Stanford



Lars Osterberg, MD, MPH

Lecturer, Medicine - Primary Care and Population Health

NIH Biosketch available Online Curriculum Vitae available Online

Bio

BIO

Lars Osterberg, MD, MPH, Professor (Teaching) of Medicine at Stanford School of Medicine; Co-director of Stanford Medicine Teaching and Mentoring Academy. He was the inaugural director of the the Educators-4-CARE program at Stanford University School of Medicine and led this from 2008-2023. This program is dedicated to develop the clinical skills in the Stanford Medical Students. His research interests are in areas of medical education healthcare access and healthcare delivery for vulnerable populations; innovations in medical practice; and patient adherence to medications. In his clinical settings, undergraduates, medical students and house staff are enriched by his lessons in social justice and compassionate, respectful medicine. He received an undergraduate degree in bioengineering from UC-Berkeley, an MD from UC-Davis, and a Master's in Public Health from UC-Berkeley. He also completed internal medicine residency at Stanford.

ACADEMIC APPOINTMENTS

- Lecturer, Medicine - Primary Care and Population Health
- Member, Wu Tsai Human Performance Alliance

ADMINISTRATIVE APPOINTMENTS

- Co-Director, Stanford Medicine Teaching and Mentoring Academy, Stanford University School of Medicine, (2016- present)
- Director, Educators-4-CARE, Stanford University School of Medicine, (2008-2023)
- Chief, General Internal Medicine, VA Hospital, Palo Alto, (2001-2014)
- Director, Hypertension Clinic, VA Hospital, Palo Alto, (2001- present)
- Co-Medical Director, Arbor Free Clinic, (1999-2016)

HONORS AND AWARDS

- Henry J. Kaiser Family Foundation Award for Excellence in Preclinical Teaching., Stanford University School of Medicine (2022)
- Ron Arky Award, Learning Communities Institute (2022)
- Franklin G. Ebaugh, Jr. Award, Stanford University School of Medicine (2019)
- ABIM Foundation 8th Annual John A. Benson Jr., MD Professionalism Article, American Board of Internal Medicine (2018)
- Advancing Communication Excellence at Stanford, Stanford Hospital and Clinics (2018)
- Distinguished Alumni Award, U.C. Davis School of Medicine (2018)
- Excellence in Promotion of Humanism at Stanford University School of Medicine, Stanford University School of Medicine (2017)
- Stanford nominee for the Arnold P. Gold Foundation Humanism in Medicine Award, Arnold P. Gold Foundation (2017)
- Stanford Medicine Leadership Award, Cardinal Free Clinics (2016)

- Gold Humanism Honor Society Inductee, Arnold P. Gold Foundation (2014)
- Service Award for Patient Care, Veterans Affairs, Palo Alto (2014)
- Lawrence H. Mathers Award, Stanford University School of Medicine (2011)
- Kaiser Clinical Teaching Award, Stanford University School of Medicine (2009)
- Miriam Aaron Roland Volunteer Service Award, Haas Center, Stanford University (2008)
- Annual Teaching Award, General Medical Disciplines, Stanford (2006)
- Community Award, Cingular Wireless (2006)
- Community Service Award, American College of Physicians (2005)
- Veterans Star Award for Patient Care, Veterans Affairs, Palo Alto (2005)
- Lance Armstong Compassion in Medicine Award, Stanford University School of Medicine (2004)
- Kaiser Award, Clinical Teaching, Stanford University School of Medicine (2001)
- Clinician Teacher Award, Society of General Internal Medicine (2000-2001)
- Annual Teaching Award, Stanford, General Internal Medicine (2000, 2001)
- Arthur L. Bloomfield Award, Stanford University School of Medicine (2000)
- David A. Rytand Award, Stanford University School of Medicine (2000)
- Ernest M. Gold Award, Excellence in Internal Medicine, UC Davis Medical Center (1991)
- Golden Goblet Award, UC Davis Medical Center (1991)
- Alpha Omega Alpha, UC Davis Medical Center (1990-present)
- Paulson Award, UC Davis Medical Center (1988, 1990)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Chapter Advisor, Gold Humanism Honor Society (2013 - 2023)
- Board Member, Peninsula Healthcare Connection (2022 - present)
- Board Member, Avenidas (2021 - present)
- Board Member, Society of Bedside Medicine (2018 - present)
- Executive Council, Learning Communities Institute (2019 - 2022)
- Member, Alpha Omega Alpha (1990 - present)
- Member, American College of Physicians (2004 - present)
- Member, Society of General Internal Medicine (1998 - present)
- Member, Physicians for a National Health Program (1999 - present)

