

MOE TAKENOSHITA

Postdoctoral Scholar

Department of Anesthesiology, Perioperative and Pain medicine, Stanford University
+1 650 613 1550 moe97@stanford.edu

EDUCATION

- 2016-2022** **BSc, MBBChir, Distinction, Cambridge University, Cambridge, UK**
Graduated in **top 10th percentile** of the year
Awarded **seven** academic prizes for the highest academic performance in college
- 2024** **Diploma in Surgery, Royal College of Surgeons, England**

LICENSE AND EXAMS

- 2022-** **General Medical Council, UK**
- 2023** **USMLE Step 2 CK: 266, (Top 10th percentile)**
- 2024** **Advanced Life Support, Resuscitation Council UK (RCUK)**

POSITIONS

- 2025-** **Postdoctoral Scholar, Dept of Anesthesiology, Stanford University**
- Lead **NHLBI-funded (R01) multicenter prospective cohort study** investigating postpartum sleep trajectories through 6 months postpartum. Oversaw study implementation across two sites (California and Arkansas), conducted **150+ structured clinical diagnostic interviews**, and lead a cross-site research team of **five research assistants** to ensure high-quality recruitment, data integrity, and protocol adherence.
 - Designed and lead **five prospective longitudinal cohort studies in six countries in Europe and Asia**, generating evidence on clinical, psychosocial, and sociocultural determinants of postpartum recovery outcomes within a biopsychosocial framework.
 - Lead a **13-member international research team** (U.S. and Asia) conducting a systematic review on postpartum insomnia disorder, coordinating literature appraisal and methodological rigor.
 - Lead a **U54-funded statewide qualitative study characterizing the culture of respectful maternity care** in California hospitals, including data management, analysis, and dissemination strategies for health-system stakeholders.
 - Designed and executed a **mixed-methods investigation** integrating a **nationwide insurance claims dataset with qualitative interviews (>20 hours)** to examine associations between delivery mode and postpartum sleep disorders, applying advanced epidemiologic and qualitative analytic approaches.
 - **Mentor to 12 medical students and residents across U.S. and U.K.** academic medical centers (Brigham and Women's, Cornell, Stanford, University College London, Oxford).
- 2026-** **Academic mentor, Alice L. Walton School of Medicine**
- 2024-2025** **Honorary Clinical Research Fellow, Orthopedic Surgery, University College London**
- 2024-2025** **Resident Doctor, Surgery, Princess Grace Hospital HCA Healthcare, London, UK**
- 2022-2024** **Doctor, NHS, Oxford, UK**
Plastic surgery, Orthopedics, Urology, Geriatrics, Oncology, and Psychiatry
Performed/assisted in **over 100** surgical cases.
- 2019-2021** **College instructor and supervisor, Human Reproduction, Cambridge University**
- 2021** **Clinical observership, Critical Care, Royal Papworth Hospital**
- 2018** **Clinical observership, ICDDRDB, Dhaka Hospital, and Kutupalong refugee camp clinics, Dhaka, Bangladesh**

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ACADEMIC APPOINTMENTS

- 2025- Editorial Board Fellow, *International Journal of Obstetric Anesthesia*
- 2025- Peer Reviewer, *Anesthesia & Analgesia*
- 2025- Peer Reviewer, *British Journal of Obstetrics and Gynecology, BMC Pregnancy and Childbirth*
- 2025- Peer Reviewer, *Annals of Joint*
- 2025- Director, Social Media manager, Department of Obstetric Anesthesia Stanford University
- 2025 Member, *American Society of Anesthesiologists (ASA)*
- 2025 Member, *Society for Obstetric Anesthesia and Perinatology (SOAP)*
- 2025 Member, *American Academy of Sleep Medicine (AASM)*
- 2024 Member, *Royal College of Surgeons, England*

PUBLICATIONS

Published / in press

Takenoshita, M., Yau, N., Desai, N., Sultan, P. (2026). Enhanced recovery after caesarean delivery: postoperative considerations and quality indicators. *BJA Education*.

Yau, N., **Takenoshita, M.**, Sultan, P., Desai, N. (2026). Enhanced recovery after caesarean delivery: pre-operative and intra-operative consideration. *BJA Education*.

