



## Jessie Markovits, MD

- Clinical Associate Professor, Medicine
- Clinical Associate Professor (By courtesy), Psychiatry and Behavioral Sciences

### CLINICAL OFFICE (PRIMARY)

- **Hospitalist for Stanford Medical Center**

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### Bio

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#### BIO

Dr. Jessie Markovits is a board-certified internist, surgical co-management hospitalist, and clinical associate professor of medicine in the Department of Medicine, Division of Hospital Medicine at Stanford University School of Medicine. She is also a clinical associate professor of psychiatry and behavioral sciences (by courtesy) in the Department of Psychiatry and Behavioral Sciences, Division of Medical Psychiatry at Stanford University School of Medicine. Additionally, she provides medical hypnosis at Stanford Health Care's Center for Integrative Medicine.

In her hospitalist role, Dr. Markovits manages the complex medical needs of patients who are undergoing surgery. She specializes in using hypnosis to manage symptoms of acute and chronic pain, procedure-related stress or claustrophobia, irritable bowel syndrome (IBS), hot flashes, insomnia, smoking cessation, and other conditions.

Dr. Markovits has completed advanced training and credentialing in hypnosis. In addition, she has conducted several clinical trials related to hypnosis, including to reduce pain and opioid use in patients undergoing total knee replacement and helping understand mechanisms and clinical evaluation of hypnotizability.

Dr. Markovits has published her research in peer-reviewed journals such as the American Journal of Medicine, International Journal of Clinical and Experimental Hypnosis, and Journal of Molecular Diagnostics. She has presented to her peers at international, national, and regional meetings, including the American Academy of Pain Medicine (AAPM) National Meeting, the Perioperative Summit National Meeting, and the Society for Clinical and Experimental Hypnosis (SCEH) International Conferences.

Dr. Markovits is president-elect of the SCEH and serves on the editorial board of national and international hypnosis scholarly publications.

#### CLINICAL FOCUS

- Internal Medicine
- Perioperative medicine/Surgical Co-Management

- Hypnosis for Symptom Management
- Quality Improvement

### **ACADEMIC APPOINTMENTS**

- Clinical Associate Professor, Medicine
- Clinical Associate Professor (By courtesy), Psychiatry and Behavioral Sciences
- Member, Maternal & Child Health Research Institute (MCHRI)
- Member, Wu Tsai Neurosciences Institute

### **ADMINISTRATIVE APPOINTMENTS**

- Member, Quality Council, Stanford Orthopedic Surgery, (2019- present)
- Member, Clinical Review Committee, Stanford Orthopedic Surgery Care, (2017- present)
- Editorial Consultant Board Member, International Journal of Clinical and Experimental Hypnosis, (2025- present)
- Associate Editor, Encyclopedia of Hypnosis and Suggestion, International Society of Hypnosis, (2024- present)
- Lactation Council Representative, Stanford Department of Medicine, (2022- present)

### **BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS**

- President-Elect, Society for Clinical and Experimental Hypnosis (2025 - present)
- Associate Editor, Encyclopedia of Hypnosis and Suggestion, International Society of Hypnosis (2024 - present)
- Public Relations Committee Chair, Society for Clinical and Experimental Hypnosis (2024 - present)
- Research Member, Stanford Center for Precision Mental Health and Wellness (2024 - present)
- Lactation Council Representative for Department Of Medicine, Stanford WellIMD&WellPhD Program (2022 - present)
- Member, Stanford Orthopedic Surgery Quality Council (2019 - present)
- Member, Stanford Multidisciplinary Hip Fracture Pathway Redesign Committee (2019 - 2022)
- Subject Matter Expert for Opioid Prescribing in Orthopedic Surgery, Vizient (2019 - 2019)
- Member, Research Council, Department of Medicine (2018 - 2022)
- Member, Stanford Orthopedic Surgery Care Review Committee (CRC) (2017 - present)
- Member, Venous Thromboembolism Committee - Stanford Healthcare (2016 - 2018)

### **PROFESSIONAL EDUCATION**

- Medical Education: Tulane University School of Medicine (2013) LA
- Residency: Stanford University Internal Medicine Residency (2016) CA
- Board Certification: Internal Medicine, American Board of Internal Medicine (2016)

### **COMMUNITY AND INTERNATIONAL WORK**

- Yale/Stanford Johnson & Johnson Global Health Scholars Program, Sukadana, W. Kalimantan, Indonesia

## **Research & Scholarship**

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### **CURRENT RESEARCH AND SCHOLARLY INTERESTS**

Hypnosis for perioperative symptom management in elective orthopedic surgery.

