., Alvarez, A.
2022; 6 (Suppl 1): S5-S12
 - **Sex and race visual representation in emergency medicine textbooks and the hidden curriculum** *AEM EDUCATION AND TRAINING*
Kalantari, A., Alvarez, A., Battaglioli, N., Chung, A., Cooney, R., Boehmer, S. J., Nwabueze, A., Gottlieb, M.
2022; 6 (3): e10743
 - **Holistic Review, Mitigating Bias, and Other Strategies in Residency Recruitment for Diversity, Equity, and Inclusion: An Evidence-based Guide to Best Practices from the Council of Residency Directors in Emergency Medicine.** *The western journal of emergency medicine*
Gallegos, M., Landry, A., Alvarez, A., Davenport, D., Caldwell, M. T., Parsons, M., Gottlieb, M., Natesan, S.
2022; 23 (3): 345-352
 - **Gender differences in emergency medicine standardized letters of evaluation.** *AEM education and training*
Mannix, A., Monteiro, S., Miller, D., Parsons, M., Alvarez, A., Krzyzaniak, S. M., Gore, K., Eraso, D., Davenport, D., Chan, T. M., Gottlieb, M.

2022; 6 (2): e10740

- **Drivers of Professional Fulfillment and Burnout Among Emergency Medicine Faculty: A National Wellness Survey by the Society for Academic Emergency Medicine.** *Academic emergency medicine : official journal of the Society for Academic Emergency Medicine*
Lu, D. W., Lee, J., Alvarez, A., Sakamoto, J. T., Bird, S. B., Sundaram, V., Lall, M. D., Nordenholz, K. E., Manfredi, R. A., Blomkalns, A. L.
2022
- **Faculty Recruitment, Retention, and Representation in Leadership: An Evidence-Based Guide to Best Practices for Diversity, Equity, and Inclusion from the Council of Residency Directors in Emergency Medicine.** *The western journal of emergency medicine*
Davenport, D., Alvarez, A., Natesan, S., Caldwell, M. T., Gallegos, M., Landry, A., Parsons, M., Gottlieb, M.
1800; 23 (1): 62-71
- **A Point-of-Care Ultrasound Rotation for Medical Education Fellows in Emergency Medicine.** *POCUS journal*
O'Connell, A., Alvarez, A., Tomaselli, P., Au, A., Papanagnou, D., Lewiss, R. E.
2022; 7 (1): 120-123
- **Standardizing terminology in academic medical journals: understanding sex and gender.** *European journal of emergency medicine : official journal of the European Society for Emergency Medicine*
Dessie, A., Alvarez, A., Lewiss, R. E.
2021; 28 (5): 331-332
- **Institutions' role in postpandemic support.** *Science (New York, N.Y.)*
de Morree, A., Alvarez, A.
2021; 373 (6561): 1318
- **Institutions' role in postpandemic support** *SCIENCE*
de Morree, A., Alvarez, A.
2021; 373 (6561): 1318
- **Bias in recruitment: A focus on virtual interviews and holistic review to advance diversity** *AEM EDUCATION AND TRAINING*
Otugo, O., Alvarez, A., Brown, I., Landry, A.
2021; 5: S135-S139
- **Professional development during a pandemic: a live virtual conference for emergency medicine chief residents.** *CJEM*
Zaver, F., Battaglioli, N., Rose, C. C., Montrief, T., Alvarez, A., Lin, M.
2021
- **The standardized letter of evaluation in emergency medicine: Are the qualifications useful?** *AEM education and training*
Miller, D. T., Krzyzaniak, S., Mannix, A., Alvarez, A., Chan, T., Davenport, D., Eraso, D., Foote, C. J., Gore, K., Parsons, M., Gottlieb, M.
2021; 5 (3): e10607
- **ALIEM Connect: Large-Scale, Interactive Virtual Residency Programming in Response to COVID-19.** *Academic medicine : journal of the Association of American Medical Colleges*
Rose, C. C., Haas, M. R., Yilmaz, Y., Alvarez, A., Mott, S. E., Landry, A. I., Gisondi, M. A., Ankel, F., Lin, M., Chan, T. M.
2021
- **Curated collection for clinician educators: Six key papers on residency recruitment.** *AEM education and training*
Schnapp, B. H., Alvarez, A., Bianchi, R., Caretta-Weyer, H., Jewell, C., Kalantari, A., Lee, E., Miller, D., Quinn, A.
2021; 5 (2): e10597
- **Thinking Outside the Inbox: Use of Slack in Clinical Groups as a Collaborative Team Communication Platform.** *AEM education and training*
Montrief, T., Haas, M. R., Alvarez, A., Gottlieb, M., Siegal, D., Chan, T.
2021; 5 (1): 121-29
- **Outcomes From a Novel Graduate Medical Education Leadership Program in Advancing Diversity, Equity, and Inclusion** *Journal of Graduate Medical Education*
Powell, C., Yemane, L., Brooks, M., Johnson, C., Alvarez, A., Bandstra, B., Caceres, W., Dierickx, Q., Thomas, R., Blankenburg, R.
2021; 13 (6): 774-784
- **Owning the Trauma Bay: Teaching Trauma Resuscitation to Emergency Medicine Residents and Nurses through In-situ Simulation.** *Journal of education & teaching in emergency medicine*

