

India B. Rogers-Shepp

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312.497.1841

EDUCATION

Stanford Medical School, Stanford, CA

Class of 2025

Scholarly Concentration: Community Health

Advisors: Janine Bruce, PhD, MPH

Brown University, Providence, RI, Master's in Medical Sciences

Class of 2019

Gateways to Medicine, Health Care and Research, Fall GPA 4.0

Capstone Poster: "How a Targeted Blood Pressure Reminder Affects Patients Across BMIs and Number of Problems at Blackstone Valley Community Health Center"

Princeton University, Princeton, NJ, GPA 3.25

Class of 2018

A.B. in Molecular Biology and Certificate in Dance

Thesis in Molecular Biology: "Reproductive Aging Investigating Mechanisms of Fat Loss in Mated Worms and Development of a Single Worm Mos1 Screen"

RESEARCH EXPERIENCE

Independent Project: Effects of Climate Change on Women's Health, Stanford University

3/2024-Ongoing

- Conducted literature review on the effects of climate change on women's health
- Wrote project proposal on plan to survey OBGYN patients to better understand their perspectives around patient education and translation of data on climate change
- Plan to assemble validated survey instrument to gather data from patients

Stanford Med Scholars: Investigating Effects of Supportive Housing on Health

6/2021-Ongoing

- Conducted surveys using validated questionnaires and interviews
- Created codebook and coded interviews
- Led a research team of 4 in conducting theme analysis
- Presented preliminary findings to research participants

Psychiatry Left Unilateral Electroconvulsive Therapy Case Report, Stanford University

2/2023-7/2024

- Conducted background review on left unilateral electroconvulsive therapy
- Performed chart review of patient's psychiatric history and created tables of treatments in Excel
- Graphed outcomes of patient's treatment in R
- Drafted case report manuscript

Qualitative Research into OBGYN Patient's Experience of Pain in Procedures

4/2024-Ongoing

- Assisted in creating codebook
- Assisted in conducting interrater reliability tests
- Participated in theme analysis
- Second author on manuscript

Stanford Climate and Health, Academic Research Partner with Stockton Organizers

1/2021-4/2022

- Organized meetings between academic partners and community partners
- Analyzed California public health data in Excel to examine the relationship between zip code, poor air quality, and Medicare hospital stays in Stockton
- Re-organized pollution data sets to be easier to communicate and understand at the community level

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- Created infographics to be distributed in the community to help communicate findings
- Presented findings multiple times to community partners and stakeholders

Independent Researcher, Coalition for the Homeless, New York City, NY

3/2020-8/2020

- Researched how COVID-19 has amplified and compounded negative health outcomes affecting the homeless population
- Distilled vast quantities of information into visual figures
- Acquired knowledge on medical respite, the history of the Housing First movement, and the legal history of the *Olmstead* Decision

Quality Improvement Study at Blackstone Valley Community Health Center, Pawtucket, RI

11/2018-4/2019

- Utilized electronic healthcare record to compile data on patients with uncontrolled blood pressure
- Recorded sensitive data pertaining to patients' barriers to care
- Communicated with both medical and administrative staff about patient care, patients' barriers to healthcare, and the varying difficulties facing both departments

Dr. Coleen T. Murphy's Laboratory, Department of Molecular Biology, Princeton University

10/2015-5/2018

- Analyzed possible aging mechanisms in the worm, *C. elegans* for my senior thesis
- Argued the validity findings of my research during thesis defense
- Created visual figures and performed basic statistical analysis to support my findings

Dr. Jill Bargonetti's Laboratory, Department of Biology, Hunter College, New York, NY

6/2015-8/2015

- Explored the animal model, *C. elegans*, for cancer therapeutics
- Presented my findings to the lab
- Received training on how to handle sensitive equipment

EMPLOYMENT

Development Assistant at the Housing Development Fund (HDF), Stamford, CT

6/2019-7/2020

- Edited a survey on health and wellbeing for HDF home buyers and owners
- Created a map charting movement of HDF homebuyers across CT and NY
- Wrote and edited sections of grants to secure needed financing to support programming
- Collected and analyzed data on housing markets

PUBLICATIONS

Rogers-Shepp I, Gopiseti, DD, Padron E, and Shaw K. "Beyond Ibuprofen: Addressing People's Pain in Gynecology." Opinion editorial. *Pending*.

