

Stanford



Al'ai Alvarez, MD, FACEP, FAAEM

Clinical Assistant Professor, Emergency Medicine

CLINICAL OFFICES

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Bio

BIO

Dr. Al'ai Alvarez FACEP FAAEM is a clinical assistant professor of Emergency Medicine (EM) and an assistant residency program director (APD) at the Stanford Emergency Medicine Residency Program. He is the APD for Residency Process Improvement (Quality and Clinical Operations), Recruitment (Diversity), and Well-being (Inclusion). He is the second year class APD, and the Austere Medicine and Population Health Line Director for the Stanford Emergency Medicine ACCEL Program (<https://emed.stanford.edu/residency/ACCEL.html>).

Dr. Alvarez serves as the co-chair of WellMD's Physician Wellness Forum and is one of the peer supporters for WellMD's Physician Resource Network (PRN) Support.

Dr. Alvarez works on recruitment efforts for faculty, graduate, and undergraduate medical education with a passion for increasing diversity and inclusion at Stanford University. He serves on various diversity and inclusion leadership roles within Stanford University including the EM Faculty Search Committee, steering committee member for the Leadership Education in Advancing Diversity (LEAD) at the Stanford School of Medicine, the EM director for the Stanford Clinical Opportunity for Residency Experience (SCORE) Program, and faculty for the Diversity Advisory Panel at the Stanford MD Admissions.

Nationally, Dr. Alvarez serves on committees on physician wellbeing and diversity and inclusion in medical education. He is the co-chair of the Council of EM Residency Directors (CORD) Wellness Leadership Mini-Fellowship, and also serves as a mentor at the Academic Life in Emergency Medicine (ALiEM) Faculty Incubator.

Dr. Alvarez has given numerous grand rounds as well as national and international conference lectures and workshops on relevant topics in gratitude and compassion, physician wellbeing, burnout, the imposter syndrome, as well as increasing leadership capacity and mentorship to enhance diversity and inclusion in medicine.

Dr. Alvarez is the recipient of the 2019 American College of Emergency Physician (ACEP) Diversity, Inclusion and Health Equity Distance and Impact Award. He is also the recipient of the 2020 Society for Academic Emergency Medicine (SAEM) Academy for Diversity and Inclusion in Emergency Medicine (ADIEM) Outstanding

Academician Award. Dr. Alvarez has already received the 2020 CORD Academy for Scholarship in Education in Emergency Medicine Academy Member Award on Teaching and Evaluation.

CLINICAL FOCUS

- Emergency Medicine
- Physician Wellbeing
- Diversity and Inclusion
- Self Compassion
- Gratitude
- Professionalism
- Patient Safety and Quality Improvement
- Patient Experience and Clinical Operations
- Recruitment

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Emergency Medicine

ADMINISTRATIVE APPOINTMENTS

- Co-Chair, Stanford WellMD Physician Wellness Forum, (2019- present)
- Assistant Residency Program Director, Department of Emergency Medicine, (2016- present)
- Interim Assistant Clerkship Director, Department of Emergency Medicine, (2017-2019)

HONORS AND AWARDS

- Distance and Impact Award, Diversity, Inclusion & Health Equity Section. American College of Emergency Physicians (ACEP) (2019)
- National Organizational/Institutional Award, Building Next Generation of Academic Physicians (BNGAP) (2020)
- Outstanding Academician Award, Society for Academic EM (SAEM) -- Academy for Diversity & Inclusion in EM (ADIEM) (2020)
- Scholarship in Education in Emergency Medicine Academy Member Award on Teaching and Evaluation, Council of Residency Director (CORD) (2020)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Diplomate, American Board of Emergency Medicine (2012 - present)
- Fellow, American College of Emergency Physicians (2016 - present)
- Fellow, American Academy of Emergency Medicine (2016 - present)

