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CLINICAL OFFICE (PRIMARY)

- **Stanford Internal Medicine**

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Bio

CLINICAL FOCUS

- Internal Medicine

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Medicine - Primary Care and Population Health

PROFESSIONAL EDUCATION

- Board Certification: Internal Medicine, American Board of Internal Medicine (2018)
- Residency: Brigham and Women's Hospital Internal Medicine Residency (2007) MA
- Medical Education: Harvard Medical School (2004) MA

Publications

PUBLICATIONS

- **Family caregivers: an essential link in achieving health information equity.** *The Lancet. Global health*
Alam, S., Bharmal, N., Elliott, E.
2024; 12 (12): e1934
- **Racial and ethnic differences in uncontrolled diabetes mellitus among adults taking antidiabetic medication.** *Primary care diabetes*
Berg, K. A., Bharmal, N., Tereshchenko, L. G., Le, P., Payne, J. Y., Misra-Hebert, A. D., Rothberg, M. B.
2024; 18 (3): 368-373
- **Healthcare and Social Needs Assessment and Response Quality Among Black Men.** *Journal of community health*
Bharmal, N., Sack, E., Guo, N., Alejandro-Rodriguez, M., Holmes, J. C., Modlin, C., Pfoh, E. R.
2024; 49 (2): 187-192
- **Health-Related Social Needs: Which Patients Respond to Screening and Who Receives Resources?** *Journal of general internal medicine*
Bharmal, N., Rennick, A., Shideler, A., Blazel, M., Jones, R., Wilson, C., Pfoh, E. R.
2023; 38 (12): 2695-2702
- **Primary care referral patterns for patients with asthma: analysis of real-world data.** *The Journal of asthma : official journal of the Association for the Care of Asthma*

- Ortega, H., Bharmal, N., Khatri, S.
2023; 60 (3): 609-615
- **Social Determinants and Health Equity in Functional Medicine.** *Physical medicine and rehabilitation clinics of North America*
Bharmal, N.
2022; 33 (3): 665-678
 - **A nutrition and lifestyle-focused shared medical appointment in a resource-challenged community setting: a mixed-methods study.** *BMC public health*
Bharmal, N., Beidelschies, M., Alejandro-Rodriguez, M., Alejandro, K., Guo, N., Jones, T., Bradley, E.
2022; 22 (1): 447
 - **Addressing COVID-19 health disparities through a regional community health response.** *Cleveland Clinic journal of medicine*
Bharmal, N., Bailey, J., Johnson, V., Alejandro-Rodriguez, M., Holmes, J. C., Li-Ng, M., Modlin, C., Kim, A.
2021
 - **The Association of Religious Affiliation with Overweight/Obesity Among South Asians: The Mediators of Atherosclerosis in South Asians Living in America (MASALA) Study** *JOURNAL OF RELIGION & HEALTH*
Bharmal, N. H., McCarthy, W. J., Gadgil, M. D., Kandula, N. R., Kanaya, A. M.
2018; 57 (1): 33-46
 - **A Community Engagement Symposium to Prevent and Improve Stroke Outcomes in Diverse Communities** *PROGRESS IN COMMUNITY HEALTH PARTNERSHIPS-RESEARCH EDUCATION AND ACTION*
Bharmal, N., Lucas-Wright, A., Vassar, S. D., Jones, F., Jones, L., Wells, R., Cienega, J., Brown, A. F.
2016; 10 (1): 149-158
 - **Older Ethnic Minority Women's Perceptions of Stroke Prevention and Walking** *WOMENS HEALTH ISSUES*
Kwon, I., Bharmal, N., Choi, S., Araiza, D., Moore, M. R., Trejo, L., Sarkisian, C. A.
2016; 26 (1): 80-86
 - **Innovative Approach to Patient-Centered Care Coordination in Primary Care Practices** *AMERICAN JOURNAL OF MANAGED CARE*
Clarke, R., Bharmal, N., Di Capua, P., Tseng, C., Mangione, C. M., Mittman, B., Skootsky, S. A.
2015; 21 (9): 623-630
 - **Study protocol of "Worth the Walk": a randomized controlled trial of a stroke risk reduction walking intervention among racial/ethnic minority older adults with hypertension in community senior centers** *BMC NEUROLOGY*
Kwon, I., Choi, S., Mittman, B., Bharmal, N., Liu, H., Vickrey, B., Song, S., Araiza, D., McCreath, H., Seeman, T., Oh, S., Trejo, L., Sarkisian, et al
2015; 15: 91
 - **The Association of Duration of Residence in the United States with Cardiovascular Disease Risk Factors Among South Asian Immigrants** *JOURNAL OF IMMIGRANT AND MINORITY HEALTH*
Bharmal, N., Kaplan, R. M., Shapiro, M. F., Mangione, C. M., Kagawa-Singer, M., Wong, M. D., McCarthy, W. J.
2015; 17 (3): 781-790
 - **Validity of Temporal Measures as Proxies for Measuring Acculturation in Asian Indian Survey Respondents** *JOURNAL OF IMMIGRANT AND MINORITY HEALTH*
Bharmal, N., Hays, R. D., McCarthy, W. J.
2014; 16 (5): 889-897
 - **DEVELOPMENT AND APPLICATION OF A CLASSIFICATION SCHEME FOR CARE COORDINATION ACTIVITIES IN AN ACADEMIC PRIMARY CARE SYSTEM**
Bharmal, N., Clarke, R., Di Capua, P., Gupta, I., Doyle, B., Ali, A., Malim, A., Mittman, B. S.
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 - **A COMMUNITY PARTNERED APPROACH TO ENGAGE DIVERSE COMMUNITIES IN STROKE DISPARITIES RESEARCH**
Bharmal, N., Wright, A. L., Vassar, S. D., Jones, F. U., Jones, L., Wells, R., Cienega, J., Brown, A.
SPRINGER.2014: S6-S7
 - **The association of religiosity with overweight/obese body mass index among Asian Indian immigrants in California** *PREVENTIVE MEDICINE*
Bharmal, N., Kaplan, R. M., Shapiro, M. F., Kagawa-Singer, M., Wong, M. D., Mangione, C. M., Divan, H., McCarthy, W. J.

2013; 57 (4): 315-321

- **Preventive Health Services Delivery to South Asians in the United States** *JOURNAL OF IMMIGRANT AND MINORITY HEALTH*

Bharmal, N., Chaudhry, S.

2012; 14 (5): 797-802

- **Through Our Eyes: Exploring African-American Men's Perspective on Factors Affecting Transition to Manhood** *JOURNAL OF GENERAL INTERNAL MEDICINE*

Bharmal, N., Kennedy, D., Jones, L., Lee-Johnson, C., Morris, D., Caldwell, B., Brown, A., Houston, T., Meeks, C., Vargas, R., Franco, I., Razzak, A., Brown, et al

2012; 27 (2): 153-159

- **State-Level Variations in Racial Disparities in Life Expectancy** *HEALTH SERVICES RESEARCH*

Bharmal, N., Tseng, C., Kaplan, R., Wong, M. D.

2012; 47 (1): 544-555