Stanford



Pamela Flood

Adjunct Clinical Professor, Anesthesiology, Perioperative and Pain Medicine

Curriculum Vitae available Online

CLINICAL OFFICE (PRIMARY)

- **Outpatient Surgery Center**

  450 Broadway St

  3rd Fl MC 6130

  Redwood City, CA 94063

  Tel (650) 723-5439 **Fax** (650) 721-3417

ACADEMIC CONTACT INFORMATION

- **Alternate Contact**

  Steven Shafer - Professor

  Email steven.shafer@stanford.edu

  Tel 650-704-0558

Bio

BIO

Dr. Flood is a Professor at Stanford University who is fellowship trained in Pain Medicine and Obstetric Anesthesiology. She specializes in the treatment of chronic pelvic pain and multiple aspects of women's health including the prevention of chronic pain after childbirth. Research interests include the role of multimodal treatment in chronic pain conditions and prevention of persistent opioid use. Her research has spanned from detailed pharmacodynamic analysis, clinical trials to population health.

CLINICAL FOCUS

- Anesthesia
- Pain Medicine
- Women's Health
- Obstetric Anesthesiology
- Pharmacology
- opioid weaning

ACADEMIC APPOINTMENTS

- Member, Maternal & Child Health Research Institute (MCHRI)
- Member, Wu Tsai Neurosciences Institute

ADMINISTRATIVE APPOINTMENTS

- Professor of Anesthesiology, Peri operative and Pain Medicine, Stanford University, (2014- present)

PROFESSIONAL EDUCATION

- Fellowship: Stanford University Pain Management Fellowship (2016) CA
- Fellowship: New York Presbyterian Hospital Columbia Campus Dept of Anesthesiology (1996) NY
- Residency: New York Presbyterian Hospital Columbia Campus Dept of Anesthesiology (1994) NY

- Internship: New York Presbyterian Columbia Campus Internal Medicine Residency (1991) NY
- Medical Education: Columbia University College of Physicians and Surgeons (1990) NY
- Board Certification: Anesthesia, American Board of Anesthesiology (1996)
- Board Certification: Pain Medicine, American Board of Anesthesiology (2016)

Publications

PUBLICATIONS

- **Patient-Centered Prescription Opioid Tapering Methods : A Randomized Clinical Trial.** *Annals of internal medicine*
  Darnall, B. D., Perez, L., Kao, M. C., Lorig, K., Mardian, A. S., Flood, P., Pun, T., Hanson, E. R., Brose, W., Chen, C. A., Cheung, M., Colloca, L., De Bruyne, et al
  2026

- **Outpatient Treatment With Gabapentin in Women With Severe Acute Pain After Cesarean Delivery Is Ineffective: A Randomized, Double-Blind, Placebo-Controlled Trial.** *Anesthesia and analgesia*
  Fowler, C., Chu, A. W., Guo, N., Ansari, J. R., Shafer, S. L., Flood, P. D.
  2023

- **Association between history of childbirth and chronic, functionally significant back pain in later life.** *BMC women's health*
  Zhang, M., Cooley, C., Ziadni, M. S., Mackey, I., Flood, P.
  2023; 23 (1): 4

- **The Effect of Night Float Rotation on Resident Sleep, Activity, and Wellbeing: An Observational Study**
  Ruan, A., Klein, A., Hasan, N., Flood, P.
  LIPPINCOTT WILLIAMS & WILKINS.2022: 433-436

- **Chronic disabling postpartum headache after unintentional dural puncture during epidural anaesthesia: a prospective cohort study.** *British journal of anaesthesia*
  Ansari, J. R., Barad, M., Shafer, S., Flood, P.
  2021; 127 (4): 600-607

- **Gender Differences in Compensation in Anesthesiology in the United States: Results of a National Survey of Anesthesiologists.** *Anesthesia and analgesia*
  Hertzberg, L. B., Miller, T. R., Byerly, S., Rebello, E., Flood, P., Malinzak, E. B., Doyle, C. A., Pease, S., Rock-Klotz, J. A., Kraus, M. B., Pai, S.
  2021

