Stanford

Afrin Kamal Rahman MD MS

Clinical Associate Professor, Medicine - Gastroenterology & Hepatology

CLINICAL OFFICE (PRIMARY)

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Bio

BIO

Dr. Afrin Kamal Rahman (previously known as Dr. Kamal) is a Clinical Associate Professor of Gastroenterology at Stanford University School of Medicine. Her health services research interests focus on developing and testing communication tools to improve the patient-care provider experience. She has authored 50+ peer reviewed publications and is an NIH funded research. Dr. Rahman is a principal investigator for a K23 grant awarded by the NIDDK to develop and test a mobile health application tool for patients with gastroesophageal reflux disease (GERD).

Dr. Rahman is co-chair of the Young International Society for Diseases of the Esophagus (ISDE) and serves on several committees as part of American College of Gastroenterology and American Foregut Society. She is also an associate editor for Diseases of the Esophagus and director of the Esophageal Virtual Collaborative, an on-line platform with a mission to discuss complex challenging cases in benign esophageal disease among colleagues cross-nation.

PubMed: https://pubmed.ncbi.nlm.nih.gov/?term=kamal%2C+afrin&sort=date

Research website: knowreflux.org

CLINICAL FOCUS

- Gastroenterology
- Benign esophageal diseases
- Esophageal motility

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Medicine - Gastroenterology & Hepatology

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Committee Member, Lifelong Learning Committee, American Foregut Society (2023 - present)
- Committee Member, Research Committee, American College of Gastroenterology (2023 - present)

- Associate Editor, Diseases of the Esophagus (2024 - present)
- Co-Chair, Young ISDE (2024 - present)

PROFESSIONAL EDUCATION

- Fellowship: Cleveland Clinic Foundation (2018) OH
- Residency: Washington University School Of Medicine (2014) MO
- Fellowship: Stanford University Division of Gastroenterology and Hepatology (2019) CA
- Board Certification: Gastroenterology, American Board of Internal Medicine (2018)
- Board Certification, Gastroenterology , American Board of Internal Medicine (2018)
- Board Certification: Internal Medicine, American Board of Internal Medicine (2014)
- Medical Education: University of Missouri (2011) MO

Research & Scholarship

CLINICAL TRIALS

- Applying Nutrient Drink Test in Understanding Pathophysiology of CVS, Not Recruiting

Publications

PUBLICATIONS

- **Shared decision making in gastroesophageal reflux disease management and the power of effective communication, patient autonomy, and a customized approach.** *Diseases of the esophagus : official journal of the International Society for Diseases of the Esophagus*
  Rahman, A. K., Ma, J., Jani, S., Clarke, J. O., Wang, C. J.
  2026; 39 (4)

- **Artificial Intelligence Chatbots for Dysphagia Patient Education: A Multi-Center International Expert Evaluation.** *Neurogastroenterology and motility*
  Bertin, L., Rahman, A. K., Clarke, J., Mari, A., Zerbib, F., Gyawali, C. P., Carrión, S., Lechien, J. R., Roman, S., Marabotto, E., Dickman, R., Savarino, V., Savarino, et al
  2026; 38 (5): e70344

- **Gatherings in Esophagology: Innovations and Future Directions in the Diagnosis and Management of Reflux Disease (vol 1557 , e70225 , 2026)** *ANNALS OF THE NEW YORK ACADEMY OF SCIENCES*
  Cable, J., Giuli, R., Fox, M. R., Rosen, R. L., Valdovinos-Garcia, L. R., Siboni, S., Clarke, J. O., Johnston, N., Samuels, T. L., Scarpignato, C., Stein, E. M., Fass, R., Remes-Troche, et al
  2026; 1558 (1)

- **Gatherings in Esophagology: Innovations and Future Directions in the Diagnosis and Management of Reflux Disease.** *Annals of the New York Academy of Sciences*
  Cable, J., Giuli, R., Fox, M. R., Rosen, R. L., Valdovinos-García, L. R., Siboni, S., Clarke, J. O., Johnston, N., Samuels, T. L., Scarpignato, C., Stein, E. M., Fass, R., Remes-Troches, et al
  2026; 1557 (1): e70225

- **Current pharmacological and procedural treatments for gastro-oesophageal reflux disease: comprehensive review.** *BJS open*
  Youssef, M. M., Watson, A. C., Profitt, S. A., Allaway, M., Ongso, Y., Sivakumar, J., Kamal, A. N., Shimamura, Y., Thompson, S. K., Watson, D. I., Duong, C. P., Liu, D. S.
  2025; 9 (6)

- **Expert Practice Patterns for Screening, Diagnosis, and Management of Barrett's Esophagus in the United States: A Survey-based Study.** *Journal of clinical gastroenterology*
  Wang, F., Kahn, A., Iyer, P. G., Clarke, J. O., Afrin, R. K.
  2025

- **Management of reflux hypersensitivity.** *Current opinion in gastroenterology*
  Achalu, S., Elmi, A. N., Kamal, A. N.

