

Errol Omaar Ozdalga

TITLES/ROLES

- 1/2013 – 12/2016:
 - **Clinical Assistant Professor/Hospitalist, Stanford University**
- 7/2011 - 12/2012:
 - **Clinical Instructor/Hospitalist, Stanford University**
- 6/2012 - Present:
 - **Director, Stanford Medicine 25 (stanfordmedicine25.stanford.edu)**
 - Create & maintain website, blog, social media (YouTube, Facebook, Twitter, Google+)
 - Organize and participate in Stanford 25 sessions to teach bedside exam
 - Travel internationally to teach bedside exam
- 1/2014 - Present:
 - **Director of Communications, Department of Medicine, Stanford School of Medicine**
 - Oversee all communications with the Department of Medicine
 - Editor of Department of Medicine Annual Report
 - Oversee weekly newsletters
 - Create and organize content for annual State of Department lecture
 - Manage and organize routine faculty meetings
 - Interact with all department leadership and School of Medicine communications
 - Oversee department social media and public relations
 - Numerous other roles related to communications
- 6/2013 - Present:
 - **Stanford Internal Medicine Residency Program Core Faculty Member**
 - **Core Interviewer**
 - **Faculty Mentor for the Faculty/Resident Mentor Program**
 - **Pathway's of Distinction "Education" Core Faculty Member**
- 6/2011 – 6/2014:
 - **Internal Medicine Medical Student Clerkship Co-Director**

EDUCATION/TRAINING

- 8/2009-6/2011 Stanford University Internal Medicine Residency Stanford, CA
- 8/2008-6/2009 Stanford University Internal Medicine Internship Stanford, CA
- 8/2004-5/2008 New York Medical College Valhalla, NY
 - Rank: Top 10 students (196 total students)
 - AOA President, 5/2007-5/2008
- 8/2002-5/2004 San Jose State University San Jose, CA
 - M.S., Molecular and Cellular Biology
 - Research conducted at NASA Ames Research Center (Mountain View, CA)
- 8/1997-5/2002 San Jose State University San Jose, CA
 - B.S., Physiology
 - Honors Degree with Thesis
 - Minor in Chemistry
 - 3.6 GPA, cum laude

WEBSITES (Created/Maintained)

- 6/2012 - Present: **The Program in Bedside Medicine (Stanford Medicine 25) Team** (stanfordmedicine25.stanford.edu, stanford25blog.stanford.edu)
 - **Most visited site in Department of Medicine. 3rd visited site in School of Medicine**
- 1/2013 - Present: **Stanford Department of Medicine website** (medicine.stanford.edu)
- 8/2012 - Present: **Diagnosis** (dx.stanford.edu): resident website for education and resources
- 1/2012 - Present: **Hospitalist Website**: (hospitalist.stanford.edu)

