

Haad A. Arif

ha.arif017@gmail.com

Education

University of California Riverside, School of Medicine Doctor of Medicine	2021 – 2025
University of California Riverside, School of Business Professional Masters of Business Administration, Management and Marketing	2021 – 2025
University of California Riverside Bachelor's of Science in Biology	2016 – 2020

Scholarly Activity

Published Manuscripts

Langford N, **Arif HA**, Waldrop IW, Sheets NW. The Last Straw: Trends in Straw-Related Emergency Department Visits. *Pediatr Emerg Care*. 2024 Sep 27. doi: 10.1097/PEC.0000000000003279

Veligandla S, Pasca IF, Radhakrishnan T, **Arif HA**, Ignacio G, Sinha AC. Patient in Mayfield Head Pins Requiring Prone Bronchoscopy for Mucus Plug Obstruction: A Case Report. *Cureus* 16(7): e64270. doi:10.7759/cureus.64270

Arif HA, Morales JA, Howard R, Silva MA, Sebt S, Edmonds EW. Evaluation of Online Shoulder Instability-Related Patient Education Materials. *HSS Journal*. 2024;0(0). doi:10.1177/15563316241254056

Arif HA, Razzouk J, Bohem D, Ramos O, Danisa O, Cheng WK. Analysis of reasons for medical malpractice litigation due to anterior cervical discectomy and fusion. *World Neurosurg X*. 2024;23:100371. doi:10.1016/j.wnsx.2024.100371

Arif HA, Lebrun G, Moore ST, Friscia DA. Analysis of the Most Popular Online Ankle Fracture-Related Patient Education Materials. *Foot Ankle Orthop*. 2024;9(2). doi:10.1177/24730114241241310

Arif HA. When Advocating Becomes Difficult: Health Care Professionals and War. *in-Training*. 2024 Feb 28. <https://in-training.org/when-advocating-becomes-difficult-health-care-professionals-and-war-27530>

Arif HA, Bang S. Anti-N-Methyl-D-Aspartate Receptor Encephalitis During Pregnancy. *EM Resid*. 2024;51(1):14-17. <https://www.emra.org/emresident/article/encephalitis-q1-2024>

Sinha AC, Perez N, **Arif HA**, Nguyen V & Thomas J. *When the Supraglottic Airway Device is the Problem, Not the Solution!*. Anesthesia Patient Safety Foundation Articles Between Issues. 2023 Dec 11. <https://www.apsf.org/article/when-the-supraglottic-airway-device-is-the-problem-not-the-solution/>

Pasca IF, **Arif HA**, Ignacio G, Sinha AC. The Impact of Perioperative Variables on Morbidity and Mortality of Elderly Hip Fractures. In: *Yearbook of Anesthesiology: 13*. 13th ed. Jaypee Brothers Medical Publishers; 2023:71-88.

Arif HA, Molina S, LeBrun CT. Removal of a Bent Tibial Intramedullary Nail Through Osteotomy and Partial Sectioning: A Case Report. *JBJS Case Connect*. 2023;13(3). doi:10.2106/JBJS.CC.23.00186.

Arif HA, Arif FZ, Morales JA, Waldrop IW, Sheets NW. Epidemiology of Rugby-Related Injuries Presenting to the Emergency Department: A 10-Year Review. *Cureus*. Published online June 18, 2023. doi:10.7759/cureus.40589

Arif HA, Razzouk J, Bohlen D, Ramos O, Danisa O, Cheng WK. Analysis of the Reasons for Medical Malpractice Litigation Due to Facet Injections. *Cureus*. 15(2):e35015. doi:10.7759/cureus.35015

Arif HA, Bang S. Missed Ruptured Abdominal Aortic Aneurysm in a Paraplegic Patient. *EM Resid*. 2022;49(3):22-24. <https://www.emra.org/emresident/article/missed-ruptured-abdominal-aortic-aneurysm>

Published Abstracts

Arif HA, Razzouk J, Bohlen D, Ramos O, Danisa O, Cheng WK. 61. analysis of reasons for medical malpractice litigation due to anterior cervical discectomy and fusion. *The Spine Journal*. 2023;23(9). doi:10.1016/j.spinee.2023.06.113