### **CLINICAL TRIALS**

- COMT Activity and Hypnotizability, Not Recruiting

- Hypnosis for Symptom Management in Elective Orthopedic Surgery, Not Recruiting
- Validating the New Remote Hypnotic Induction Profile (rHIP), Not Recruiting

## Publications

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### PUBLICATIONS

- **Implementing Oral Antibiotics for Bone and Joint Infections: Lessons Learned and Opportunities for Improvement.** *Open forum infectious diseases*  
Hawkins, M. R., Thottacherry, E., Juthani, P., Aronson, J., Chang, A., Amanatullah, D. F., Markovits, J., Shen, S., Holubar, M., Andrews, J. R., Parsonnet, J., Furukawa, D.  
2024; 11 (12): ofae683
- **Point of care testing of enzyme polymorphisms for predicting hypnotizability and postoperative pain.** *The Journal of molecular diagnostics : JMD*  
Cortade, D. L., Markovits, J., Spiegel, D., Wang, S. X.  
2023
- **Effects of hypnosis versus enhanced standard of care on postoperative opioid use after total knee arthroplasty: the HYPNO-TKA randomised clinical trial-an infographic.** *Regional anesthesia and pain medicine*  
Gupta, R. K., Markovits, J., Schwenk, E. S.  
2022
- **Effects of hypnosis versus enhanced standard of care on postoperative opioid use after total knee arthroplasty: the HYPNO-TKA randomized clinical trial.** *Regional anesthesia and pain medicine*  
Markovits, J., Blaha, O., Zhao, E., Spiegel, D.  
2022
- **Merits of Surgical Comanagement of Patients With Hip Fracture by Dedicated Orthopaedic Hospitalists.** *Journal of the American Academy of Orthopaedic Surgeons. Global research & reviews*  
Rohatgi, N. n., Weng, Y. n., Kittle, J. n., Ahuja, N. n.  
2021; 5 (3)
- **The Hypnotic Induction Profile (HIP) in Clinical Practice and Research.** *The International journal of clinical and experimental hypnosis*  
Alexander, J. E., Stimpson, K. H., Kittle, J., Spiegel, D.  
2021; 69 (1): 72–82
- **Testing Hypnotizability by Phone: Development and Validation of the Remote Hypnotic Induction Profile (rHIP).** *The International journal of clinical and experimental hypnosis*  
Kittle, J., Zhao, E., Stimpson, K., Weng, Y., Spiegel, D.  
2021; 69 (1): 94–111
- **Hypnosis: The Most Effective Treatment You Have Yet to Prescribe.** *The American journal of medicine*  
Kittle, J., Spiegel, D.  
2020
- **Remdesivir for the Treatment of Covid-19 - Preliminary Report.** *The New England journal of medicine*  
Beigel, J. H., Tomashek, K. M., Dodd, L. E., Mehta, A. K., Zingman, B. S., Kalil, A. C., Hohmann, E., Chu, H. Y., Luetkemeyer, A., Kline, S., Lopez de Castilla, D., Finberg, R. W., Dierberg, et al  
2020
- **A Patient with Sjogren's Syndrome and Subsequent Diagnosis of Inclusion Body Myositis and Light-Chain Amyloidosis** *JOURNAL OF GENERAL INTERNAL MEDICINE*  
Hom, J., Marwaha, S., Postolova, A., Kittle, J., Vasquez, R., Davidson, J., Kohler, J., Dries, A., Fernandez-Betancourt, L., Majcherska, M., Dearlove, J., Raghavan, S., Vogel, et al  
2019; 34 (6): 1058–62
- **Cardiovascular adverse events in the drug-development program of bupropion for smoking cessation: A systematic retrospective adjudication effort.** *Clinical cardiology*  
Kittle, J., Lopes, R. D., Huang, M., Marquess, M. L., Wilson, M. D., Ascher, J., Krishen, A., Hasselblad, V., Kolls, B. J., Roe, M. T., McGuire, D. K., Russell, S. D., Mahaffey, et al

2017; 40 (10): 899-906

- **Regenerative Medicine: Potential Mechanisms of Cardiac Recovery in Takotsubo Cardiomyopathy.** *Current treatment options in cardiovascular medicine*

Chang, A. Y., Kittle, J. T., Wu, S. M.

2016; 18 (3): 20-?

- **The Artist of Medicine** *JAMA-JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION*

Kittle, J. T.

2011; 306 (22): 2429-2430