MEDICAL EDUCATION VIDEOS

- **Stanford Medicine 33 Videos (all found on Stanford 25 YouTube Channel)**
 - Over 2.5 millions views; > 6 million minutes watched; 25,000 subscribers
 - Currently 16 more videos in the queue to be released in end of Sept 2016
- **Select Videos include:**
 - Approach to Aortic Regurgitation (release date end of Sept 2016)
 - Approach to Diastolic Murmurs (release date end of Sept 2016)
 - Approach to Low Back Pain (release date end of Sept 2016)
 - Approach to Hip Region Pain (release date end of Sept 2016)
 - Pulsus Paradoxus - <https://www.youtube.com/watch?v=jTsjCZ9QxW8> (released 1/2011)
 - The Approach to Abdominal Wall Pain - https://www.youtube.com/watch?v=p0lZSa_IFu0 (released 10/2012)
 - Ankle Brachial Index - <https://www.youtube.com/watch?v=KnjDrmfIXGw> (released 6/2012)
 - Venous Testing - <https://www.youtube.com/watch?v=pXvvbWaL9Ts> (released 6/2012)
 - Direct Ophthalmoscopy (old version) - <https://www.youtube.com/watch?v=tTU2jWHpJQ> (released 10/2010)
 - Approach to Fundoscopy / Ophthalmoscopy (new version) - <https://youtu.be/NhzBjm1xAnk> (released 3/2016)
 - Introduction to Ultrasound - <https://www.youtube.com/watch?v=7brAvZCg53E> (released 12/2011)
 - Apex Cardiogram - <https://www.youtube.com/watch?v=-AmMI4TLipo> (released 10/2012)
 - Precordial Movements - https://www.youtube.com/watch?v=jhUgnuVe_jU (released 12/2012)
 - Measuring Central Venous Pressure using a Patient's Arm - <https://www.youtube.com/watch?v=BWT3wwbJOes> (released 12/2012)
 - Fixed Split Second Heart Sound - <https://www.youtube.com/watch?v=pgDEvXzMCHI> (released 3/2013)
 - Examination of the Trachea - <https://www.youtube.com/watch?v=RBVBnG35q04> (released 4/2013)
 - Bronchial Breath Sounds - <https://www.youtube.com/watch?v=Vd0sIgcx0> (released 4/2013)
 - The Approach to Tremor - <https://www.youtube.com/watch?v=myQdK6BuBws> (released 11/2013)
- **More on the Stanford YouTube Channel**

STANFORD MEDICINE 25 BLOG

- **Creator of Stanford 25 Blog and Author/Editor to over 100 posts in past 2.5 years**
- **Select topics include:**
 - What's the Dx? Hint: no muscle weakness... (<https://stanford25blog.stanford.edu/2016/05/adm/>)
 - What's going on with this rash? (<https://stanford25blog.stanford.edu/2016/05/coining/>)
 - What is this sign? (<https://stanford25blog.stanford.edu/2016/05/what-is-this-sign/>)
 - Abraham Verghese Asks: "Why Are We Doing This Teaching?" (<https://stanford25blog.stanford.edu/2016/04/abraham-verghese-explains-teaching/>)

- Spasticity versus Rigidity (Stanford 25 Skills Symposium, 2015)
(<https://stanford25blog.stanford.edu/2016/04/spasticity-versus-rigidity-stanford-25-skills-symposium-2015/>)
- Fevers, mild confusion and this retinal finding... Diagnosis?
(<https://stanford25blog.stanford.edu/2016/03/fundoscopy/>)
- Diagnose the cause of sepsis from one cell in the blood...
(<https://stanford25blog.stanford.edu/2016/03/diagnose-the-cause-of-sepsis-from-one-cell-in-the-blood/>)
- A patient can't swallow. These nails tell you why.
(<https://stanford25blog.stanford.edu/2016/03/diagnose-the-difficulty-swallowing-by-these-nails/>)
- Name this abdominal mass? (<https://stanford25blog.stanford.edu/2016/02/name-this-abdominal-mass/>)
- What the cause of this enlarged nose? Visit our latest dermatology page!
(<https://stanford25blog.stanford.edu/2016/02/what-the-cause-of-this-enlarged-nose-visit-our-latest-dermatology-page/>)
- What's the name of this sign? What does it tell you?
(<https://stanford25blog.stanford.edu/2016/02/whats-the-name-of-this-sign-what-does-it-tell-you/>)
- Can you diagnose this rare skin condition?
(<https://stanford25blog.stanford.edu/2016/01/can-you-diagnose-this-rare-skin-condition/>)
- Tripe Palms (<https://stanford25blog.stanford.edu/2014/12/tripe-palms/>)

STANFORD RESIDENCY ACTIVITIES

- **Abstract:** "A Case of Culture Negative Hemorrhagic Pericardial Tamponade in a Patient Recently Taking Isoniazid: Drug-Induced Systemic Lupus Erythematosus."
 - Society of General Internal Medicine (SGIM) Regional Meeting: 1st Place (clinical vignette category), 2/2009
 - ACP Meeting: Finalist (clinical vignette category), 11/2009
- **Member of Team Stanford 25 (8/10-6/2011):** Under the direction of mentor Abraham Verghese M.D., this team is dedicated towards the promotion of clinical bedside exam skills among students, fellow residents and colleagues.