Arif H, Bang S. 59. a missed ruptured abdominal aortic aneurysm in a paraplegic patient. *Vascular Medicine*. 2022;27(6). doi:10.1177/1358863x221127749

Manuscripts Submitted for Publication

1. **Arif HA**, Silva MA, LeBrun G, Elsissy JG, LeBrun CT. Removal of Bent or Broken Tibial Intramedullary Nails: A Systematic Review of Case Studies.
2. **Arif HA**, Morales JA, Brito E, Moore ST, Lin CA. Litigation Patterns of Acute Compartment Syndrome: Distinctions Between Orthopaedic and Non-Orthopaedic Cases and Factors Predicting Successful Defense
3. **Arif HA**, Moore ST, Miner A, Lebrun G, Elssisy JG. Causes and Outcomes of Venous Thromboembolism-Related Medical Malpractice Litigation in Orthopaedic Surgery.
4. Morales J, **Arif HA**, Howard R, Singh P, Arroyo R, Edmonds E. Online Patient Education Quality and Readability: Assessing Health Literacy in Patella Dislocation Management.
5. **Arif HA**, Anderson SA, Aladroos AR, Moore ST, Lebrun CT. The Top 50 Most Impactful Articles on Acetabular Fractures: A Bibliometric Analysis and Review.
6. Sinha AC, **Arif H**, Lum J, Pasca IF. Can Tilting of the OR Table Laterally Ease Spinal Anesthesia Placement in an Obese Patient? A Case Series.
7. Sinha AC, Mourkus A, **Arif HA**, Chan J, Pasca IF. Solution to Challenging Ventilation in a Morbidly Obese Patient with a Beard: A Case Report.
8. Soni C, Koltenyuk V, Gupta N, **Arif HA**, Areti A, Manes T, Lopas LA, Szatkowski JP, Bowers C, Taylor BC, Weick JW. Utility of Revised Risk Analysis Index as Predictor of Mortality and Morbidity in Orthopaedic Trauma

Presentations, Posters, and Keynotes

Podium Presentations

1. **Arif HA**, Moore ST, Miner A, Lebrun G, Elssisy JG. “*Characteristics and Outcomes of Venous Thromboembolism-Related Litigation in Orthopaedic Surgery.*” To be Presented at the American Academy of Orthopaedic Surgeons. March 10 – 14. San Diego, CA
2. Chanmin Z, Koltenyuk V, **Arif HA**, Areti A, Gupta N, Manes T, Weick J. “*Tibial Plateau Fractures: Comparison of the Revised Risk Analysis Index and the Modified Frailty Index-5 at Predicting Postoperative Patient Outcomes.*” To be Presented at the New England Orthopedic Society Fall Meeting. November 23, 2024. Waltham, MA
3. Arroyo R, Singh P, Choe S, Homsy N, **Arif HA**, Morales JA, Cannada LK. “*Characterizing Gender Differences in One-Star Online Reviews of Orthopaedic Surgeons.*” Orthopaedic Summit 2024. September 13 – 18, 2024. Las Vegas, NV
4. **Arif HA**, Gavin L, Moore ST, Friscia DA. “*Analysis of the Most Popular Online Ankle Fracture-Related Patient Education Materials.*” Academy of Orthopaedic Foot and Ankle Surgeons Annual Meeting 2024. September 11 – 14, 2024. Vancouver, BC, Canada
5. **Arif HA**, Gavin L, Moore ST, Friscia DA. “*Analysis of the Most Popular Online Ankle Fracture-Related Patient Education Materials.*” 2024 Riverside University Health Systems Research Symposium. May 1, 2024. Moreno Valley, CA
6. Maestas D, Waldrop I, Dubina E, **Arif HA**, Sheet NW, Kondal B, Plurad D. “*Holiday Havoc: Identifying America’s Most Dangerous Holidays by Retrospective Analysis between 2013 and 2022.*” Southwestern Surgical Congress. April 23, 2024. Santa Ana Pueblo, NM
7. **Arif HA**, Razzouk J, Bohem D, Ramos O, Danisa O, Cheng WK. “*Analysis of Reasons for Medical Malpractice Litigation due to Anterior Cervical Discectomy and Fusion.*” Southern California Spine Society. January 31, 2024. Redlands, CA
8. **Arif HA**, Razzouk J, Bohem D, Ramos O, Danisa O, Cheng WK. “*Analysis of Reasons for Medical Malpractice Litigation due to Anterior Cervical Discectomy and Fusion.*” North American Spine Society. October 18, 2023. Los Angeles, CA
9. **Arif HA**, Arif FZ, Morales JA, Waldrop IW, Sheets NW. “*Rugby in the COVID-19 Era: A Comparison of Incidence in Rugby-Related Emergency Department Visits.*” Southwestern Surgical Congress. April 18, 2023. Ojai, CA
10. Langford N, **Arif H**, Waldrop IW, Sheets NW. “*Epidemiology of Drinking Straw-Related Injuries Presenting to the Emergency Department from 2012 to 2021.*” Southwestern Surgical Congress. April 18, 2023. Ojai, CA
11. Sternhagen J & **Arif H**. “*Physician Introductory Letter: Value And Utility To Community-Based Physicians.*” UCR Dean’s Medical Students Research Day. March 25, 2023. Riverside, CA