2025

- **Quality Indicator Development for the Approach to Ineffective Esophageal Motility** *JOURNAL OF CLINICAL GASTROENTEROLOGY*
  Kamal, A. N., Kathpalia, P., Leiman, D. A., Bredenoord, A. J., Clarke, J. O., Gyawali, C., Katzka, D. A., Lazarescu, A., Pandolfino, J. E., Penagini, R., Roman, S., Savarino, E., Vela, et al
  2024; 58 (10): 975-980

- **Distal contractile integral and other key predictors of mean nocturnal baseline impedance: The role of esophageal peristaltic vigor in mucosal permeability.** *Neurogastroenterology and motility*
  Fass, O. Z., Kamal, A. N., Jiang, Y., Clarke, J. O.
  2024: e14937

- **Esophageal Expert Development of a Preliminary Question Prompt List for Adults With Eosinophilic Esophagitis: A Modified Delphi Study.** *Journal of clinical gastroenterology*
  Achalu, S., Berry, R., Joseph, A., Bhargava, M., Fernandez-Becker, N. Q., Bredenoord, A. J., Chang, J., Dellon, E., Falk, G., Hirano, I., Horsley-Silva, J., Leiman, D. A., Lynch, et al
  2024

- **Knowledge of Patients' Activation Level Changes Expert US Physicians' Communication in GERD Management.** *Journal of clinical gastroenterology*
  Kamal, A. N., Achalu, S., Jani, S., Triadafilopoulos, G., Clarke, J. O., Wang, C. J.
  2024

- **Functional lumen imaging probe use in a high-volume practice: Practical and technical implications.** *World journal of gastrointestinal endoscopy*
  Jiang, Y., Vazquez-Reyes, R., Kamal, A., Zikos, T., Triadafilopoulos, G., Clarke, J. O.
  2024; 16 (7): 396-405

- **Identification of gaps in the delivery of high-quality care of patients with eosinophilic esophagitis.** *Diseases of the esophagus : official journal of the International Society for Diseases of the Esophagus*
  Njie, C., Richman, C., Rebhun, J., Achalu, S., Kamal, A. N., Otaki, F., Leiman, D. A., Kathpalia, P.
  2024

- **Quality Indicator Development for the Approach to Ineffective Esophageal Motility: A Modified Delphi Study.** *Journal of clinical gastroenterology*
  Kamal, A. N., Kathpalia, P., Leiman, D. A., Bredenoord, A. J., Clarke, J. O., Gyawali, C. P., Katzka, D. A., Lazarescu, A., Pandolfino, J. E., Penagini, R., Roman, S., Savarino, E., Vela, et al
  2024

- **Esophageal Function Testing Patterns in the Evaluation and Management of Lung Transplantation: Results of a National Survey.** *Journal of clinical gastroenterology*
  Yamamoto, M., Kamal, A. N., Gabbard, S., Clarke, J., Gyawali, C. P., Leiman, D. A.
  2023

- **Development and Validation of a Machine Learning System to Identify Reflux Events in Esophageal 24-hour pH/Impedance Studies.** *Clinical and translational gastroenterology*
  Zhou, M. J., Zikos, T., Goel, K., Goel, K., Gu, A., Re, C., Rodriguez, D., Clarke, J. O., Garcia, P., Fernandez-Becker, N., Sonu, I., Kamal, A., Sinha, et al
  2023

- **Esophageal Lichen Planus: A Descriptive Multicenter Report.** *Journal of clinical gastroenterology*
  Aby, E. S., Eckmann, J. D., Abimansour, J., Katzka, D. A., Beveridge, C., Triggs, J. R., Dbouk, M., Abdi, T., Turner, K. O., Antunes, C., Zhuo, J., Kamal, A. N., Patel, et al
  2023

- **Tacrolimus-Induced Esophageal and Colon Ulcers** *ACG CASE REPORTS JOURNAL*
  Vazquez-Reyes, R., Yeoh, A., Kamal, A.
  2023; 10 (6)

- **Development and modification of a dysphagia question prompt list to improve patient-physician communication: Incorporating both esophageal expert and patient perspectives.** *Neurogastroenterology and motility : the official journal of the European Gastrointestinal Motility Society*