- Bellino, A., Gordon, A. J., Alvarez, A., Schertzer, K.
2020; 5 (4): S108-S148
- **The Impact of Due Process and Disruptions on Emergency Medicine Education in the United States.** *The western journal of emergency medicine*
Alvarez, A., Messman, A., Platt, M., Healy, M., Josephson, E. B., London, S., Char, D.
2020: 1–5
 - **Emergency Medicine Gender in Resident Leadership Study (EM GIRLS): The Gender Distribution Among Chief Residents** *AEM Education and Training*
Mannix, A., Parsons, M., Krzyzaniak, S., Black, L. P., Alvarez, A., Mody, S., Gottlieb, M.
2020: 1-4
 - **Physically Distant, Educationally Connected: Interactive Conferencing in the Era of COVID-19.** *Medical education*
Rose, C. n., Mott, S. n., Alvarez, A. n., Lin, M. n.
2020
 - **Patient feedback in the emergency department: A feasibility study of the Resident Communication Assessment Program (ReCAP).** *Journal of the American College of Emergency Physicians open*
Mozayan, C. n., Manella, H. n., Chimelski, E. n., Kline, M. n., Alvarez, A. n., Gisondi, M. A., Sebok-Syer, S. S.
2020; 1 (6): 1194–98
 - **Mastery Learning Ensures Correct Personal Protective Equipment Use in Simulated Clinical Encounters of COVID-19.** *The western journal of emergency medicine*
Pokrajac, N. n., Schertzer, K. n., Poffenberger, C. M., Alvarez, A. n., Marin-Nevarez, P. n., Winstead-Derlega, C. n., Gisondi, M. A.
2020; 21 (5): 1089–94
 - **Detection of Type B Aortic Dissection in the Emergency Department with Point-of-Care Ultrasound.** *Clinical practice and cases in emergency medicine*
Earl-Royal, E., Nguyen, P. D., Alvarez, A., Gharahbaghian, L.
2019; 3 (3): 202–7
 - **ROUGH DAY? BE GRATEFUL.**
Alvarez, A., de Vries, p. P.
International Clinical Educators (ICE) blog.
2019
 - **IDEA Series: A Low-fidelity Simulation Workshop for Teaching Cricothyroidotomy.**
Garcia, S., Alvarez, A.
Academic Life in Emergency Medicine.
2019
 - **An Interactive Session to Help Faculty Manage Difficult Learner Behaviors in the Didactic Setting.** *MedEdPORTAL : the journal of teaching and learning resources*
Schnapp, B. H., Alvarez, A., Ham, J., Paetow, G., Santen, S. A., Hart, D.
2018; 14: 10774
 - **Rough day? Be grateful. A talk on positive psychology in Emergency Medicine**
Alvarez, A., deVries, P. S.
Stanford BeWell.
2018

PRESENTATIONS

- Overcoming Self-Judgment with Self-Compassion during the COVID19 Pandemic - American College of Emergency Physicians Virtual Grand Rounds (May 27, 2020)
- Healing the Healers: A Deliberate Approach on Wellbeing by Revamping the Annual Residency - International Conference on Physician Health 2018
- Rookie Mistakes: Things I learned after residency - Council of Emergency Medicine Residency Program Directors (CORD) Mini-Fellowship on Wellness Leadership. Virtual conference. December 2018

- Rookie Mistakes: Things I learned after residency. A focus on psychological safety, empathy and self-compassion using M&M cases - Jacobi/Montefiore Emergency Medicine Residency Program (January 30, 2019)
- Learning to LEAD: Building leadership and scholarship capacity in diversity and inclusion - 2019 ACGME Annual Educational Conference: Engaging Each Other: Rediscovering Meaning in Medicine (3/9/2019)
- Rough Day? Be Grateful! - Stanford Corporate Partners (May 23, 2019)