Poster Presentations

1. **Arif HA**, Morales JA, Brito E, Moore ST, Lin CA. “*Causes, Characteristics, and Outcomes of Acute Compartment Syndrome-Related Medical Malpractice.*” To be Presented at the American Academy of Orthopaedic Surgeons. March 10 – 14. San Diego, CA

2. Soni C, Koltenyuk V, **Arif HA**, Areti A, Gupta N, Manes T, Szatkowski JP, Lopas LA, Weick JW, Taylor BC, Bowers C. “*Comparison of the Revised Risk Analysis Index and 5-Item Modified Frailty Index as Predictors of Mortality and Morbidity in Orthopaedic Trauma.*” To be Presented at the New England Orthopedic Society Fall Meeting. November 23, 2024. Waltham, MA
3. Soni C, Koltenyuk V, **Arif HA**, Areti A, Gupta N, Manes T, Szatkowski JP, Lopas LA, Weick JW, Taylor BC, Bowers C. “*Comparison of the Revised Risk Analysis Index and 5-Item Modified Frailty Index as Predictors of Mortality and Morbidity in Orthopaedic Trauma.*” To be Presented: American Medical Association Interim Meeting. November 9, 2024. Lake Buena Vista, FL. Selected as Semi-Finalist.
4. Chanmin Z, Koltenyuk V, **Arif HA**, Areti A, Gupta N, Manes T, Weick J. “*Tibial Plateau Fractures: Comparison of the Revised Risk Analysis Index and the Modified Frailty Index-5 at Predicting Postoperative Patient Outcomes.*” American Osteopathic Academy of Orthopaedics Annual Fall Meeting. October 24, 2025. Boston, MA
5. **Arif HA**, Moore ST, Miner A, Lebrun G, Elssisy JG. “*An Analysis of Venous Embolism-Related Litigation in Orthopaedic Surgery.*” Western Orthopaedic Association Annual Meeting. August 8, 2024. Huntington Beach, CA
6. **Arif HA**, Novak D. “*A Medical Student’s Guide to Research and Career Mentor Outreach: Design and Implementation of a Pilot Workshop to Improve Student Self-Efficacy and Close Equity Gaps in Research Mentorship.*” Western Group on Educational Affairs. May 3, 2024. Riverside, CA
7. Pasca IF, Radhakrishnan T, **Arif HA**, Sinha AC. “*Bronchoscopy as Therapy for Mucus Plug Obstruction in a Prone Patient in Mayfield Pins: A Case Report.*” 2024 Western Anesthesia Resident’s Conference. May 3, 2024. Irvine, CA
8. Sinha AC, **Arif HA**, Lum J, Pasca IF. “*Can Tilting of the OR Table Laterally Ease Spinal Anesthesia Placement in an Obese Patient? A Case Series.*” Riverside University Health Systems 2024 Annual Research Symposium. May 1, 2024. Moreno Valley, CA. Selected as 3rd Place Winner in Research Competition
9. **Arif HA**, Molina S, LeBrun CT. “*Removal of a Bent Tibial Intramedullary Nail via Osteotomy and Partial Sectioning: A Case Report.*” Riverside University Health Systems 2024 Annual Research Symposium. May 1, 2024. Moreno Valley, CA. Selected as Poster Finalist
10. **Arif HA**, Lebrun G, Moore ST, Elssisy JG. “*An Analysis of Venous Embolism-Related Litigation in Orthopaedic Surgery.*” Riverside University Health Systems 2024 Annual Research Symposium. May 1, 2024. Moreno Valley, CA
11. **Arif HA**, Bang S. “*Missed Ruptured Abdominal Aortic Aneurysm in a Paraplegic Patient.*” Riverside University Health Systems 2024 Annual Research Symposium. May 1, 2024. Moreno Valley, CA
12. Langford N, **Arif HA**, Waldrop IW, Sheets NW. “*The Last Straw: Trends in Straw-Related Emergency Department Visits.*” Riverside University Health Systems 2024 Annual Research Symposium. May 1, 2024. Moreno Valley, CA