Takenoshita, M., Guo, N., Carvalho, B., Leonard, S., Panelli, D., Farber, M., Toledo, P., Higgins, N., Sultan, P. (2025). A multicenter longitudinal assessment of postpartum recovery using the STanford Obstetric Recovery checklist. *Journal of Obstetrics and Gynaecology Canada*.

Bekemeyer, Z., **Takenoshita, M.**, Michel, G., Martinez, E., Callihan, P., Tang, X., Ciechanowicz, S., Manber, R., Lyell, D., Panelli, D., Morris, A., El-Khateb, R., Mhyre, J., Cella, D., Shaunfield, S., Sultan, P. (2025). Proposed domains of postpartum sleep: a concept elicitation study using qualitative interviews. *SLEEP Advances*.
<https://doi.org/10.1093/sleepadvances/zpaf068>

Takenoshita, M., Fontalis, A., Lisacek-Kiosoglous, A., Oliver, T., Robinson, A., Wignadasan, W., Haddad, F. (2025) Factors associated with higher inpatient opioid consumption after primary total knee arthroplasty: a retrospective tertiary centre analysis. *The Knee*. <https://doi.org/10.1016/j.knee.2025.11.005>

Takenoshita, M., Weir-McCall, J., Barker, A., Suresh, S., Celik, H., Vuylsteke, A. (2024). Association between body composition and mortality in patients requiring extracorporeal membrane oxygenation support. *Journal of Clinical Radiology*. <https://doi.org/10.1016/j.crad.2023.12.011>

Yusuf, S., Zhang, C., **Takenoshita, M.**, Wade, R., Wormald, J. (2025) Prophylactic antibiotics in hand trauma surgery: a network meta-analysis. *British Journal of Surgery*.

Powling, A., **Takenoshita, M.**, Fontalis, A., Lisacek-Kiosoglous, A., Haddad, F. (2025) Addressing gender inequality in sports: mechanisms and strategies for preventing soft tissue injury in elite female athletes. *British Journal of Hospital Medicine*.

Takenoshita, M., Hettle, D., & Quattrocchi, G. (2022). O02 Antibiotic prescribing practices in primary healthcare in sub-Saharan Africa: a systematic review and our experience on the use of telemedicine in Zambia. *JAC-Antimicrobial Resistance*. <https://doi.org/10.1093/jacamr/dlac003.001>

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Manuscripts Under Review

Takenoshita, M., Jalali-Sohi, A., Guo, N., Michel, G., Bekemeyer, Z., Manber, R., Shaunfield, S., Cella, D., El-Khateb, R., Mhyre, J., Sultan, P. Delivery mode and impact on postpartum sleep – a mixed methods study. (under review).

Takenoshita, M., Bekemeyer, Z, Sukhedo, H., Shaunfield, S., Manber, R., Carvalho, B., Tang, X., Cella, D., Lyell, D.J., Sultan, P. Development of adapted postpartum PROMIS sleep disturbance (PROMIS+PP-SD) and sleep-related impairment (PROMIS+PP-SRI) item banks. (under review).

Ando, K., **Takenoshita, M.**, Tzuhen, M., Unexpected Residual Gastric Contents in a Patient Taking Semaglutide Following Standard Fasting Guidelines: A Case Report. (revised submission).

Manuscripts in Preparation

Takenoshita, M., Perez, S L., Jethwa, A., Nath, R., Main, E., Sultan, P. Staff Culture of Respectful Care in Antenatal and Postpartum Units: A Qualitative Concept Elicitation Study.

Takenoshita, M., Ghimiresat, S., Tian L., Jethwa, A., Callihan, CP., Sultan, P. Psychometric properties of Obstetric Quality of Recovery 10 and minimal clinically significant difference in scores – a systematic review and meta-analysis.