- **Labor prior to cesarean delivery associated with higher post-discharge opioid consumption.** *PloS one*
  Ende, H. B., Landau, R., Cole, N. M., Burns, S. M., Bateman, B. T., Bauer, M. E., Booth, J. L., Flood, P., Leffert, L. R., Houle, T. T., Tsen, L. C.
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- **Genetics and Gender in Acute Pain and Perioperative Opioid Analgesia.** *Anesthesiology clinics*
  Kwon, A. H., Flood, P.
  2020; 38 (2): 341–55

- **Re: Association between opioid use after intrapartum cesarean delivery and repeat cesarean delivery: a retrospective cohort study.** *International journal of obstetric anesthesia*
  Komatsu, R., Carvalho, B., Flood, P. D.
  2020; 43: 30

- **Impact of patient choice for different postcesarean delivery analgesic protocols on opioid consumption: a randomized prospective clinical trial.** *Regional anesthesia and pain medicine*
  Carvalho, B., Sutton, C. D., Kowalczyk, J. J., Flood, P. D.
  2019

- **Comparative Effectiveness of Cognitive Behavioral Therapy for Chronic Pain and Chronic Pain Self-Management within the Context of Voluntary Patient-Centered Prescription Opioid Tapering: The EMPOWER Study Protocol.** *Pain medicine (Malden, Mass.)*
  Darnall, B. D., Mackey, S. C., Lorig, K. n., Kao, M. C., Mardian, A. n., Stieg, R. n., Porter, J. n., DeBruyne, K. n., Murphy, J. n., Perez, L. n., Okvat, H. n., Tian, L. n., Flood, et al

2019

- **Clinical Practice Guidelines for the Prevention and Management of Pain, Agitation/Sedation, Delirium, Immobility, and Sleep Disruption in Adult Patients in the ICU** *CRITICAL CARE MEDICINE*
  Devlin, J. W., Skrobik, Y., Gelinas, C., Needham, D. M., Slooter, A. J. C., Pandharipande, P. P., Watson, P. L., Weinhouse, G. L., Nunnally, M. E., Rochwerg, B., Balas, M. C., van den Boogaard, M., Bosma, et al
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- **Prediction of outliers in pain, analgesia requirement, and recovery of function after childbirth: a prospective observational cohort study** *BRITISH JOURNAL OF ANAESTHESIA*
  Komatsu, R., Carvalho, B., Flood, P.
  2018; 121 (2): 417-426

- **Patient-Centered Prescription Opioid Tapering in Community Outpatients with Chronic Pain** *JAMA Internal Medicine*
  Darnall, B., Ziadni, M., Stieg, R., Mackey, I., Kao, M., Flood, P.
  2018; Feb 19

- **Recovery after Nulliparous Birth A Detailed Analysis of Pain Analgesia and Recovery of Function** *ANESTHESIOLOGY*
  Komatsu, R., Carvalho, B., Flood, P. D.
  2017; 127 (4): 684–94

- **Opioid Use Following Discharge After Cesarean Delivery**
  Bateman, B. T., Huybrechts, K. F., Booth, J., Briggs, H., Flood, P., Bauer, M., Landau, R.
  WILEY-BLACKWELL.2016: 330-331

- **Development and validation of a mouse model for labor pain**
  Mirza, F., Fakhoury, A., Rowley, T., Flood, P.
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- **A PILOT RANDOMIZED CONTROLLED TRIAL OF NITROUS OXIDE INHALATION IN UNMEDICATED ADULTS WITH OCD: PROOF OF CONCEPT**
  van Roessel, P., Guo, J., Gaeta, A., Gil-Hernandez, D., Valentine, K., Mukunda, P., Marzke, C., Ortiz, M., Booker, J., Filippou, M., Chen, C., Flood, P., Rodriguez, et al
  SPRINGERNATURE.2026

- **In Response.** *Anesthesia and analgesia*
  Ruan, A., Flood, P. D.
  2023; 136 (6): e42-e43

- **Efficacy of Ketamine in Unmedicated Adults With Obsessive-Compulsive Disorder: A Randomized Controlled Trial**
  Rodriguez, C., Chen, C., Glover, G., Jo, B., Spielman, D., Williams, L., van Roessel, P., DeBattista, C., Flood, P., Ringold, A., Wintermark, M., Anderson, K., Linkovski, et al
  SPRINGERNATURE.2022: 302-303