Achalu, S., Berry, R., Zhuo, J., Bredenoord, A. J., Clarke, J. O., Fass, R., Gyawali, C. P., Kahrilas, P. J., Katzka, D. A., Massey, B. T., Penagini, R., Roman, S., Savarino, et al

2023: e14600

- **A Delphi Method for Development of a Barrett's Esophagus Question Prompt List as a Communication Tool for Optimal Patient-physician Communication.** *Journal of clinical gastroenterology*

  Kamal, A. N., Wang, C. J., Triadafilopoulos, G., Diehl, D. L., DuCoin, C., Dunst, C. M., Falk, G., Iyer, P. G., Katzka, D. A., Konda, V. J., Muthusamy, R., Otaki, F., Pleskow, et al

  2023

- **Nutrient Drink Test to Assess Gastric Accommodation in Cyclic Vomiting Syndrome: Single-blinded Parallel Grouped Prospective Study.** *Journal of neurogastroenterology and motility*

  Kamal, A. N., Harris, K. B., Sarvapalli, S., Sayuk, G. S., Gyawali, C. P., Gabbard, S.

  2023; 29 (1): 65-71

- **Quality Indicators for the Diagnosis and Management of Eosinophilic Esophagitis.** *The American journal of gastroenterology*

  Leiman, D. A., Kamal, A. N., Otaki, F., Bredenoord, A. J., Dellon, E. S., Falk, G. W., Fernandez-Becker, N. Q., Gonsalves, N., Hirano, I., Katzka, D. A., Peterson, K., Yadlapati, R., Kathpalia, et al

  2023

- **Value of 96-hour ambulatory esophageal pH monitoring in the assessment of patients with refractory acid reflux symptoms and their response to anti-reflux diet.** *Diseases of the esophagus : official journal of the International Society for Diseases of the Esophagus*

  Triadafilopoulos, G., Kamal, A., Clarke, J. O.

  2022

- **Achalasia Quality Indicator Adherence.** *Digestive diseases and sciences*

  Romanoff, E., Zhuo, J., Huang, A. C., Amador, D., Otaki, F., Kamal, A. N., Kathpalia, P., Leiman, D. A.

  2022

- **The Impact of Intermittent Fasting on Patients With Suspected Gastroesophageal Reflux Disease.** *Journal of clinical gastroenterology*

  Jiang, Y., Sonu, I., Garcia, P., Fernandez-Becker, N. Q., Kamal, A. N., Zikos, T. A., Singh, S., Neshatian, L., Triadafilopoulos, G., Goodman, S. N., Clarke, J. O.

  2022

- **Healthcare Disparities in Gastroesophageal Reflux Disease for Hispanic and Latino Americans: A Solution-Oriented Approach for Improvement.** *The American journal of gastroenterology*

  Kamal, A. N., Wang, C. J., Triadafilopoulos, G., Clarke, J. O.

  2022

- **Best Practices in Treatment of Laryngopharyngeal Reflux Disease: A Multidisciplinary Modified Delphi Study.** *Digestive diseases and sciences*

  Kamal, A. N., Dhar, S. I., Bock, J. M., Clarke, J. O., Lechien, J. R., Allen, J., Belafsky, P. C., Blumin, J. H., Chan, W. W., Fass, R., Fisichella, P. M., Marohn, M., O'Rourke, et al

  2022

- **Model for multi-disciplinary, multi-institutional virtual learning: The Stanford Esophageal Virtual Collaborative Conference on benign esophageal diseases.** *Neurogastroenterology and motility : the official journal of the European Gastrointestinal Motility Society*

  Kamal, A. N., Triadafilopoulos, G., Gyawali, C. P., Nguyen, L., Sayuk, G. S., Azagury, D. E., Tatum, R. P., Clarke, J. O.

  2022: e14369

- **Intra-subject Variability in High Resolution Anorectal Manometry Using the London Classification: Diagnostic and Therapeutic Implications.** *Digestive diseases and sciences*

  Triadafilopoulos, G., Clarke, J. O., Kamal, A., Neshatian, L.