LECTURES/PRESENTATIONS

- Stanford Department of Medicine Grand Rounds (Stanford, July 2016): "Promoting the Culture of Bedside Medicine: The Stanford Medicine 25"
- Stanford Medicine 25 Skills Symposium (annually): "Creating your Own Stanford 25 Sessions"
- Stanford Medicine 25 Session: "The Fundoscopic Exam"
- Stanford Medicine 25 Session: "Approach to Aortic Regurgitation and Diastolic Heart Sounds"
- Stanford Medicine 25 Session: "Approach to the Jugular Venous Exam"
- Stanford Medicine 25 Session: "Approach to PAD and Measuring the ABI"
- Annually: Lecture in Medical School Body as Text Course for 1st/2nd year medical students (3 lectures/interactive courses)
- Medical Student Morning Report topics (1-2x per month)
- Noon Conference (2x per year): "Review of Antibiotics for Medicine Residents"
- Noon Conference/SHAPE Lecture (2x per year): "Approach to Inpatient Bleeding Diathesis"
- Residency Lectures
 - Senior Lecture: "Smartphone in Medicine"
 - "Cardiorenal Disease: mechanisms and review of recent trials in treatment"
 - "Ophthalmology for the Internist"
 - "Diastolic Heart Failure"
 - "Journal Club: Intensity of Renal Support in Critically Ill Patients with Acute Kidney Injury"

VOLUNTEER (Most Recent)

- 6/09 - Present: **Pacific Free Clinic Volunteer (San Jose, CA)**

BOARD CERTIFICATION

- American Board of Internal Medicine 8/2012 - 12/2022

RESEARCH (Basic Science/Clinical)

6/2002–8/2004 NASA Ames Research Center Mountain View, CA

Thesis Research

- My research involved examining key proteins involved in smooth muscle contraction and function using molecular and cellular biology lab techniques. Some of the techniques used include cellular culture, transfection, western blotting, PCR and quantitative PCR. The purpose of this pilot study was to set up a novel way to study proteins involved in muscle atrophy during space flight, bed rest and aging.
- In Preparation: “Effect of mechanical strain on gastric smooth muscle cell cultures *in vitro*.”

5/2003–5/2004 Stanford University Stanford, CA

Research Assistant

- This large-scale research study was conducted to examine the association of genetic and environmental determinants of cardiovascular disease. I administered tests and collected clinical data including vital signs, ankle brachial index, heart rate variability, nutritional intake, phlebotomy, EKG and other procedures. I was trained and certified to perform these tests. At the conclusion of each clinical session, I conducted an exit interview and a health prevention strategy for each participant.

1/2002–5/2003 San Jose State University San Jose, CA

Blood Pressure Variability Research Project

- I recruited participants to wear an automatic blood pressure monitor continuously for one week. The purpose was to test the hypothesis that rhythms of blood pressure variability may predict cardiovascular disease. I also wrote a review paper for my advisor examining environmental mechanisms that affect the various rhythms of our bodies.

AWARDS

- Stanford School of Medicine Kaiser Teaching Award for Outstanding and Innovative Contributions to Medical Education (7/2014)
- Stanford School of Medicine, David A Rytand Clinical Teaching Award, Department Medicine Faculty Teaching Award (6/2013)
- Stanford Residency Educators Award (6/2011)
- University of California, San Francisco, Visiting Elective Scholar Program recipient (2007)
- Walsh Medical Scholarship (2006)
- Robert and Ellen Baron Student Leadership Award (2003), highest honor at San Jose State University (class of 30,000+ students)