13. Sinha AC, Mourkus A, **Arif HA**, Chan J, Pasca IF. “*Solution to Challenging Ventilation in a Morbidly Obese Patient with a Beard: A Case Report.*” Riverside University Health Systems 2024 Annual Research Symposium. May 1, 2024. Moreno Valley, CA
14. Pasca IF, Radhakrishnan T, **Arif HA**, Sinha AC. “*Bronchoscopy as Therapy for Mucus Plug Obstruction in a Prone Patient in Mayfield Pins: A Case Report.*” Riverside University Health Systems 2024 Annual Research Symposium. May 1, 2024. Moreno Valley, CA
15. **Arif HA**, LeBrun G, Moore ST, Friscia DA. “*A Step in the Right Direction. An Analysis of the Most Popular Online Ankle Fracture-Related Patient Education Materials.*” 2024 Medical Student Orthopaedic Society Research Symposium. April 21, 2024. Washington, D.C.
16. **Arif HA**, Morales JA, Brito E, Lin C. “*An Orthopaedic Assessment of Medical Malpractice Surrounding Compartment Syndrome.*” 2024 Medical Student Orthopaedic Society Research Symposium. April 21, 2024. Washington, D.C.
17. **Arif HA**, Moore ST, Miner A, Lebrun G, Elsissy JG. “*An Analysis of Venous Thromboembolism-Related Litigation in Orthopaedic Surgery.*” 2024 Medical Student Orthopaedic Society Research Symposium. April 21, 2024. Washington, D.C.
18. **Arif HA**, Morales JA, Howard R, Silva MA, Sebt S, Edmonds EW. “*Analysis of Online Patient Education Materials Regarding Shoulder Instability.*” Southwestern Surgical Congress 2024 Annual Meeting. April 21, 2024. Santa Ana Pueblo, NM
19. Morales JA, **Arif HA**, Howard R, Arroyo R, Singh P, Edmonds EW. “*Health Literacy in Patellar Dislocation: An Evaluation of Quality and Readability of Online Patient Education Materials.*” Southwestern Surgical Congress 2024 Annual Meeting. April 21, 2024. Santa Ana Pueblo, NM
20. **Arif HA**, Morales JA, Brito E, Lin C. “*Acute Compartment Syndrome-Related Litigation in Orthopaedics.*” 2024 UCR Dean’s Medical Students Research Day. March 22, 2024. Riverside, CA
21. Sternhagen J, **Arif HA**, Cortes G, Hill R, Na N, Odle B, Gordon A, Zhao J, Wright J, Roman K, Johnson J, Tang C, Head M, Marrey V, Joseph J, Li C, Fussell D, Chang P, Chow D. “*The Effects of Expertise and Bias on Artificial Intelligence-Assisted Diagnosis of Stroke.*” UCR Dean’s Medical Students Research Day. March 22, 2024. Riverside, CA
22. **Arif HA**, Bang S. “*Pregnant and Confused: A Case Study of Anti-N-Methyl-D-Aspartate Receptor Encephalitis in the Setting of Pregnancy.*” American Medical Association Interim 2023 Poster Showcase. November 10, 2023. Fort Washington, MD
23. **Arif HA**, Molina S, LeBrun CT. “*Removal of a Bent Tibial Intramedullary Nail via Osteotomy and Partial Sectioning: A Case Report.*” American Medical Association Interim 2023 Poster Showcase. November 10, 2023. Fort Washington, MD.
24. **Arif HA**, Silva MA, Elsissy JG, Lebrun CT. “*Bent or Broken? Methods of Removing a Deformed Tibial Intramedullary Nail: A Systematic Review.*” Orthopaedic Trauma Association Annual Meeting. October 19, 2023. Seattle, WA.