PROFESSIONAL EDUCATION

- MPH, UC Berkeley , Public Health (2005)
- Resident, Internal Medicine , Stanford University Hospital (1994)
- MD, UC Davis , Medicine (1991)
- BS, Bioengineering , UC Berkeley (1985)
- Certificate, University of Lund, Sweden , Bioengineering (1983)

COMMUNITY AND INTERNATIONAL WORK

- Arbor Free Clinic, http://arbor.stanford.edu/

LINKS

- The Educators for CARE Program: http://med.stanford.edu/e4c.html
- Stanford Medicine Teaching and Mentoring Academy: http://med.stanford.edu/academy.html

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Patient Adherence to Medications

Medical Education

Innovative Methods of Health Care Delivery

PROJECTS

- Textbook. Behavioral and Social Science in Medicine: Principles and Practice of Biopsychosocial Care - Shari Waldstein, Editor. University of Maryland (11/1/2013)
- Treatment Engagement: A Clinical Handbook. - Sussex Medical School (7/1/2014)

Teaching

COURSES

2023-24

- Introduction to Integrative Medicine: MED 244 (Aut)
- Of Decisions and Dilemmas: The Art of Leadership: MED 245 (Spr)

STANFORD ADVISEES

E4C Mentor

Kathrine Casillas, Timothy Chai, Sean Cheah, Maggie Chen, Anthony Cort, Areian Eghbali, Sofia Essayan-Perez, Cesar Garcia, Edoghogho Ighodaro, Katelin Isakoff, Candice Kim, Michelle Lin, Daniel Liu, Mary Lopez Isidro, Sofia Luna, Michael Mayer, Yanick Mulumba, Michael Nedelman, Cindy Phan, Ragini Phansalkar, Sri Polkampally, Max Ruiz, Jason Shen, Jodi So, Akshay Swaminathan, Kunal Varshneya, Andre Vu, Harsh Wadhwa, Christine Xu, Catherine Yao, Josiah Yarbrough, Christine Yiwen Yeh

Publications

PUBLICATIONS

- **Seeking medical wisdom: Development of a physician-defined practical model of wise competence.** *Medical education*
  Millhollin, J., Lee, W. W., Weststrate, N. M., Osterberg, L., Woodruff, J. N.
  2025
- **Developing a Framework for Mental Health Disclosure Decision-Making Among Medical Students: A Qualitative Pilot Study.** *American journal of health promotion : AJHP*
  Schlozman, S., Osterberg, L., Kassam, A., Wolf, J.
  2025: 8901171251329291
- **Using Dashboards to Support Continuous Quality Improvement in Undergraduate and Graduate Medical Education.** *Journal of general internal medicine*
  Dufault, C. L., Colson, E. R., Dallaghan, G. L., Buchanan, A. O., Aagaard, E. M., Blaylock, L., Wroblewski, M., Osterberg, L., Roman, B. J., Coplit, L.
  2024