SELECTED MEDIA COVERAGE

- **Video Interview - Contemporary Ob Gyn.** Cesarean birth linked to greater risk of pain and sleep disorders. US; 2025. Available from: <https://www.linkedin.com/posts/contemporaryobgyn>
- **Contemp Ob Gyn.** 2025. Cesarean birth linked to greater risk of pain and sleep disorders. Available from: <https://www.contemporaryobgyn.net/view/cesarean-birth-linked-to-greater-risk-of-pain-and-sleep-disorders>
- **ScienceDaily.** 2025. American Society of Anesthesiologists. C-section births linked to sleepless nights and painful recoveries. Available from: https://www.sciencedaily.com/releases/2025/10/251013040331.htm#google_vignette
- **PainRelief.com.** 2025. Caesarean section associated with higher odds of sleep disorder after delivery. Available from: <https://painrelief.com/sleep/caesarean-delivery-associated-with-higher-odds-of-sleep-disorder-after-delivery/>

ENTREPRENEURSHIP & INNOVATION TRAINING

- 2026-** Innovation Workshop with Biodesign and Sluice AI, Department of Anesthesiology
- 2022-2024** Co-founder of a national Postgraduate Surgical Exam Lecture Series endorsed by the Royal College of Surgeons, Edinburgh
- 2024** Graduate of the **Start-up Pre seed program** by The Hill / Oxford University Hospitals
- 2019-2024** **Antimicrobial stewardship, Zambia.** Examined inappropriate antimicrobial use in rural primary healthcare facilities and established international collaboration between Zambian Ministry of Health and two UK charities that operate in Zambia to develop a clinical diagnostic aid for infectious disease management in close alliance with local healthcare workers.
- 2023** **Train the Healthcare Trainer, Health Education England**

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INVITED TALKS & SEMINARS

- 2026** Stanford Sleep Center Community Series, Center for Sleep and Circadian Sciences
- 2025** Grand Rounds, Department of Obstetrics and Gynecology – Stanford Medicine, US
- 2025** Data Blitz, Department of Anesthesiology, Perioperative and Pain Medicine – Stanford Medicine, US
- 2025** Research meeting, Department of Anesthesiology, Perioperative and Pain Medicine – Stanford Medicine, US
- 2022** National Webinar “Developing a Sustainable Telemedicine Service in Rural Africa” Royal College of Surgeons

CONFERENCE PRESENTATIONS

Oral Presentations - National and International Conferences

- 2025** American Society of Anesthesiologists Annual meeting – Texas, US
- 2025** Society for Obstetric Anesthesia and Perinatology– Portland, US
- 2025** European Federation of National Associations of Orthopaedics and Traumatology Annual Congress – Lyon, France
- 2024** International Society of Orthopaedic Surgery and Traumatology World Congress – Madrid, Spain
- 2024** Federation of European Societies of Surgery of the Hand XXIX– Rotterdam, Netherlands
- 2024** Scandinavian Society for Surgery of the Hand– Copenhagen, Denmark
- 2023** Fracture Fragility Network– Oslo, Norway
- 2022** **3rd Prize, Oral presentation**, Faculty of Medical Leadership and Management Conference– Cambridge, UK
- 2022** International Congress of Cleft Lip, Palate & Related Craniofacial Anomalies– Edinburgh, UK
- 2022** Oxford Surgical Symposium– Oxford, UK
- 2021** British Society for Antimicrobial Chemotherapy– London, UK

Poster Presentations - National and International Conferences

- 2025** Maternal & Child Health Research Institute Symposium– California, USA
- 2023** European Public Health Conference - Ireland
- 2023** Fracture Fragility Network– Oslo, Norway
- 2022** Faculty of Medical Leadership & Management– Cambridge, UK
- 2021** **Highly commended poster prize**, Obstetric Anaesthetists' Association Annual Conference– London, UK
- 2021** Association of Surgeons in Training - Future of Surgery– London, UK

AWARDS

- 2017, 2022** **Scholarship**, Cambridge University
- 2017, 2022** James Perrett Prize for **Clinical Medicine**
- 2021** College Prize for **Final MD Examination**
- 2022** Jim Knott Prize for Palliative Care
- 2019** James Hadfield Prize for **Contribution to Medical and Veterinary studies**
- 2018** Duchworth Prize for **Medical Sciences**
- 2018** Hugh Owen Memorial Awards
- 2017-2019** Jesus College Study Grant

SERVICE

- 2020-2022** **Vice President**, Cambridge Friends of Medecins Sans Frontieres
- 2019-2021** **Research volunteer**, Virtual Doctors
- 2019-2020** **Fundraising officer**, Cambridge “Pink Week” for Breast Cancer, raising **£30,000**