25. **Arif HA**, Morales JA, Howard R, Silva MA, Sebt S, Edmonds EW. “*Evaluation of the Readability of Online Shoulder Instability-Related Patient Education Materials.*” American College of Physicians. October 7, 2023. Los Angeles, CA
26. Morales JA, **Arif HA**, Howard R, Singh P, Arroyo R, Edmonds EW. “*Online Patient Education Quality and Readability: Assessing Health Literacy in Patella Dislocation Management.*” American College of Physicians. October 7, 2023. Los Angeles, CA
27. **Arif HA**, Nguyen C, Douglas M, Pasca IF. “*A Case of the Mini’s: A MINI Thoracotomy under Minimal Local MAC Anesthesia.*” Riverside University Health Systems 2023 Annual Research Symposium. May 3, 2023. Moreno Valley, CA
28. **Arif HA**, Cho T, Thomas J, Knecht J, Sinha AC, Pasca IF. “*Lateral Intubation in the Sitting Tripod Position for Cervicofacial Necrotizing Fasciitis.*” Riverside University Health Systems 2023 Annual Research Symposium. May 3, 2023. Moreno Valley, CA
29. Perez N, Nguyen V, Thomas J, Trinh V, **Arif HA**, Sinha AC. “*The Airway Device that Obstructed the Airway.*” Riverside University Health Systems 2023 Annual Research Symposium. May 3, 2023. Moreno Valley, CA
30. **Arif HA**, Nguyen C, Douglas M, Pasca IF. “*A Case of the Mini’s: A MINI Thoracotomy under Minimal Local MAC Anesthesia.*” California Society of Anesthesiologists. April 29, 2023. San Diego, CA
31. **Arif HA**, Cho T, Thomas J, Knecht J, Sinha AC, Pasca IF. “*Lateral Intubation in the Sitting Tripod Position for Cervicofacial Necrotizing Fasciitis.*” California Society of Anesthesiologists. April 29, 2023. San Diego, CA
32. **Arif HA**, Arif FZ, Rabbani K, Waldrop IW, Sheets NW. “*Epidemiology of Rugby-Related Injuries Presenting to the Emergency Department from 2012 to 2021.*” American College of Physicians National Abstract Competition. April 29, 2023. San Diego, CA. Selected as Poster Finalist
33. **Arif HA**, Razzouk J, Bohlen D, Ramos O, Danisa O, Cheng WK. “*Analysis of Risk Factors for Medical Malpractice Litigation due to Facet Injections.*” American College of Physicians National Abstract Competition. April 29, 2023. San Diego, CA. Selected as Poster Finalist
34. Perez N, Nguyen V, Thomas J, Trinh V, **Arif HA**, Sinha AC. “*The Airway Device that Obstructed the Airway.*” California Society of Anesthesiologists. April 29, 2023. San Diego, CA
35. **Arif HA**, Razzouk J, Bohlen D, Ramos O, Danisa O, Cheng WK. “*Analysis of Reasons for Medical Malpractice Litigation due to Anterior Cervical Discectomy and Fusion.*” Medical Student Orthopaedic Symposium. April 23, 2023. Virtual.
36. Tagvoryan A, **Arif HA**, Waldrop IW, Sheets NW. “*Effect of the COVID-19 Pandemic on Pediatric Concussions Evaluated in Emergency Departments: A NEISS Review.*” Southwestern Surgical Congress. April 18, 2023. Ojai, CA
37. **Arif HA**, Nguyen C, Douglas M, Pasca IF. “*A Case of the Mini’s: A MINI Thoracotomy under Minimal Local MAC Anesthesia.*” Western Anesthesia Resident’s Conference. March 31, 2023. Scottsdale, AZ