  2022

- **Development of a Preliminary Question Prompt List as a Communication Tool for Adults With Achalasia: A Modified Delphi Study.** *Journal of clinical gastroenterology*

  Zhuo, J., Triadafilopoulos, G., Bredenoord, A. J., Clarke, J. O., Fass, R., Gyawali, C. P., Hawn, M., Hwang, J. H., Kahrilas, P. J., Katzka, D. A., Low, D., Massey, B. T., Patel, et al

  2022

- **Question Prompt List as a Communication Tool for Adults with Gastroesophageal Reflux Disease Incorporation of Patients' Perspectives.** *Journal of clinical gastroenterology*
  Kamal, A., Achkar, E., Carlson, D., Clarke, J., Fass, R., Gyawali, C. P., Katzka, D. A., Patel, D., Penagini, R., Rezaie, A., Roman, S., Savarino, E., Shaheen, et al
  2021
- **The Effects of Intermittent Fasting on Gastroesophageal Reflux Disease**
  Jiang, Y., Goodman, S., Sonu, I., Garcia, P., Fernandez-Becker, N., Kamal, A., Zikos, T., Singh, S., Neshatian, L., Triadafilopoulos, G., Clarke, J.
  LIPPINCOTT WILLIAMS & WILKINS.2021: S214
- **The Stanford Multidisciplinary Swallowing Disorders Center.** *Clinical gastroenterology and hepatology : the official clinical practice journal of the American Gastroenterological Association*
  Nandwani, M., Dewan, K., Starmer, H., Kamal, A. N., Clarke, J. O.
  2021
- **Development of quality indicators for the diagnosis and management of achalasia.** *Neurogastroenterology and motility : the official journal of the European Gastrointestinal Motility Society*
  Kamal, A. N., Kathpalia, P., Otaki, F., Bredenoord, A. J., Castell, D. O., Clarke, J. O., Falk, G. W., Fass, R., Prakash Gyawali, C., Kahrilas, P. J., Katz, P. O., Katzka, D. A., Pandolfino, et al
  2021: e14118
- **Severe gastroparesis is associated with an increased incidence of slow-transit constipation as measured by wireless motility capsule.** *Neurogastroenterology and motility : the official journal of the European Gastrointestinal Motility Society*
  Radetic, M., Kamal, A., Rouphael, C., Kou, L., Lyu, R., Cline, M.
  2020: e14045
- **Patient Reported Outcomes and Objective Swallowing Assessments in a Multidisciplinary Dysphagia Clinic.** *The Laryngoscope*
  Dewan, K., Clarke, J. O., Kamal, A. N., Nandwani, M., Starmer, H. M.
  2020
- **Type II Achalasia Is Increasing in Prevalence.** *Digestive diseases and sciences*
  Zhou, M. J., Kamal, A., Freedberg, D. E., Markowitz, D., Clarke, J. O., Jodorkovsky, D.
  2020
- **Assessment of Gastric Emptying Times Between Pediatrics and Adults With Cyclic Vomiting Syndrome** *JOURNAL OF CLINICAL GASTROENTEROLOGY*
  Kamal, A., Sarvepalli, S., Selvakumar, P., Lopez, R., Radhakrishnan, K., Gabbard, S.
  2020; 54 (9): E89–E92
- **The Role of Symptom Association Analysis in Gastroesophageal Reflux Testing.** *The American journal of gastroenterology*
  Kamal, A. N., Clarke, J. O., Oors, J. M., Smout, A. J., Bredenoord, A. J.
  2020
- **Mucosal impedance for esophageal disease: evaluating the evidence.** *Annals of the New York Academy of Sciences*
  Clarke, J. O., Ahuja, N. K., Chan, W. W., Gyawali, C. P., Horsley-Silva, J. L., Kamal, A. N., Vela, M. F., Xiao, Y.
  2020
- **The role of ambulatory 24-hour esophageal manometry in clinical practice.** *Neurogastroenterology and motility : the official journal of the European Gastrointestinal Motility Society*
  Kamal, A. N., Clarke, J. O., Oors, J. M., Bredenoord, A. J.
  2020: e13861
- **Long-term outcomes of per-oral endoscopic myotomy compared to laparoscopic Heller myotomy for achalasia: a single-center experience.** *Surgical endoscopy*
  Podboy, A. J., Hwang, J. H., Rivas, H., Azagury, D., Hawn, M., Lau, J., Kamal, A., Friedland, S., Triadafilopoulos, G., Zikos, T., Clarke, J. O.
  2020
- **Changes in high-resolution manometric diagnosis over time: implications for clinical decision-making.** *Diseases of the esophagus : official journal of the International Society for Diseases of the Esophagus*
  Triadafilopoulos, G., Kamal, A., Zikos, T., Nguyen, L., Clarke, J. O.
  2020