MEMBERSHIPS

- Fellow of American College of Physicians
- Society of Hospitalist Medicine

- Society of General Internal Medicine
- Alpha Omega Alpha Medical Honor Society
- American College of Physicians
- American Medical Association

EDITORIAL REVIEWER

- Journal of Clinical Anatomy (1/2012-1/2014)
- Journal of Medical Internet Research (1/2012-1/2014)

ABSTRACTS/POSTERS

- Stevenson M, Lam, M, Rao A, Jun T, **Ozdalga, E.** Metastatic Thyroid Cancer Presenting as Hemoptysis (ACP Conference, October 2015)
- **Ozdalga E.** Vergheese A. Irony in Our Favor: Technology to Bring the Doctor Back to the Bedside (The Stanford Medicine 25). November 2014. (Medicine 2.0 Conference)
- Chu J. **Ozdalga E.** Acute Lung in a Patient with History of Ulcerative Colitis (SGIM, January 2013)
- Yen A. **Ozdalga E.** Dysphagia and Diplopia: A case of non-alcoholic Wernicke's encephalopathy. (SGIM Conference, January 2013)
- **Abstract:** "A Case of Culture Negative Hemorrhagic Pericardial Tamponade in a Patient Recently Taking Isoniazid: Drug-Induced Systemic Lupus Erythematosus."
 - Society of General Internal Medicine (SGIM) Regional Meeting: 1st Place (clinical vignette category), 2/2009
 - ACP Meeting: Finalist (clinical vignette category), 11/2009

PUBLICATIONS

- Department of Medicine Annual Report. "Envisioning the Future". Editor: **Errol Ozdalga** October 2015
 - Web version: <http://medicine.stanford.edu/2016-report.html>
 - PDF version: http://medicine.stanford.edu/content/dam/sm/medicine/documents/Stanford_DoM_Report.pdf
- Christine E. Ryan *, Sarah Wachtel, George Leef, **Errol Ozdalga**. Large Morel-Lavalle'e lesion presenting as fungating mass with skin ulceration. Journal of Clinical Orthopaedics and Trauma. (in press), submitted 5/2016
- Monique Barakat, MD, PhD, Kiran Gajurel, MD, Katrina Fischer, MD, MBA, Kathryn Stevens, MD, **Errol Ozdalga, MD**, José G. Montoya, MD, FACP, FIDSA. A case of Meningococcal Pyomyositis in an Otherwise Healthy Adult. Open Forum Infectious Diseases. (published 7/26/16)
- Chi J, Artandi M, Kugler J, **Ozdalga E**, Hosamani P, Koehler E, Osterberg L, Zaman J, Thadaney S, Elder A, Vergheese A. The Five-Minute Moment. Am J Med. 2016 Mar 10.
- Ahuja, N. **Ozdalga, E.** Aaronson, A. Integrating Fitness Trackers into the Practice of Medicine. (accepted 1/14/15) - <http://ajl.sagepub.com/content/early/2015/04/04/1559827615583643.abstract>
- Hooper, K. **Ozdalga E.** Ahuja N. The Medical Education of Generation Y. (Acad Psychiatry. 2016 Apr;40(2):382-5
- Elder A, Chi J, **Ozdalga E**, Kugler J, Vergheese A. A piece of my mind. The road back to the bedside. JAMA. 2013 Aug 28;310(8):799-800.
- **Ozdalga E**, Ahuja N. The Smartphone in Medicine: A review of current and potential uses among physicians and students. J Med Internet Res. 2012 Sep 27;14(5):e128.
- **Ozdalga E**, Gratzinger D. Histoplasmosis Presenting with Ulcers on the Soft Palate. J Gen Intern Med. 2012 Apr 27.

- **Errol O. Ozdalga**¹, Julio G. Soto¹, Daniel C. Holley¹, Catharine A. Conley² (Master's Thesis) "Effect of mechanical strain on gastric smooth muscle cell cultures *in vitro*." (published 5/2005)