38. **Arif HA**, Cho T, Thomas J, Knecht J, Sinha AC, Pasca IF. “*Lateral Intubation in the Sitting Tripod Position for Cervicofacial Necrotizing Fasciitis.*” Western Anesthesia Resident’s Conference. March 31, 2023. Scottsdale, AZ
39. Perez N, Nguyen V, Thomas J, Trinh V, **Arif HA**, Sinha AC. “*The Airway Device that Obstructed the Airway.*” Western Anesthesia Resident’s Conference. March 31, 2023. Scottsdale, AZ
40. **Arif HA**, Arif FZ, Morales JA, Waldrop IW, Sheets NW. “*Rugby in the COVID-19 Era: A Comparison of Incidence in Rugby-Related Emergency Department Visits.*” Eastern Virginia Medical School 2022 Annual Research Day. October 14, 2022. Norfolk, VA
41. Arif FZ, **Arif HA**, Pant M, Sheets NW. “*Epidemiology of Track and Field and Running-Related Injuries Presenting to the Emergency Department from 2012 to 2021.*” Eastern Virginia Medical School Annual Research Day. October 14, 2022. Norfolk, VA
42. **Arif HA**, Razzouk J, Bohlen D, Ramos O, Danisa O, Cheng WK. “*Analysis of Risk Factors for Medical Malpractice Litigation due to Facet Injections.*” American College of Physicians Southern California Chapter. October 8, 2022. San Diego, CA
43. **Arif HA**, Bang S. “*Missed Ruptured Abdominal Aortic Aneurysm in a Paraplegic Patient.*” Society for Vascular Medicine. September 30, 2022. Denver, CO

Workshops and Keynote Events

1. Department of Scholarly Affairs Research Workshop Jan 2024
 - Developed and held an interactive workshop to 75 first and second year medical students on how to engage in research and develop a quality manuscript draft
2. UC Riverside Disaster Medicine Interest Group Invited Speaker Nov 2023
 - Discussed case reports involving the management of traumatic orthopaedic injuries alongside surgical residents
3. A Medical Student’s Guide to Research & Career Mentor Outreach Sept 2023
 - Designed and implemented a workshop to over 50 students to improve student efficacy in finding scholarship mentors
4. Inland Empire Community Foundation Youth Health Policy Symposium Jul 2022
 - Discussed current state of affairs in healthcare within the Inland Empire area with the goal of identifying care gaps and creating a public policy action plan to fill them
5. UC Riverside School of Medicine Groundbreaking Ceremony Oct 2021
 - Selected by UCR SOM administration to speak at the Groundbreaking Ceremony of the new SOM Education Building II on behalf of the medical student body

Professional Experience

Ethos Healthcare Start Up Co-Founder
Bacpoint Inc. | Los Angeles, CA

Aug 2021 – Present

- € Create a patent-pending artificial intelligence algorithm (**US20240021013A1**) designed to precisely predict blood alcohol based on user input from the Ethos smartphone application
- € Develop a smartphone application utilizing an electronic Screening and Brief Intervention platform in order to monitor alcohol intake and hazardous drinking behavior to be implemented in clinics and healthcare systems in California as part of a prospective research study
- € Gain acceptance into the prestigious Mayo Clinic Platform_Accelerate Program, designed to bolster our AI framework with Mayo Clinic's robust de-identified patient data sets
- € Design a social media marketing strategy to garner over 12000 active users on the platform

Medical Student Startup Summer Business Ambassador

Jun 2022 – Aug 2022

Beyond Physician | *Virtual*

- € Created an online marketplace for medical personnel to connect with consumers such as pharmaceutical companies, law firms, and medical startups in order to motivate healthcare professionals to capitalize on their unique skillsets