Gopiseti DD, **Rogers-Shepp I**, Padron E, Shankar M, and Shaw K. Beyond Pain: Patient Insights into Gynecological Procedures. Manuscript in preparation.

Rogers-Shepp I, Mayer M, Bruce J, Footman J, Shareef H, Bright G, Ko M, Sherona Sinclair S, and Ho C. Permanent Supportive Housings' Effects on Health and Safety: Thinking Beyond 4 Walls, Towards the Physical and Social Environment in Santa Clara County. Manuscript in Preparation.

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Rogers-Shepp I, Saxena PP, Lan L, and Sommer BR. A Case of Left Unilateral Placement for an Adult with Depression and Dissociative Episodes. Manuscript in preparation.

Rogers-Shepp I, Bhattacharya S, Mennillo HA, Kumar R, Hsieh B, Anandarajah G. Exercise interventions for advanced cancer palliative care patients: A systematic literature review and descriptive evidence synthesis of randomized controlled trials. *Palliat Med.* 2023 May;37(5):677-691.

Rogers-Shepp I, Motia M, Pacheco C, Anandarajah G. How a Targeted Blood Pressure Reminder Affects Patients Across BMIs and Number of Problems at Blackstone Valley Community Health Center. 2019.

<https://doi.org/10.26300/k72v-rj58>. Published in Brown Digital Repository, Brown University.

PRESENTATIONS

Rogers-Shepp I, Ho C, and Chang J C. *Built social environments in PSH - an examination of lived experience in two PSH models*. Submitted to the 2025 National Health Care For The Homeless Conference & Policy Symposium. Baltimore, MD. May 2025

Rogers-Shepp I, Ho C, Bruce J, Ko M, and Sherona Sinclair S. *Investigation on the effects supportive housing has on previously homeless adults' physical and mental health*. Presented at the 37th Stanford Medical Student Research Symposium. Stanford, CA. May 2022.

Ho C, Meyers D, **Rogers-Shepp I**, and Williams P. *Permanent Supportive housing - it's time to raise the bar*. Presented at the National Health Care for the Homeless Council's "Health Care for the Homeless" Conference & Policy Symposium. Seattle, WA. 5/2022.

Rogers-Shepp I, Ho C, Bruce J, Ko M, and Sherona Sinclair S. *Investigation on the effects supportive housing has on previously homeless adults' physical and mental health*. Presented to medical staff at the Santa Clara Valley Homeless Healthcare Program. Zoom. April, 2022.

Rogers-Shepp I, Eldeeb S, Taghavi H, and Moini M. *Health consequences of climate change & health benefits of climate solutions*. Stanford Climate and Health and SF Bay Physicians for Social Responsibility's presentation to the Sierra Club SF Bay. Zoom, April, 2022.

Rogers-Shepp I and Puvvala A. *Air pollution and you. How does it affect us and what can we do?* Stanford Climate and Health's presentation to South Stockton Promise Zone Neighborhood Transformation Meeting on Health Effects of Air Pollution. Zoom. September, 2021.

Rogers-Shepp I, et al. *How air pollution impacts your health and where it's coming from*. Stanford Climate and Health's "Fighting for Clean Air Stockton" Community and Stakeholder Presentation. Zoom. April, 2021.

