

CURRICULUM VITAE

Nasiya Ahmed, MD

Village Physicians
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UNDERGRADUATE EDUCATION:

1993-1997 University of Dallas, B.A. Mathematics, Presidential Scholarship, Cum Laude, Irving, Texas

GRADUATE EDUCATION:

1997-2002 University of Texas Medical School at Houston, Doctorate of Medicine, Houston, Texas

POSTGRADUATE TRAINING:

2002-2005 Intern & Resident in Internal Medicine, University of Arizona, Tucson, Arizona
2005-2007 Fellow and Chief Fellow in Geriatric Medicine, University of Arizona, Tucson, Arizona
2005-2007 Arizona Clinical Research Training Program (K30), University of Arizona, Tucson, Arizona
2008 Summer Institute on Aging, National Institute of Aging, Queenstown, Maryland
2009 Program for Educators in the Health Professions, Harvard Macy Institute, Boston, Massachusetts
2012 Advocates for Community Empowerment Workshop, South Asian Americans Leading Together, Washington D.C

EMPLOYMENT:

2007-2013 The University of Texas Health Science Center – Houston
2013-present Intercede Health, Medical Director

ACADEMIC APPOINTMENTS:

2007-2013 Assistant Professor, Division of Geriatric and Palliative Medicine, Department of Internal Medicine, The University of Texas Medical School at Houston, Houston, Texas
Promoted to Associate Professor on September 1, 2013
2007-2013 Geriatrics Rotation Director for Internal Medicine Residents, Department of Internal Medicine, The University of Texas Medical School at Houston, Houston, Texas
2008-2013 Geriatrics Acting Intern Director for Medical Students, Department of Internal Medicine, The University of Texas Medical School at Houston, Houston, Texas

HOSPITAL APPOINTMENTS:

2007-2013 Memorial Hermann Hospital System-Texas Medical Center, Houston, Texas
2007-2013 Lyndon B. Johnson Hospital-Harris County Hospital District, Houston, Texas
2008-2013 Acute Care for the Elderly (ACE) Unit Medical Director, Houston, Texas
2009-2013 Memorial Hermann Skilled Nursing Facility (SNF) Associate Medical Director

LICENSURE:

Texas Medical License 2007 #M6004
Arizona State Medical License #34662 – expired 9/07

BOARD CERTIFICATION:

2005 Diplomat, American Board of Internal Medicine
2007 Certificate of Added Qualifications in Geriatrics
2012 Hospice and Palliative Medicine Boards

PROFESSIONAL ORGANIZATIONS:

LOCAL:

2008-2010 Alzheimer's Association, Houston chapter, Committee for Programs and Services
2010-2013 Consortium on Aging

REGIONAL:

2007-2013 Texas Geriatrics Society

NATIONAL:

2002-2005 American College of Physicians
2002-2005 American Medical Association
& 2007-present
2002-2008 Islamic Medical Association of North America
2005-2007 American Medical Directors Association
2007-2013 American Geriatrics Society

- American Geriatric Society Resident Recruitment Subcommittee

2011-2013 South Asian Public Health Association

- Board member
- Weekly conference calls

HONORS AND AWARDS:

2005 American Medical Directors Association Futures Scholar
2012 Texas Rising Star Award, Texas Monthly Magazine, July 2012
2013 Houstonia Magazine, Top Doctors, September 2013

EDITORIAL POSITIONS:

2007, '08, '11 Invited Reviewer, Journal of the American Geriatrics Society
2011 Invited Reviewer, Current Gerontology and Geriatrics Research

SERVICE ON NATIONAL GRANT REVIEW PANELS, STUDY SECTIONS, COMMITTEES:

2008-2010 American Board of Internal Medicine, questions writing committee
2009-2012 Alzheimer's Art Quilt Initiative, Grant Review Committee
2010 Health Resources and Service Administration (HRSA) Geriatric Education Center (GEC)
Grant Review Committee, panel 1
2010-2011 Texas Medical Board Review Committee
2011 American Association for the Advancement of Science, Grant Review Committee

SERVICE ON THE UNIVERSITY OF TEXAS-HOUSTON MEDICAL SCHOOL COMMITTEES:

2010-2012 UT Faculty Senate

SERVICE ON UT-HMS AFFILIATED HOSPITAL COMMITTEES:

2007-2008 Memorial-Hermann Hospital (TMC) Case Manager Committee
2008-2013 Memorial-Hermann Hospital (TMC) Ethics Committee
2009-2012 Memorial-Hermann Hospital (TMC) Performance Improvement Review Committee