Emergency Room Scribe

Jan 2017 – Jun 2021

Hemet Valley Medical Center / *Hemet, CA*

- € Documented patient information including patient history, physical exam, procedures, and test results for approximately 35 patients per shift
- € Coordinated workflow between the supervising ED physician and nurses, respiratory technicians, and mid-level providers

Leadership Experience

Surgery Clerkship Transition Coordinator

Mar 2024 – Present

Riverside Community Hospital Department of Surgery | *Riverside, CA*

- € Lead surgical skills workshops geared towards familiarizing rising MS3 students at UCR SOM with surgical and OR equipment and basic surgical skills
- € Developed an introductory, educational video in order to orient students to medical student roles within their surgery clerkship, provide clinical pearls to help them succeed, and educate them on proper OR and hospital etiquette

Mentorship Committee Leadership Team/Co-Chair

Jun 2022 – Present

Medical Student Orthopaedic Society | *Virtual*

- € Lead a team of 25 medical students across the country to organize a national mentorship program and connect medical students with orthopaedic faculty and resident mentors
- € Operate as a liaison between pairs of mentees and orthopaedic surgery mentors to address conflicts and concerns rapidly, maintain an open line of communication, and ensure fulfillment of monthly goals and mentorship program requirements
- € Coordinate with national orthopaedic groups to increase orthopaedic mentorship opportunities and access for medical students through leading workshops and networking events

Disaster Medicine Interest Group Founder & Chair

Mar 2022 – Present

University of California Riverside School of Medicine | *Riverside, CA*

- € Spearhead the development of a hands-on curriculum consisting of case presentations and in-person workshops for medical students to train students on how to think and act in an emergency situations such as disasters, codes, and trauma scenarios
- € Establish a research pipeline for students to be paired with a mentor in Orthopaedic Traumatology, Emergency Medicine, Trauma Surgery, or Anesthesiology

UC Riverside Men's Rugby Team Captain/Coach Sep 2016 – Present
University of California Riverside | *Riverside, CA*

- € Train a division II team of 30 athletes through physical conditioning and individual skill-based exercises to enhance core skills and establish foundational rugby knowledge

UC Disaster Response Network Committee Lead Jan 2023 – Dec 2023
University of California Riverside | *Riverside, CA*

- € Establish a disaster preparedness protocol at the UC Riverside campus, working in conjunction with the UC Riverside Police and Fire Department to implement readiness drills and train professors and staff in basic first response skills

Orthopaedic Surgery Interest Group Founder & President Mar 2022 – Aug 2023
University of California Riverside School of Medicine | *Riverside, CA*

- € Developed an educational curriculum geared specifically to Orthopaedic Surgery, consisting of speaker panels, in-person workshops, and case presentations in order to increase awareness and mentorship for students interested in orthopaedics

Anesthesiology Research Rotation Founder/Coordinator May 2022 – Aug 2023
Riverside University Health Systems | *Moreno Valley, CA*

- € Founded and coordinate a summer research rotation in conjunction with UC Riverside SOM and the RUHS Anesthesiology Residency Program in order to offer a research rotation to medical students between their first and second years

MS1 Class Representative Sep 2021 – Jun 2022
University of California Riverside School of Medicine | *Riverside, CA*

- € Elected by the student body to serve as the voice of the medical student cohort to work with SOM administration in implementing policy updates, scheduling changes, and represent student voice in order to improve medical education

Mentoring and Teaching Experience

Professional Networking Workshop Instructor Dec 2022 - Present
University of California Riverside School of Medicine | *Riverside, CA*

- € Develop a comprehensive course instituted in the MS1 curriculum geared to teaching incoming medical students on how to conduct targeted outreach in order to find research opportunities, network with professionals, and identify potential mentors

STEP 1 and Anatomy Instructor Jul 2022 – Present
University of California Riverside School of Medicine | *Riverside, CA*

- € Conduct regular one-on-one and group tutoring sessions as well as weekly review sessions, designed to encourage critical analysis and application of surgical anatomy and didactic topics

Suturing Workshop Instructor May 2022 – Dec 2023
University of California Riverside School of Medicine | *Riverside, CA*

