Stanford



Dr. Brita M Mittal, MD, FASA

Clinical Associate Professor, Anesthesiology, Perioperative and Pain Medicine

CLINICAL OFFICE (PRIMARY)

- **Anesthesia Department**

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Bio

BIO

Dr. Brita Mittal, MD, FASA, is a Clinical Associate Professor in the Department of Anesthesiology, Perioperative, and Pain Medicine at Stanford University School of Medicine. In addition to serving as a faculty member at Stanford for several years, Dr. Mittal was also previously an Associate Professor of Anesthesiology at the University of Texas Medical Branch. Dr. Mittal's academic interests include anesthesia for head and neck surgery, difficult airway management, resident education, advanced oxygenation techniques, anesthesia for patients with epidermolysis bullosa, and space medicine. She is an Assistant Editor for the Airway Section of Anesthesia & Analgesia, serves on committees for the Society of Airway Management and the Society of Head & Neck Anesthesia, has received multiple teaching awards, and teaches at difficult airway workshops internationally.

CLINICAL FOCUS

- Anesthesia
- Difficult Airway Management
- Head & Neck Anesthesiology
- Anesthesia for Adults with Epidermolysis Bullosa

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Anesthesiology, Perioperative and Pain Medicine

HONORS AND AWARDS

- Fellow, American Board of Anesthesiology (2023)
- James Arens Teaching Award, Department of Anesthesiology, University of Texas Medical Branch (2023)
- H. B. Fairley Teaching Excellence Award, Department of Anesthesiology, Perioperative and Pain Medicine, Stanford University (2019)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Assistant Editor, Airway Section, Anesthesia & Analgesia (2025 - present)
- Research Committee, Society for Airway Management (2023 - present)

- Education Board, Society for Head and Neck Anesthesia (2022 - present)
- Patient Safety & Medical Quality Committee, Texas Society of Anesthesiologists (2022 - 2024)
- Task Force on Environmental Sustainability, California Society of Anesthesiologists (2021 - 2022)
- Task Force on Women in Anesthesia, California Society of Anesthesiologists (2021 - 2022)
- Alternate Delegate, Large Practice Forum, California Society of Anesthesiologists (2021 - 2022)

PROFESSIONAL EDUCATION

- Medical Education: UCLA David Geffen School Of Medicine (2012) CA
- Board Certification: Anesthesia, American Board of Anesthesiology (2017)
- Fellowship: Stanford University Anesthesiology Fellowships (2017) CA
- Residency: Stanford University Anesthesiology Residency (2016) CA
- Internship: Stanford University Internal Medicine Residency (2013) CA
- M. D., David Geffen School of Medicine at UCLA (2012)
- B. S., Massachusetts Institute of Technology , Materials Science & Engineering (2007)

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Head & Neck Anesthesiology

Advanced Airway Management

Epidermolysis Bullosa

Space Medicine

Teaching

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Anesthesia (Fellowship Program)

Publications

PUBLICATIONS

- **Expert Consensus Statement on the Perioperative Management of Adult Patients Undergoing High-Risk Thyroidectomy from the Society for Head and Neck Anesthesia.** *Anesthesia and analgesia*
  Hyman, J. B., Schechtman, S. A., Abdelmalak, B. B., Mittal, B., Saxena, A., Stentz, M., Atkins, J. H., Aziz, M. F., Cattano, D., Cloyd, B. H., Demaria, S., Hohenberger, K., Levine, et al
  2026
- **Anti-Human Trafficking in Health Care: An Invitation to Anesthesiology.** *Anesthesiology*
  Weaver, M. M., Mathis, S. E., Mittal, B. M.
  2026
- **Airway Management for Acute and Reconstructive Burns: Our 30-year Experience.** *Seminars in plastic surgery*
  Mittal, B. M., McQuitty, R. A., Talon, M., McQuitty, A. L.
  2024; 38 (2): 97-104
- **Evolution of Airway Intubation Device Designs and Advancement** *Anesthesiology News*
  Drover, D., Han, L., Mittal, B.
  2024

- **Breathing New Life into Anesthesiology: The Introduction of High Flow Nasal Oxygen into an Academic Anesthesiology Department** *ASA Monitor*
  Casey, C., Bracken, D., Mittal, B.
  2023
- **Transnasal Humidified Rapid-Insufflation Ventilatory Exchange for Difficult Airway Management in Adults With Recessive Dystrophic Epidermolysis Bullosa: A Case Series.** *A&A practice*
  Mittal, B. M., Sheehan, K. R., Goodnough, C. L., Turkmani-Bazzi, S., Sheppard, K. O., Bushell, E.
  2022; 16 (11): e01630
- **Anesthetic Management of Adults With Epidermolysis Bullosa.** *Anesthesia and analgesia*
  Mittal, B. M., Goodnough, C. L., Bushell, E., Turkmani-Bazzi, S., Sheppard, K.
  2021
- **Difficult Airway Management** *Oxford Textbook of Anaesthesia for the Obese Patient*
  Collins, J., Mittal, B.
  Oxford University Press.2021
- **The Safety and Efficacy of Transnasal Humidified Rapid-Insufflation Ventilatory Exchange for Laryngologic Surgery.** *The Laryngoscope*
  Nekhendzy, V. n., Saxena, A. n., Mittal, B. n., Sun, E. n., Sung, K. n., Dewan, K. n., Damrose, E. J.
  2020
- **Stanford head and neck anesthesia and advanced airway management program** *Journal of Head & Neck Anesthesia*
  Nekhendzy, V., Mittal, B.
  2019; 3 (1)
- **Communication barriers among Spanish-speaking women with pelvic floor disorders: lost in translation?** *Female pelvic medicine & reconstructive surgery*
  Khan, A. A., Sevilla, C., Wieslander, C. K., Moran, M. B., Rashid, R., Mittal, B., Maliski, S. L., Rogers, R. G., Anger, J. T.
  2013; 19 (3): 157-64
- **Health literacy and disease understanding among aging women with pelvic floor disorders.** *Female pelvic medicine & reconstructive surgery*
  Anger, J. T., Lee, U. J., Mittal, B. M., Pollard, M. E., Tarnay, C. M., Maliski, S., Rogers, R. G.
  2012; 18 (6): 340-3