PROFESSIONAL EDUCATION

- Residency: Albert Einstein College of Medicine (2011) NY
- Internship: Albert Einstein College of Medicine (2008) NY
- Board Certification: Emergency Medicine, American Board of Emergency Medicine (2012)
- Residency, Jacobi/Montefiore Residency Program at the Albert Einstein College of Medicine, Bronx, NY , Emergency Medicine (2011)
- Medical Education: University at Buffalo School of Medicine (2007) NY
- BS, SUNY at Buffalo (University at Buffalo , Biological Sciences (2002)
- BS, SUNY at Buffalo (University at Buffalo) , Biophysics (2002)
- BA, SUNY at Buffalo (University at Buffalo) , English (2002)

COMMUNITY AND INTERNATIONAL WORK

- Systems Improvement at District Hospitals and Regional Training of Emergency Care (sidHARTe) Program, Kintampo, Ghana
- Post 2010 Earthquake Relief, Port-au-prince, Haiti

LINKS

- Twitter: @alvarezzy: <https://twitter.com/alvarezzy>
- Stanford University Emergency Medicine Residency Program: <http://emed.stanford.edu/residency.html>

Publications

PUBLICATIONS

- **The Impact of Due Process and Disruptions on Emergency Medicine Education in the United States.** *The western journal of emergency medicine*
Alvarez, A., Messman, A., Platt, M., Healy, M., Josephson, E. B., London, S., Char, D.
2020: 1–5
- **Emergency Medicine Gender in Resident Leadership Study (EM GIRLS): The Gender Distribution Among Chief Residents** *AEM Education and Training*
Mannix, A., Parsons, M., Krzyzaniak, S., Black, L. P., Alvarez, A., Mody, S., Gottlieb, M.
2020: 1-4
- **Physically Distant, Educationally Connected: Interactive Conferencing in the Era of COVID-19.** *Medical education*
Rose, C., Mott, S., Alvarez, A., Lin, M.
2020
- **Detection of Type B Aortic Dissection in the Emergency Department with Point-of-Care Ultrasound.** *Clinical practice and cases in emergency medicine*
Earl-Royal, E., Nguyen, P. D., Alvarez, A., Gharahbaghian, L.
2019; 3 (3): 202–7
- **ROUGH DAY? BE GRATEFUL.**
Alvarez, A., de Vries, P. P.
International Clinical Educators (ICE) blog.
2019
- **IDEA Series: A Low-fidelity Simulation Workshop for Teaching Cricothyroidotomy.**
Garcia, S., Alvarez, A.
Academic Life in Emergency Medicine.
2019
- **An Interactive Session to Help Faculty Manage Difficult Learner Behaviors in the Didactic Setting.** *MedEdPORTAL : the journal of teaching and learning resources*
Schnapp, B. H., Alvarez, A., Ham, J., Paetow, G., Santen, S. A., Hart, D.
2018; 14: 10774
- **Rough day? Be grateful. A talk on positive psychology in Emergency Medicine**
Alvarez, A., deVries, P. S.
Stanford BeWell.
2018

PRESENTATIONS

- Overcoming Self-Judgment with Self-Compassion during the COVID19 Pandemic - American College of Emergency Physicians Virtual Grand Rounds (May 27, 2020)
- Healing the Healers: A Deliberate Approach on Wellbeing by Revamping the Annual Residency - International Conference on Physician Health 2018
- Rookie Mistakes: Things I learned after residency - Council of Emergency Medicine Residency Program Directors (CORD) Mini-Fellowship on Wellness Leadership. Virtual conference. December 2018

- Rookie Mistakes: Things I learned after residency. A focus on psychological safety, empathy and self-compassion using M&M cases - Jacobi/Montefiore Emergency Medicine Residency Program (January 30, 2019)
- Learning to LEAD: Building leadership and scholarship capacity in diversity and inclusion - 2019 ACGME Annual Educational Conference: Engaging Each Other: Rediscovering Meaning in Medicine (3/9/2019)
- Rough Day? Be Grateful! - Stanford Corporate Partners (May 23, 2019)