- **Building Authentic Connection in the Patient-Physician Relationship.** *Journal of primary care & community health*
  Fuehrer, S., Weil, A., Osterberg, L. G., Zulman, D. M., Meunier, M. R., Schwartz, R.
  2024; 15: 21501319231225996
- **Exploring Ward Team Handoffs of Overnight Admissions: Key Lessons from Field Observations.** *Journal of general internal medicine*
  Choi, J. J., Osterberg, L. G., Record, J. D.
  2023
- **The Student Guidance Program: Applying an Executive Coaching Model to Medical Student Remediation.** *Academic medicine : journal of the Association of American Medical Colleges*
  Ariel, D., Lau, J., Osterberg, L., Gesundheit, N., Brar, K., Merrell, S. B.
  2022; 97 (11S): S117
- **Physicians, emotion, and the clinical encounter: A survey of physicians' experiences.** *Patient education and counseling*
  Schwartz, R., Osterberg, L. G., Hall, J. A.
  2022
- **Patient mistreatment of health care professionals.** *BMC medical education*
  Mahoney, D. A., Gopisetty, D., Osterberg, L., Nudelman, M. J., Smith-Coggins, R.
  2022; 22 (1): 133
- **Foster Well-being Throughout the Career Trajectory: A Developmental Model of Physician Resilience Training.** *Mayo Clinic proceedings*
  Cordova, M. J., Gimmler, C. E., Osterberg, L. G.
  2020; 95 (12): 2719–33
- **A CALL TO MEDICINE: A MULTICENTER STUDY OF SENSE OF CALLING AND PHYSICIAN WELLBEING**
  Patel, J., Osterberg, L., Lee, W., Starks, H., Stack, S. W., Jackon, M.
  SPRINGER.2020: S3
- **Developing institutional infrastructure for physician wellness: qualitative Insights from VA physicians.** *BMC health services research*
  Schwartz, R., Shanafelt, T. D., Gimmler, C., Osterberg, L.
  2020; 20 (1): 7
- **Revealing Novel IDEAS: A Fiduciary Framework for Team-Based Prescribing.** *Academic medicine : journal of the Association of American Medical Colleges*
  Plowman, R. S., Peters, S. R., Brady, B. M., Osterberg, L. G.
  2019
- **Views of institutional leaders on maintaining humanism in today's practice.** *Patient education and counseling*
  Gilligan, M. C., Osterberg, L. G., Rider, E. A., Derse, A. R., Weil, A. B., Litzelman, D. K., Dunne, D. W., Hafler, J. P., Plews-Ogan, M., Frankel, R. M., Branch, W. T.
  2019
- **Too Many Hats? Conflicts of Interest in Learning Community Faculty Roles** *JOURNAL OF MEDICAL EDUCATION AND CURRICULAR DEVELOPMENT*
  Gliatto, P., Colbert-Getz, J. M., Bhutiani, M., Cutrer, W. B., Edwards, S., Fleming, A., Keeley, M., Osterberg, L., Pilla, M. A., Moynahan, K.
  2019; 6: 2382120519827890
- **Preclinical curriculum of prospective case-based teaching with faculty- and student-blinded approach.** *BMC medical education*
  Waliany, S., Caceres, W., Merrell, S. B., Thadaney, S., Johnstone, N., Osterberg, L.
  2019; 19 (1): 31
- **Preclinical curriculum of prospective case-based teaching with faculty- and student-blinded approach** *BMC MEDICAL EDUCATION*
  Waliany, S., Caceres, W., Merrell, S., Thadaney, S., Johnstone, N., Osterberg, L.
  2019; 19
- **Healthcare at the Crossroads: The Need to Shape an Organizational Culture of Humanistic Teaching and Practice** *JOURNAL OF GENERAL INTERNAL MEDICINE*
  Rider, E. A., Gilligan, M. C., Osterberg, L. G., Litzelman, D. K., Plews-Ogan, M., Weil, A. B., Dunne, D. W., Hafler, J. P., May, N. B., Derse, A. R., Frankel, R. M., Branch, W. T.