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Rogers-Shepp I, et al. Review on evaluating associations between air pollution burden and rates of ED visits and hospitalization in Stockton's disadvantaged communities. Presented at Stanford's 19th Annual Community Health Symposium. Online. April 2021

Rogers-Shepp I, Sana M, et al. *The effects of a targeted reminder on blood pressure care in a community health center setting*. Presented at the RIAFP Annual Conference March 2019

AWARDS

Gold Humanism Society Inductee 2023

SF Bay Chapter of Physicians for Social Responsibility's 2022 Youth Health Activist Award

Nominated for the 2021-2022 MD Program Teaching Award

Outstanding Work by a Senior Award in Dance, Lewis Center for the Arts, Princeton University, 2018

Excellence in Anatomy, Gateways to medicine, Health Care, and Research, Brown University, 2019

Best Project and Oral Presentation by Premedical Students, RIAFP Conference, 2019

Thesis Award in Dance, Program in Dance, Princeton University, 2018

Junior Award in Dance, Program in Dance, Princeton University, 2017

Peter B. Lewis Summer Fund REcipient, Princeton University, 2015

VOLUNTEER & COMMUNITY WORK

Student National Medical Association Black History Month Community Outreach Volunteer 2/2024

- Taught elementary school students about the contributions of black physicians in neurology
- Educated elementary school students about the mental status exam
- Taught high school students about the central nervous system and the cranial nerve exam
- Provided mentorship to high school students

Physicians for Social Responsibility Next Generation Climate and Health Ambassador 3/2024-6/2024

- Started independent project to assess OBGYN patients to better understand their perspectives around patient education and translation of data on climate change
- Attended educational speaker series on the effects of climate and health and health professionals' role as an advocate

Volunteer, International Humanitarian Surgical Skills Course, Stanford University 1/2023, 1/2024

- Assisted OBGYN faculty in teaching colleagues vacuum aspiration abortion and fetal extraction for breech and transverse lie presentations

Member, Stanford Climate Health and Equity Task Force 8/2021-12/2022

- Met with faculty at Stanford to enact and promote sustainable healthcare activities at our institution

NorCal Mini Symposium on Climate and Health 2022, 2024

- Co-organized the symposium in 2022 and 2024
- Hosted session on the role of community engagement in climate and health in 2022

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- Co-facilitated the symposium in 2024

Co-organized the NorCal Symposium on Climate, Health, and Equity 6/2021-9/2022

- Promoted health equity through climate action among health professionals and students concerned about the climate crisis in Northern California.
- Organized the run of show
- Coordinated talking points with speakers

Led the Community Advocacy Chapter of Stanford Climate and Health 1/2021-4/2022

- Key liaison between student group and community partners
- Worked with community partners to educate and empower residents of Stockton, CA regarding the climate's effect on their health
- Gave public comment at Community Air Resources Board Meeting advocating for Stockton residents

Board Member of Stanford Climate and Health 3/2021-5/2023

- Co-led meetings coordinating efforts amongst group members
- Assisted in recruitment
- Provided administrative support

Co-Logistics Chair of Stanford Health Careers Collaborative, East Palo Alto 3/2021-4/2022

- Responsible for student organization's budget and finances
- Ensured student volunteers had the proper clearance
- Mentored high schoolers
- Provided assistance in organizing lessons on physiology and health careers

Social Co-Chair Stanford Chapter of Student National Medical Association 2/2021-4/2022

- Organized and hosted community building events

PrEP Navigator for Lucille Packard Children's Hospital Patients 4/2021-4/2022

- Helped pediatric LGBTQ+ patients manage their PrEP medication & appointments
- Provided emotional support for patients

Member of Stanford Health Careers Collaborative, East Palo Alto 9/2020-3/2021

- Taught high schoolers lessons on physiology
- Provided mentorship for high school students interested in a career in healthcare

Co-Wrote Gender Affirming Bottom Surgery Patient Informational Guide 5/2021-2/2022

- Reviewed the literature on bottom and top surgery
- Worked closely with family medicine provider, Dr. Laniakea on pamphlet content
- Consulted surgeons for their perspectives on what patients needed to know
- Consulted surgeons and nurses on best ways to integrate guide into clinic

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Member of Stanford Health Policy Collective

2/2021-5/2021

- Led book club reading, *Just Medicine: A Cure for Racial Inequalities in American Health Care*, examining bias in healthcare