(PIRC)

2010-2013 Memorial-Hermann Hospital (TMC) International Services Committee

SERVICE TO THE COMMUNITY:

2008-present Volunteer Physician, Madrasah Islamiah Clinic

- One Saturday each month

SPONSORSHIP OF POSTDOCTORAL FELLOWS:

1. Geriatric Medicine Clinical Fellows:

- Suparna Chhibber, 2008-09, outpatient private practice
 - Faith Atai, 2008-09, assistant professor in our division
 - Kavon Young*, 2009-10, assistant professor in our division
 - Adrian Zaharia, 2009-10, nursing home private practice
 - Praveen Chava, 2010-11, outpatient private practice
 - Amber Zulfiqar*, 2010-11, assistant professor in the Department of Family Practice
 - Corey Bui, 2011-2012, assistant professor in our division
 - Abigail Chrisostomo, 2011-2012, outpatient private practice
 - Kristine Ortega, 2011-2012, outpatient private practice
 - Paymon Zamirpour, 2011-2012, outpatient private practice
- *continue to mentor until 2013*

TEACHING RESPONSIBILITIES:

2007-2008 Consult Physician, Geriatric Consults, Memorial Hermann Hospital, Houston, Texas

2007-2013 Attending Physician Geriatrics Clinic, UT Physician's Clinic, Houston, Texas

- ½ day per week

2008-2013 Attending Physician ACE Unit, Memorial Hermann Hospital, Houston, Texas

- 12 months each year – I am responsible for attending daily interdisciplinary team meetings, completing bedside rounds with the students, residents, fellows, and nurse practitioner on the 14-bed unit, conducting all family meetings, and answering calls after hours.

2008-2013 Geriatric Journal Club, moderator

- One two hour meeting each month, 10-15 attendees. I also work with the fellows prior to each journal club to pick an appropriate article, understand the study design and analysis, and edit their presentation.

PRECEPTORSHIPS/MENTORSHIP/OBSERVERSHIP:

NURSE PRACTITIONERS/PHYSICIAN ASSISTANTS PRECEPTORSHIPS:

2008 Myla Magno, 5 days total

2008 Jeff Eitel, 5 days total

2008 Rachel Villareal, 1 month total

OBSERVERSHIP:

2008 Salman Gohar, foreign medical graduate, 2 days per week for 3 months

MENTORSHIP:

2011-2012 Rachel Suter, internal medicine resident

GRANT SUPPORT:

PAST:

- 2007-2010 Geriatric Academic Career Award
Health Resources and Services Administration
Principal Investigator, \$64,153 per year
- 2011-2012 The South Asian Aging Experience
Herzstein Foundation Grant
Principal Investigator, \$13,500.00

CURRENT:

- 2009-2012 Training Excellence in Aging Studies
Donald W. Reynolds Foundation
Co-investigator, \$3,250,000.00

CONSULTING SERVICES:

1. Consulting work as ACE Unit Medical Director
 - Houston Northwest Medical Center, 2010
 - Nix Hospital Team, San Antonio, 2011
 - University Physicians Hospital (UPH)/Kino, Tucson, AZ, 2011
 - Memorial-Hermann Southwest, 2012

We are in the process of developing a Senior Emergency Room.
2. Visiting Geriatric Consultant, Mercy Clinic, Belize City, Belize, December 2011

PUBLICATIONS:

PRESENTED ABSTRACTS:

1. **Ahmed N**, Ruiz R. "The Incidence of Frailty in the Hospitalized Geriatric Patient". American Geriatrics Society Annual Meeting. April 2010*
 2. Larson, J, **Ahmed, N**, Hossain, M, Dyer, C. "Geriatric Gems and Palliative Pearls: Spaced Education and Design-a-Case". Gerontological Society of America's 63rd Annual Scientific Meeting. November 2010
 3. Larson, J, **Ahmed, N**, Hossian, M, Dyer, C. "Using a Virtual Patient to Teach the Comprehensive Geriatric Assessment to Medical Students" Association for Gerontology in Higher Education's 38th Annual Meeting and Educational Leadership Conference, February 2012
- *I presented this abstract*

REFEREED ORIGINAL ARTICLES IN JOURNALS:

1. **Ahmed N**, Mandel R., "Frailty: A New Geriatric Syndrome". Journal of the Arizona Geriatrics Society, October 2006; 11(1):6-10.
2. **Ahmed N**. "An Update in Hospice". Journal of the Arizona Geriatrics Society, June 2007; 12(1):24-8.
3. **Ahmed N**, Mandel R, Fain M., "Frailty: An Emerging Geriatric Syndrome". Am J Med, 2007 September;120(9):748-53.
4. **Ahmed N**, Sherman S, VanWyck D. "Frailty in Parkinson's Disease and its Clinical Implications". Parkinsonism and Related Disorders. May 2008; 14(4):334-7.
5. Pearce S, **Ahmed N**, Varas G. "A Case Study of an Older Adult with Serotonin Syndrome: Lessons Learned". The Consultant Pharmacist. January 2009; 24(1):
6. **Ahmed N**, Pearce S. "Acute Care for the Elderly (ACE): A Literature Review". Population Health Management. August 2010; 13(4):219-225.
7. Atai F, Pearce S, **Ahmed N**. "A Case of Autophagia in Dementia". Annals of Long Term Care. August 2010; 18(8):45-47

8. **Ahmed N**, Farnie M, Dyer C. "The Impact of a Geriatric and Palliative Medicine Academic Division on the Knowledge and Attitudes of Internal Medicine Residents". *Journal of the American Geriatrics Society*. January 2011; 59:143-7
9. Lau C, **Ahmed N**. "Proton Pump Inhibitor and Fracture Risk". *Pharmacotherapy*. January 2012; 32(1):67-79
10. **Ahmed N**, Taylor K, McDaniel Y, Dyer C. "The Role of an ACE Unit in Hospital Quality Indicators". *Population Health Management*. In press. August 2012.
11. **Ahmed N**, Alvarez L, Moehler J, Fain M. "Caregiving Differences between the non-Hispanic White and the Mexican-Americans Hispanics in Dementia". Submitted.

INVITED CHAPTERS IN BOOKS:

1. **Ahmed N**, Scott R, Fain M., "Community-Based Long-Term Care". In: Reichel's Care of the Elderly, 6th edition, 2009
2. **Ahmed N**, DeLaCruz, M. "End of Life Care". In: Neurocritical Care Board Review. In press.

INVITED LETTERS TO THE EDITOR:

1. **Ahmed, N**, Mandal, R, Fain, M. "The Reply". February 2008, *Am J Med*.
2. Pearce, S, **Ahmed, N**, Varas, G. "The Reply". July 2008, *Consultant Pharmacist*

NON-REFEREED PUBLICATIONS:

1. Ahmed, N. "Response to Pascal". *Harmony*. Spring 2007; 11
2. The Division of Geriatric and Palliative Medicine Billing Handbook, 2007
3. The Division of Geriatric and Palliative Medicine Brochures, 2007
4. UT Health Leader – Ask the Expert (online geriatric column) – March 2008, April 2009
 - a. <http://www.healthleader.uthouston.edu/archive/Aging/2008/eldercare-0305.htm>
 - b. http://www.healthleader.uthouston.edu/archive/Ask_The_Expert/2009/eldercare-0415.html
5. Evergreen. UT Houston Retiree Newsletter. February 2009 & May 2009

OTHER PROFESSIONAL COMMUNICATIONS:

TEACHING PRESENTATIONS:

1. "Delirium", Internal Medicine Noon Conference, University of Arizona, March 21, 2007.
2. "The Five Senses: Changes in Aging", Internal Medicine Resident Noon Conference, University of Texas Medical School – Houston, October 17, 2007
3. "Delirium vs. Dementia", Transition to Residency Medical Students Lectures, March 17, 2008
4. "Hospitalization in the Elderly", Housestaff Association Meeting, April 9, 2008
5. "Dementia", Fellows Orientation, July 1, 2008
6. "The Five Senses: Changes in Aging", Internal Medicine Resident Noon Conference, University of Texas Medical School – Houston, June 10, 2009
7. "Weight Loss in the Elderly", Internal Medicine Resident Noon Conference, University of Texas Medical School – Houston, June 17, 2009
8. "Delirium vs. Dementia", Internal Medicine Resident Noon Conference, University of Texas Medical School – Houston, June 24, 2009
9. "Hazards of Hospitalization", Fellows Orientation, July 1, 2009
10. "The Five Senses: Changes in Aging", Medical Students Physical Diagnosis Course, University of Texas Medical School – Houston, September 9, 2009
11. "Screening in the Elderly", Internal Medicine Resident Noon Conference, University of Texas Medical School – Houston, December 2, 2009
12. "Frailty", Fellows Conference, October 2010
13. "The Five Senses: Changes in Aging", Medical Students Geriatric Elective (Boomer Care), University of Texas Medical School – Houston, November 19, 2010
14. "Geriatrics and Palliative 101", Association of Internal Medicine Students, University of Texas Medical School – Houston, March 16, 2011