- **Calcium chloride for the prevention of uterine atony during cesarean delivery: A pilot randomized controlled trial and pharmacokinetic study.** *Journal of clinical anesthesia*
  Ansari, J. R., Kalariya, N., Carvalho, B., Flood, P., Guo, N., Riley, E.
  2022; 80: 110796

- **In Response.** *Anesthesia and analgesia*
  Malinzak, E. B., Hertzberg, L. B., Doyle, C. A., Flood, P., Kraus, M. B., Rebello, E., Pai, S., Pease, S.
  2022; 134 (4): e23-e24

- **Engagement in Prescription Opioid Tapering Research: the EMPOWER Study and a Coproduction Model of Success.** *Journal of general internal medicine*
  Mardian, A., Perez, L., Pun, T., Cheung, M., Porter, J., De Bruyne, K., Kao, M., Flood, P., Moore, N., Colloca, L., Cramer, E., Ashton-James, C. E., Lorig, et al
  2021

- **Design of Clinical Trials Evaluating Sedation in Critically Ill Adults Undergoing Mechanical Ventilation: Recommendations From Sedation Consortium on Endpoints and Procedures for Treatment, Education, and Research (SCEPTER) Recommendation III.** *Critical care medicine*

Ward, D. S., Absalom, A. R., Aitken, L. M., Balas, M. C., Brown, D. L., Burry, L., Colantuoni, E., Coursin, D., Devlin, J. W., Dexter, F., Dworkin, R. H., Egan, T. D., Elliott, et al
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- **A Brief Screening Tool for Opioid Use Disorder: EMPOWER Study Expert Consensus Protocol.** *Frontiers in medicine*
  You, D. S., Mardian, A. S., Darnall, B. D., Chen, C. A., De Bruyne, K., Flood, P. D., Kao, M., Karnik, A. D., McNeely, J., Porter, J. G., Schwartz, R. P., Stieg, R. L., Mackey, et al
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- **A systematic review of patient-reported outcome measures used to assess postpartum pain using Consensus Based Standards for the Selection of Health Measurement Instruments (COSMIN) guidelines.** *British journal of anaesthesia*
  Sultan, P. n., Ando, K. n., Sultan, E. n., Hawkins, J. E., Chitneni, A. n., Sharawi, N. n., Sadana, N. n., Blake, L. E., Singh, P. M., Flood, P. n., Carvalho, B. n.
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- **Did she have an epidural? The long-term consequences of postdural puncture headache and the role of unintended dural puncture.** *Headache*
  Barad, M., Carroll, I., Reina, M. A., Ansari, J., Flood, P.
  2021

- **Factors associated with persistent pain after childbirth: a narrative review.** *British journal of anaesthesia*
  Komatsu, R., Ando, K., Flood, P. D.
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- **INTRAVENOUS LIDOCAINE INFUSION FOR MANAGEMENT OF PAIN IN THE INTENSIVE CARE UNIT**
  Jung, S., Ottestad, E., Aggarwal, A., Flood, P., Nikitenko, V.
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- **"My Surgical Success": Effect of a Digital Behavioral Pain Medicine Intervention on Time to Opioid Cessation After Breast Cancer Surgery-A Pilot Randomized Controlled Clinical Trial (vol 20, pg 2228, 2019)** *PAIN MEDICINE*
  Darnall, B. D., Ziadni, M. S., Krishnamurthy, P., Flood, P., Heathcote, L. C., Mackey, I. G., Taub, C., Wheeler, A.
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- **A Bun in the Oven How to Use TIVA in Obstetrics** *TAKING ON TIVA: DEBUNKING MYTHS AND DISPELLING MISUNDERSTANDINGS*
  Flood, P., Ansari, J.
  edited by Irwin, M. G., Wong, G. T., Lam, S. W.
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- **Patient-centered prescription opioid tapering in community outpatients with chronic pain: 2- to 3-year follow-up in a subset of patients** *Pain Reports*
  Ziadni, M. S., A, C. L., Krishnamurthy, P., Flood, P., Stieg, R. L., Darnall, B. D.
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- **"My Surgical Success": Effect of a Digital Behavioral Pain Medicine Intervention on Time to Opioid Cessation After Breast Cancer Surgery-A Pilot Randomized Controlled Clinical Trial** *PAIN MEDICINE*
  Darnall, B. D., Ziadni, M. S., Krishnamurthy, P., Flood, P., Heathcote, L. C., Mackey, I. G., Taub, C., Wheeler, A.
  2019; 20 (11): 2228–37