2018; 33 (7): 1092–99

- **A daily skincare regimen with a unique ceramide and filaggrin formulation rapidly improves chronic xerosis, pruritus, and quality of life in older adults** *GERIATRIC NURSING*
  Chang, A. S., Chen, S. C., Osterberg, L., Brandt, S., von Grote, E. C., Meckfessel, M. H.
  2018; 39 (1): 24–28
- **A Multi-Institutional Longitudinal Faculty Development Program in Humanism Supports the Professional Development of Faculty Teachers** *ACADEMIC MEDICINE*
  Branch, W. T., Frankel, R. M., Hafler, J. P., Weil, A. B., Gilligan, M. C., Litzelman, D. K., Plews-Ogan, M., Rider, E. A., Osterberg, L. G., Dunne, D., May, N. B., Derse, A. R.
  2017; 92 (12): 1680–86
- **Ready for independent practice ... or not?** *MEDICAL EDUCATION*
  Osterberg, L. G., Branch, W. T.
  2017; 51 (6): 570–72
- **The Five-Minute Moment.** *American journal of medicine*
  Chi, J., Artandi, M., Kugler, J., Ozdalga, E., Hosamani, P., Koehler, E., Osterberg, L., Zaman, J., Thadaney, S., Elder, A., Verghese, A.
  2016; 129 (8): 792-795
- **Dermatology resident physician training and readiness to identify and manage elder mistreatment**
  Chang, J., Danesh, M., Endo, J., Osterberg, L., Millsop, J., Aughenbaugh, W., Schillinger, E., Singh, B., Sussman, R., Chang, A. S.
  MOSBY-ELSEVIER.2016: AB25
- **Back to the Future: What Learning Communities Offer to Medical Education** *Journal of Medical Education and Curricular Development*
  Osterberg, L., Goldstein, E., Hatem, D. S., Moynahan, K., Shochet, R.
  2016: 67-70
- **The highly influential teacher: recognising our unsung heroes.** *Medical education*
  Osterberg, L., Swigris, R., Weil, A., Branch, W. T.
  2015; 49 (11): 1117-1123
- **Screen of Drug Use: Diagnostic Accuracy of a New Brief Tool for Primary Care.** *JAMA internal medicine*
  Tiet, Q. Q., Leyva, Y. E., Moos, R. H., Frayne, S. M., Osterberg, L., Smith, B.
  2015; 175 (8): 1371-1377
- **Strategies to Predict, Measure, and Improve Psychosocial Treatment Adherence** *HARVARD REVIEW OF PSYCHIATRY*
  Gearing, R. E., Townsend, L., Elkins, J., El-Bassel, N., Osterberg, L.
  2014; 22 (1): 31-45
- **From High School to Medical School: The Importance of Community in Education** *Med Sci Educ*
  Osterberg, L. G., Gilbert, J., Lotan, R.
  2014; 24:253-256
- **Antiretroviral therapy adherence and predictors to adherence in Albania: a cross-sectional study.** *Journal of infection in developing countries*
  Morrison, S. D., Rashidi, V., Sarnquist, C., Banushi, V. H., Hole, M. K., Barbhaiya, N. J., Gashi, V. H., Osterberg, L., Maldonado, Y., Harxhi, A.
  2014; 8 (7): 853-862
- **Strategies to Predict, Measure, and Improve Psychosocial Treatment Adherence.** *Harvard review of psychiatry*
  Gearing, R. E., Townsend, L., Elkins, J., El-Bassel, N., Osterberg, L.
  2013: -?
- **Revolutionizing volunteer interpreter services: an evaluation of an innovative medical interpreter education program.** *Journal of general internal medicine*
  Hasbún Avalos, O., Pennington, K., Osterberg, L.
  2013; 28 (12): 1589-1595
- **Revolutionizing Volunteer Interpreter Services: An Evaluation of an Innovative Medical Interpreter Education Program** *JOURNAL OF GENERAL INTERNAL MEDICINE*
  Avalos, O. H., Pennington, K., Osterberg, L.