- **Development of a Preliminary Question Prompt List as a Communication Tool for Adults With Gastroesophageal Reflux Disease: A Modified Delphi Study.** *Journal of clinical gastroenterology*
  Kamal, A. n., Katzka, D. A., Achkar, E. n., Carlson, D. n., Clarke, J. n., Fass, R. n., Gyawali, C. P., Patel, D. n., Penagini, R. n., Rezaie, A. n., Roman, S. n., Savarino, E. n., Shaheen, et al
  2020
- **Building an integrated multidisciplinary swallowing disorder clinic: considerations, challenges, and opportunities.** *Annals of the New York Academy of Sciences*
  Starmer, H. M., Dewan, K. n., Kamal, A. n., Khan, A. n., Maclean, J. n., Randall, D. R.
  2020
- **The functional lumen imaging probe in gastrointestinal disorders: the past, present, and future.** *Annals of the New York Academy of Sciences*
  Clarke, J. O., Ahuja, N. K., Fernandez-Becker, N. Q., Gregersen, H. n., Kamal, A. N., Khan, A. n., Lynch, K. L., Vela, M. F.
  2020
- **Diagnosis of gastroesophageal reflux: an update on current and emerging modalities.** *Annals of the New York Academy of Sciences*
  Ang, D. n., Lee, Y. Y., Clarke, J. O., Lynch, K. n., Guillaume, A. n., Onyimba, F. n., Kamal, A. n., Gyawali, C. P.
  2020
- **Baseline impedance via manometry and ambulatory reflux testing are not equivalent when utilized in the evaluation of potential extra-esophageal gastroesophageal reflux disease.** *Journal of thoracic disease*
  Zikos, T. A., Triadafilopoulos, G. n., Kamal, A. n., Podboy, A. n., Sonu, I. S., Regalia, K. A., Nandwani, M. C., Nguyen, L. A., Fernandez-Becker, N. Q., Clarke, J. O.
  2020; 12 (10): 5628–38
- **Reflux Hypersensitivity: How to Approach Diagnosis and Management.** *Current gastroenterology reports*
  Aggarwal, P. n., Kamal, A. N.
  2020; 22 (9): 42
- **The Association Between Gastroparesis and Slow Transit Constipation as Seen by Wireless Motility Capsule (WMC)**
  Radetic, M., Kamal, A., Rouphael, C., Cline, M.
  LIPPINCOTT WILLIAMS & WILKINS.2019: S692–S693
- **Gastric per-oral endoscopic myotomy: Current status and future directions** *WORLD JOURNAL OF GASTROENTEROLOGY*
  Podboy, A., Hwang, J., Nguyen, L. A., Garcia, P., Zikos, T. A., Kamal, A., Triadafilopoulos, G., Clarke, J. O.
  2019; 25 (21): 2581–90
- **Gastric per-oral endoscopic myotomy: Current status and future directions.** *World journal of gastroenterology*
  Podboy, A., Hwang, J. H., Nguyen, L. A., Garcia, P., Zikos, T. A., Kamal, A., Triadafilopoulos, G., Clarke, J. O.
  2019; 25 (21): 2581-2590
- **PER-ORAL ENDOSCOPIC MYOTOMY HAS SIMILAR EFFICACY COMPARED TO LAPAROSCOPIC HELLER MYOTOMY AFTER 4 YEARS: A SINGLE CENTER EXPERIENCE**
  Podboy, A. J., Hwang, J., Rivas, H., Azagury, D., Hawn, M. T., Kamal, A., Triadafilopoulos, G., Zikos, T., Clarke, J. O.
  MOSBY-ELSEVIER.2019: AB201–AB202
- **Under Pressure: Do Volume-Based Measurements Define Rectal Hyposensitivity in Clinical Practice?** *DIGESTIVE DISEASES AND SCIENCES*
  Kamal, A. N., Garcia, P., Clarke, J. O.
  2019; 64 (5): 1062–63
- **Under Pressure: Do Volume-Based Measurements Define Rectal Hyposensitivity in Clinical Practice?** *Digestive diseases and sciences*
  Kamal, A. N., Garcia, P., Clarke, J. O.
  2019
- **High Prevalence of Slow Transit Constipation in Patients With Gastroparesis** *JOURNAL OF NEUROGASTROENTEROLOGY AND MOTILITY*
  Zikos, T. A., Kamal, A. N., Neshatian, L., Triadafilopoulos, G., Clarke, J. O., Nandwani, M., Nguyen, L. A.
  2019; 25 (2): 267–75
- **High Prevalence of Slow Transit Constipation in Patients With Gastroparesis.** *Journal of neurogastroenterology and motility*
  Zikos, T. A., Kamal, A. N., Neshatian, L., Triadafilopoulos, G., Clarke, J. O., Nandwani, M., Nguyen, L. A.

2019

- **Inflammatory Bowel Disease and Irritable Bowel Syndrome: What to Do When There Is an Overlap** *INFLAMMATORY BOWEL DISEASES*
  Kamal, A., Padival, R., Lashner, B.
  2018; 24 (12): 2479–82