- **Determinants of women's dissatisfaction with anaesthesia care in labour and delivery.** *Anaesthesia*
  Yurashevich, M., Carvalho, B., Butwick, A. J., Ando, K., Flood, P. D.
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- **Women's health in Northwestern Syria: Findings from Healthy-Syria 2017 study.** *Avicenna journal of medicine*
  Terkawi, A. S., Bakri, B., Alsadek, A. S., Alsibaee, R. H., Alasfar, E. M., Albakour, A. H., Aljouja, A. Y., Alshaikhwais, N. A., Fares, F. A., Flood, P. D., Jnaid, H., Najib, A. A., Saloom, et al
  2019; 9 (3): 94–106

- **Postpartum chronic pelvic pain and pelvic girdle pain.** *Minerva anestesiologica*
  Komatsu, R., Ando, K., Flood, P. D.
  2019

- **Response to BotulinumtoxinA in a migraine cohort with multiple comorbidities and widespread pain.** *Regional anesthesia and pain medicine*
  Barad, M., Sturgeon, J. A., Fish, S., Dexter, F., Mackey, S., Flood, P. D.
  2019; 44 (6): 660–68

- **"My Surgical Success": Effect of a Digital Behavioral Pain Medicine Intervention on Time to Opioid Cessation After Breast Cancer Surgery-A Pilot Randomized Controlled Clinical Trial.** *Pain medicine (Malden, Mass.)*
  Darnall, B. D., Ziadni, M. S., Krishnamurthy, P., Flood, P., Heathcote, L., Mackey, I. G., Taub, C. J., Wheeler, A.
  2019

- **Impact of patient choice for different postcesarean delivery analgesic protocols on opioid consumption: a randomized prospective clinical trial** *REGIONAL ANESTHESIA AND PAIN MEDICINE*
  Carvalho, B., Sutton, C., Kowalczyk, J. J., Flood, P.
  2019; 44 (5): 578–85

- **International Stakeholder Community of Pain Experts and Leaders Call for an Urgent Action on Forced Opioid Tapering** *PAIN MEDICINE*
  Darnall, B. D., Juurlink, D., Kerns, R. D., Mackey, S., Van Dorsten, B., Humphreys, K., Gonzalez-Sotomayor, J. A., Furlan, A., Gordon, A. J., Gordon, D. B., Hoffman, D. E., Katz, J., Kertesz, et al
  2019; 20 (3): 429–33

- **International Stakeholder Community of Pain Experts and Leaders Call for an Urgent Action on Forced Opioid Tapering.** *Pain medicine (Malden, Mass.)*
  Darnall, B. D., Juurlink, D., Kerns, R. D., Mackey, S., Van Dorsten, B., Humphreys, K., Gonzalez-Sotomayor, J. A., Furlan, A., Gordon, A. J., Gordon, D. B., Hoffman, D. E., Katz, J., Kertesz, et al
  2018

- **Aerobic Exercise Training and Inducible Inflammation: Results of a Randomized Controlled Trial in Healthy, Young Adults.** *Journal of the American Heart Association*
  Sloan, R. P., Shapiro, P. A., McKinley, P. S., Bartels, M., Shimbo, D., Lauriola, V., Karmally, W., Pavlicova, M., Choi, C. J., Choo, T., Scodes, J. M., Flood, P., Tracey, et al
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- **Aerobic Exercise Training and Inducible Inflammation: Results of a Randomized Controlled Trial in Healthy, Young Adults** *JOURNAL OF THE AMERICAN HEART ASSOCIATION*
  Sloan, R. P., Shapiro, P. A., McKinley, P. S., Bartels, M., Shimbo, D., Lauriola, V., Karmally, W., Pavlicova, M., Choi, C., Choo, T., Scodes, J. M., Flood, P., Tracey, et al
  2018; 7 (17)