- € Develop and lead suturing workshops designed to provide undergraduate and medical students with an introduction to suturing skills

Ultrasound Cadre Instructor Aug 2022 – June 2023

University of California Riverside School of Medicine | *Riverside, CA*

- € Provide hands-on instruction consisting of both didactic lecture and human anatomy review as well as facilitating in-person ultrasound workshops to the MS1 cohort

Community College Outreach Program Mentor

Oct 2021 – Jun 2022

University of California Riverside School of Medicine | *Riverside, CA*

- € Determined effective study methods, career planning strategies, and personal development activities for international undergraduate students

Service Experience

AMBOSS Ambassador

Aug 2022 – Present

University of California Riverside School of Medicine | *Riverside, CA*

- € Lead nation-wide workshops for medical students and universities interested in using the AMBOSS platform and organizing institutional access

Stop the Bleed Associate Instructor

Sep 2022 – Mar 2024

American College of Surgeons Committee on Trauma

- € Lead lectures and hands on workshops teaching the Stop the Bleed course to law enforcement, students, and organizations throughout the Southern Inland Empire

SOM Admissions Ambassador

Sep 2021 – Mar 2024

University of California Riverside School of Medicine | *Riverside, CA*

- € Interview medical school applicants in an MMI format on behalf of the UCR SOM through the lens of UCR SOM's mission
- € Spearhead outreach and pipeline events to increase awareness and recruitment within underserved and disadvantaged student populations

BioRender Ambassador

Nov 2022 – Nov 2023

University of California Riverside School of Medicine | *Riverside, CA*

- € Host virtual workshops for medical students, doctoral students and institutions across the United States and Canada interested in using the BioRender platform

HandsOn HealthCare Advisor

Oct 2021 – June 2023

University of California Riverside | *Riverside, CA*

- € Serve as the official Advisor to mentor students through the medical school application cycle including MCAT prep, course planning, personal statement revisions, and interview preparation

Medical Student Free Clinic Volunteer

Sep 2021 – June 2023

San Bernardino Free Clinic / *San Bernardino, CA*

Riverside Free Clinic / *Riverside, CA*

- € Provide health care and prescriptions to predominantly Spanish-speaking patients without health insurance under the supervision of overseeing physician

Certificates

Stop the Bleed Associate Instructor | *American College of Surgeons Committee on Trauma* Jul 2022

Introduction to the Principles and Practice of Clinical Research | *NIH* Jul 2022

SALT Mass Casualty Triage Training | *National Disaster Life Support Foundation* Jun 2022

Basic Wilderness Survival Medicine | *Wilderness Medicine Society* Jan 2022

Professional Memberships

American Academy of Orthopaedic Surgeons | Medical Student May 2023

North American Spine Society | NASS ID: 707844 Jan 2023

American Orthopaedic Foot and Ankle Society | Medical Student Affiliate Oct 2022

American College of Surgeons | Medical Student Oct 2022

J. Robert Gladden Orthopaedic Society | Medical Student Aug 2022

Ruth Jackson Orthopaedic Society | Medical Student Aug 2022

Awards

Admissions Ambassador Pilot Scholarship Award Program Jun 2022

University of California Riverside School of Medicine

- € Among 2 recipients to be recognized for their enthusiastic dedication and assiduous support to the Admissions Ambassador Program

Haider Scholar Aug 2021

University of California Riverside School of Medicine

- € Among 20 recipients to be named Haider Scholar for their exceptional commitment to serving the Inland Empire community and fulfilling the UCR SOM mission

Susan Atherton Endowed Graduate Award Recipient Mar 2021

University of California Riverside A. Gary Anderson Graduate School of Management

- € Awarded a \$5,000 merit-based scholarship to the top 5% of the Fall 2020 MBA cohort

Hobbies and Languages

Hobbies

- € Professional/Collegiate Rugby and American Football
- € Automotive enthusiast
- € Horseback riding
- € Hiking
- € Weight-lifting
- € Cat parent
- € Amateur Calligrapher

Languages

- € Urdu – Native
- € Punjabi – Native
- € Hindi – Advanced

€ Spanish – Functional