2013; 28 (12): 1589-1595

- **Adherence to Medications: Insights Arising from Studies on the Unreliable Link Between Prescribed and Actual Drug Dosing Histories** *ANNUAL REVIEW OF PHARMACOLOGY AND TOXICOLOGY, VOL 52*
  Blaschke, T. F., Osterberg, L., Vrijens, B., Urquhart, J.
  2012; 52: 275-?
- **Levels of self-reported depression and anxiety among HIV-positive patients in Albania: a cross-sectional study** *CROATIAN MEDICAL JOURNAL*
  Morrison, S. D., Banushi, V. H., Sarnquist, C., Gashi, V. H., Osterberg, L., Maldonado, Y., Harxhi, A.
  2011; 52 (5): 622-628
- **BARRIERS TO CARE AND CURRENT MEDICAL AND SOCIAL NEEDS OF HIV-POSITIVE PATIENTS IN ALBANIA** *CENTRAL EUROPEAN JOURNAL OF PUBLIC HEALTH*
  Morrison, S. D., Banushi, V. H., Sarnquist, C., Gashi, V. H., Osterberg, L., Maldonado, Y., Harxhi, A.
  2011; 19 (2): 91-97
- **CLINICAL STUDENTS' EXPLORATION OF CRITICAL INCIDENTS USING FACULTY GUIDED REFLECTION**
  Basaviah, P., Osterberg, L., Schillinger, E., Hooper, K.
  SPRINGER.2011: S608
- **AN ASSESSMENT OF THE STANFORD STUDENT EXPERIENCE OF A NEW LEARNING COMMUNITY**
  Basaviah, P., Hooper, K., Osterberg, L., Hayes, J., Deitz, J.
  SPRINGER.2011: S607–S608
- **Medical Student Wellness: An Essential Role for Mentors.** *Med Sci Educ 2011;*
  Adams, P. J., Osterberg, L. G., Basaviah, P.
  2011; 21(4):382-384
- **Effect of Home Testing of International Normalized Ratio on Clinical Events.** *NEW ENGLAND JOURNAL OF MEDICINE*
  Matchar, D. B., Jacobson, A., Dolor, R., Edson, R., Uyeda, L., Phibbs, C. S., Vertrees, J. E., Shih, M., Holodniy, M., Lavori, P.
  2010; 363 (17): 1608-1620
- **Understanding Forgiveness: Minding and Mining the Gaps Between Pharmacokinetics and Therapeutics** *CLINICAL PHARMACOLOGY & THERAPEUTICS*
  Osterberg, L. G., Urquhart, J., Blaschke, T. F.
  2010; 88 (4): 457-459
- **An evaluation of patient self-testing competency of prothrombin time for managing anticoagulation: pre-randomization results of VA Cooperative Study #481-The Home INR Study (THINRS)** *JOURNAL OF THROMBOSIS AND THROMBOLYSIS*
  Dolor, R. J., Ruybalid, R. L., Uyeda, L., Edson, R. G., Phibbs, C., Vertrees, J. E., Shih, M., Jacobson, A. K., Matchar, D. B.
  2010; 30 (3): 263-275
- **Electronic monitors of drug adherence: tools to make rational therapeutic decisions Reply** *JOURNAL OF HYPERTENSION*
  Christensen, A., Osterberg, L. G., Hansen, E. H.
  2009; 27 (11): 2295-2295
- **Electronic monitoring of patient adherence to oral antihypertensive medical treatment: a systematic review** *JOURNAL OF HYPERTENSION*
  Christensen, A., Osterberg, L. G., Hansen, E. H.
  2009; 27 (8): 1540-1551
- **Planning services for the homeless in the San Francisco Peninsula** *JOURNAL OF HEALTH CARE FOR THE POOR AND UNDERSERVED*
  Osterberg, L. G., Barr, D. A.
  2007; 18 (4): 749-756
- **Adherence to medication - Reply** *NEW ENGLAND JOURNAL OF MEDICINE*
  Osterberg, L., Blaschke, T.
  2005; 353 (18): 1973-1974
- **Adherence to medication.** *New England journal of medicine*
  Osterberg, L., Blaschke, T.