- **Methodologic Innovation in Creating Clinical Practice Guidelines: Insights From the 2018 Society of Critical Care Medicine Pain, Agitation/Sedation, Delirium, Immobility, and Sleep Disruption Guideline Effort** *CRITICAL CARE MEDICINE*
  Devlin, J. W., Skrobik, Y., Rochwerg, B., Nunnally, M. E., Needham, D. M., Gelinas, C., Pandharipande, P. P., Slooter, A. J. C., Watson, P. L., Weinhouse, G. L., Kho, M. E., Centofanti, J., Price, et al
  2018; 46 (9): 1457–63

- **Executive Summary: Clinical Practice Guidelines for the Prevention and Management of Pain, Agitation/Sedation, Delirium, Immobility, and Sleep Disruption in Adult Patients in the ICU** *CRITICAL CARE MEDICINE*
  Devlin, J. W., Skrobik, Y., Gelinas, C., Needham, D. M., Slooter, A. J. C., Pandharipande, P. P., Watson, P. L., Weinhouse, G. L., Nunnally, M. E., Rochwerg, B., Balas, M. C., van den Boogaard, M., Bosma, et al
  2018; 46 (9): 1532–48

- **Patient-Centered Prescription Opioid Tapering in Community Outpatients With Chronic Pain.** *JAMA internal medicine*
  Darnall, B. D., Ziadni, M. S., Stieg, R. L., Mackey, I. G., Kao, M. C., Flood, P.
  2018; 178 (5): 707-708

- **EFFICACY OF PATIENT CHOICE OF DIFFERENT POSTOPERATIVE ANALGESIC PROTOCOLS AFTER CESAREAN DELIVERY: A RANDOMIZED PROSPECTIVE CLINICAL TRIAL**
  Kowalczyk, J. J., Sutton, C. D., Flood, P., Carvalho, B.
  LIPPINCOTT WILLIAMS & WILKINS.2018: 412

- **Effect of Maternal Body Mass Index on Postpartum Hemorrhage.** *Anesthesiology*
  Butwick, A. J., Abreo, A. n., Bateman, B. T., Lee, H. C., El-Sayed, Y. Y., Stephansson, O. n., Flood, P. n.
  2018

- **New Insights on Neuronal Nicotinic Acetylcholine Receptors as Targets for Pain and Inflammation: A Focus on alpha 7 nAChRs** *CURRENT NEUROPHARMACOLOGY*
  Bagdas, D., Gurun, M. S., Flood, P., Papke, R. L., Damaj, M.
  2018; 16 (4): 415–25

- **Patient choice compared with no choice of intrathecal morphine dose for caesarean analgesia: a randomized clinical trial.** *British journal of anaesthesia*
  Carvalho, B., Mirza, F., Flood, P.
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- **Inhibition Mediated by Glycinergic and GABAergic Receptors on Excitatory Neurons in Mouse Superficial Dorsal Horn Is Location-Specific but Modified by Inflammation.** *journal of neuroscience*
  Takazawa, T., Choudhury, P., Tong, C., Conway, C. M., Scherrer, G., Flood, P. D., Mukai, J., MacDermott, A. B.
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- **AEROBIC EXERCISE TRAINING IMPROVES AFFECT IN NORMAL HEALTHY YOUNG ADULTS**
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  OXFORD UNIV PRESS INC.2017: S1534-S1535

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  Bateman, B. T., Cole, N. M., Maeda, A. n., Burns, S. M., Houle, T. T., Huybrechts, K. F., Clancy, C. R., Hopp, S. B., Ecker, J. L., Ende, H. n., Grewe, K. n., Raposo Corradini, B. n., Schoenfeld, et al
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- **No Pain Labor & Delivery: A Global Health Initiative's Impact on Clinical Outcomes in China** *ANESTHESIA AND ANALGESIA*
  Hu, L., Flood, P., Li, Y., Tao, W., Zhao, P., Xia, Y., Pian-Smith, M. C., Stellaccio, F. S., Ouanes, J. P., Hu, F., Wong, C. A.
  2016; 122 (6): 1931-1938

- **Does Ondansetron Modify Sympathectomy Due to Subarachnoid Anesthesia? Meta-analysis, Meta-regression, and Trial Sequential Analysis** *ANESTHESIOLOGY*
  Terkawi, A. S., Mavridis, D., Flood, P., Wetterslev, J., Terkawi, R. S., Bin Abdulhak, A. A., Nunemaker, M. S., Tiouririne, M.
  2016; 124 (4): 846-869

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  Darnall, B., Wheeler, A., Taub, C., MACKEY, I., Wapnir, I., Schultz, C., RICO, T., Flood, P.
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- **Pharmacokinetics and Pharmacodynamics of Drugs Commonly Used in Pregnancy and Parturition.** *Anesthesia and analgesia*
  Ansari, J., Carvalho, B., Shafer, S. L., Flood, P.
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- **Are Epigenetic Changes the Key to the Elusive Mechanism for the Long-lasting Effects of Anesthetic Drugs that Persist after Emergence?** *ANESTHESIOLOGY*
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- **Molecular Interaction between Stress and Pain.** *Anesthesiology*
  Flood, P. n., Clark, J. D.
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- **Electrical Synapses High-speed Communication in the Maintenance of Neuropathic Pain** *ANESTHESIOLOGY*
  Tawfik, V. L., Flood, P.
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- **Electroencephalography of Seizure-Like Movements During General Anesthesia with Propofol: Seizures or Nonepileptic Events?** *A & A case reports*
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- **Large Heterogeneity in Mean Durations of Labor Analgesia Among Hospitals Reporting to the American Society of Anesthesiologists' Anesthesia Quality Institute** *ANESTHESIA AND ANALGESIA*
  Flood, P., Dexter, F., Ledolter, J., Dutton, R. P.
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- **Beat-to-Beat Heart Rate and Blood Pressure Variability and Hypertensive Disease in Pregnancy** *AMERICAN JOURNAL OF PERINATOLOGY*
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- **The Relationship Between Plasma Inflammatory Cytokines and Labor Pain** *ANESTHESIA AND ANALGESIA*
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- **In vivo effects of ketamine on glutamate-glutamine and gamma-aminobutyric acid in obsessive-compulsive disorder: Proof of concept** *PSYCHIATRY RESEARCH-NEUROIMAGING*
  Rodriguez, C. I., Kegeles, L. S., Levinson, A., Ogden, R. T., Mao, X., Milak, M. S., Vermes, D., Xie, S., Hunter, L., Flood, P., Moore, H., Shungu, D. C., Simpson, et al
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- **Intact Survival After Obstetric Hemorrhage and 55 Minutes of Cardiopulmonary Resuscitation.** *A & A case reports*
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- **Clinical chorioamnionitis and uterine contractility**
  Zackler, A., Dajao, R., Flood, P., Goetzl, L.
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- **Genetic Variability in the Activity of Monoamines: A Window into the Complexity of Pain** *ANESTHESIA AND ANALGESIA*
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  2014; 119 (5): 1032-1038
- **Impact of Cervical Effacement and Fetal Station on Progress during the First Stage of Labor: A Biexponential Model** *AMERICAN JOURNAL OF PERINATOLOGY*
  Quincy, M. M., Weng, C., Shafer, S. L., Smiley, R. M., Flood, P. D., Mirza, F. G.
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- **Nicotine is out: nicotinic agonists may have utility as analgesics.** *Anesthesia and analgesia*
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  Terkawi, A. S., Jackson, W. M., Hansoti, S., Tabassum, R., Flood, P.
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- **Balance in opioid prescription during pregnancy.** *Anesthesiology*
  Flood, P., Raja, S. N.
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- **Maternal inflammatory markers and term labor performance** *AMERICAN JOURNAL OF OBSTETRICS AND GYNECOLOGY*
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- **Editorial commentary: "progressive encephalomyelitis with rigidity and myoclonus: anesthesia and glycine receptor antibodies".** *A & A case reports*
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  edited by Lester, R. A.
  2014; 26: 239-254

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