2005; 353 (5): 487-497

- **Drug therapy - Adherence to medication** *NEW ENGLAND JOURNAL OF MEDICINE*
  Osterberg, L., Blaschke, T.
  2005; 353 (5): 487-497
- **Missed opportunities for patient education and social worker consultation at the arbor free clinic** *JOURNAL OF HEALTH CARE FOR THE POOR AND UNDERSERVED*
  Soller, M., Osterberg, L.
  2004; 15 (4): 538-546
- **A Web Based Course in Clinical Pharmacology** *Academic Exchange Quarterly*
  Osterberg LG, Stiller C-O, Tornqvist E, Ayers M, Youngblood P, Bastholm P, Gardner P, Gustafsson LG
  2003; 7 (Spring): 29-33
- **Comparison of treadmill scores with physician estimates of diagnosis and prognosis in patients with coronary artery disease** *AMERICAN HEART JOURNAL*
  Lipinski, M., Froelicher, V., Atwood, E., Tseitlin, A., Franklin, B., Osterberg, L., Do, D., Myers, J.
  2002; 143 (4): 650-658
- **Comparison of exercise test scores and physician estimation in determining disease probability** *72nd Annual Scientific Session of the American-Heart-Association*
  Lipinski, M., Do, D., Froelicher, V., Osterberg, L., Franklin, B., West, J., Atwood, E.
  AMER MEDICAL ASSOC.2001: 2239–44
- **Can physicians identify severe angiographic disease better than scores?**
  Lipinski, M. J., Do, D., Atwood, E., Osterberg, L., West, J., Franklin, B., Froelicher, V. F.
  ELSEVIER SCIENCE INC.2001: 514A–515A
- **Can a simple score predict significant and severe coronary disease better than physicians and other scores?**
  Lipinski, M. J., Shetler, K., Do, D., Atwood, E., Osterberg, L., Franklin, B., West, J., Froelicher
  ELSEVIER SCIENCE INC.2001: 142A
- **Images in clinical medicine. Constrictive pericarditis.** *New England journal of medicine*
  Atwood, J. E., Osterberg, L.
  2000; 343 (2): 106-?
- **Constrictive pericarditis** *NEW ENGLAND JOURNAL OF MEDICINE*
  Atwood, J. E., Osterberg, L.
  2000; 343 (2): 106-106
- **Case in point - Discoloration due to "chest pen"** *HOSPITAL PRACTICE*
  Osterberg, L.
  1999; 34 (3): 37-37
- **Case presentation and review: Constrictive pericarditis** *WESTERN JOURNAL OF MEDICINE*
  Osterberg, L., Vagelos, R., Atwood, J. E.
  1998; 169 (4): 232-239
- **PULMONARY MELIOIDOSIS** *CHEST*
  Ip, M., Osterberg, L. G., Chau, P. Y., Raffin, T. A.
  1995; 108 (5): 1420-1424
- **[Rotavirus diarrhea in a health center and a hospital of Managua, Nicaragua].** *Revista cubana de medicina tropical*
  López Cruz, S., Osterberg, L.
  1992; 44 (1): 7-11
- **PURIFICATION OF A PROTEIN HISTIDINE KINASE FROM THE YEAST SACCHAROMYCES-CEREVISIAE - THE 1ST MEMBER OF THIS CLASS OF PROTEIN-KINASES** *JOURNAL OF BIOLOGICAL CHEMISTRY*
  Huang, J. M., Wei, Y. F., Kim, Y. H., Osterberg, L., Matthews, H. R.
  1991; 266 (14): 9023-9031

PRESENTATIONS

- Homelessness: Experiencing the Full Spectrum of Social Determinants of Health. - Stanford Internal Medicine/Grand Rounds (12/1/2014)
- Learning Communities Faculty Development - Winthrop University School of Medicine/Long Island New York (2/1/2014)
- Why Won't My Patients with Gout Take Their Medications? - American College of Rheumatology (10/1/2013)
- Medication Adherence - European Union, European Innovation Partnership on Active and Healthy Ageing (6/10/2013)
- Medication Adherence: The odds that your prescriptions assure adequate treatment. - Serono Foundation (4/15/2013)