15. "Hazards of Hospitalization", Internal Medicine Noon Conference, April 20, 2011
16. "Delirium vs. Dementia", Transition to Residency Medical Students Lectures, March 6, 2012

INVITED PRESENTATIONS:

1. "ACE Units", Geriatric Grand Rounds, University of Arizona, December 19, 2006.
2. "Hypersexuality in Dementia", Geriatric Grand Rounds, University of Arizona, May 17, 2007
3. "Weight Loss in the Elderly", Getting Connected: Empowering Caregivers, November 14, 2007
4. "Hospitalization in the Elderly", Geriatrics is Your Future: 8th Annual Workshop (*regional*), September 6, 2008
5. "The Five Senses: Changes in Aging", Geriatric CME Conference, Lyndon B. Johnson Hospital, July 31, 2009
6. "Frailty and its Implications in Cancer Patients", Geriatric and Palliative Medicine CME Conference, Lyndon B. Johnson Hospital, September 27, 2010
7. "Instructional Design in a Virtual Environment: A Second Life for Geriatric Education", Reynolds Grantee 9th Annual Meeting (*national*), Chase Park Plaza Hotel, St. Louis, MO, October 25, 2010 (presentation given with Jennifer Larson, MSE and Wilton Jones, CEO)
8. "Altered Mental Status in the Hospitalized Elderly", Acute Care Nursing Conference, Memorial Hermann Professional Building, November 9, 2010
9. "The Role of an ACE unit in Hospital Quality Indicators", PIRC, August 24, 2011
10. "Aging in America", Pakistan Association of Greater Houston Golden Club, September 4, 2011
11. "Clinical Presentation of Illness", The Baby Boomer Imperative (CME/CNE), University of Texas Medical School – Houston, September 6, 2011
12. "Hazards of Hospitalization", Geriatric/Gerontology Nurse Certificate Course, University of Texas School of Nursing, September 9, 2011
13. "Active Aging", Young at Heart Community Health Fair, October 20, 2012
14. "Getting into Medical School", University of Dallas Pre-Health Society, May 2013
15. "The Hospital at Home", panel discussion at American College of Healthcare Executives Conference, Medical University of South Carolina, October 21, 2015

OTHER SCHOLARLY PROJECTS:

REFEREED:

1. Geriatric podcast on falls.
<http://www.reynolds.med.arizona.edu/EduProducts/podcasts/GetUpAndGo.cfm>
Product Of The Year, 2007 Reynolds Grantee 6th Annual Meeting (available on www.pogoe.com)
2. Problem Based Learning (PBL)-cases reviewed and edited
 - Mrs. Agnes Cooper (aortic insufficiency), fall 2008
 - Mr. Stokes (hypertension and congestive heart failure), fall 2008
3. UTMB Interactive Cases using Design-a-Case, August 2009
 - Breathless in Texas
 - Pneumonia
 - Congestive Heart Failure
4. Geriatric Gems and Palliative Pearls, August 2009-July 2010
Bedside teaching curriculum that was incorporated into electronic weekly e-mails to internal medicine residents. <http://www.uth.tmc.edu/reynolds/resident.html>
 - Hazards of Hospitalization
 - Acute Coronary Syndrome
 - Dementia in the Hospitalized Patient
 - Falls
 - The Complete Geriatric Assessment
 - Constipation
 - Depression in Older Adults
 - Preventing Polypharmacy
 - The ACE Unit
 - Transitional Care
 - Advanced Directives and Decision Making Capacity
 - Medicare
 - The Role of the Health Care Provider in Elder Mistreatment

- Insomnia and Sleeping Difficulties in the Hospitalized Elderly Patient
5. Virtual World – Originally created in second life, this is a web-based, geriatric clinic, which allows medical students to use natural language to interview, examine, and develop a relationship with a geriatric patient as well understand the effects of chronic disease in an older patient. Accompanied with pre and post testing, this experience is part of their four year curriculum.

NON-REFEREED:

1. Arizona Geriatric Education Center Supplement on Oral Health in the Elderly: Educational Modules (cd-rom), 2007
2. Geriatric podcast on oral health in the elderly, 2007
<http://www.reynolds.med.arizona.edu/EduProducts/podcasts/oralhealth.cfm>
3. Audio CME (2 articles per month), Oakstone Publishing. August 2010-present

INTERVIEWS:

NEWSPAPER:

1. Davila, Lisa. "Mixing the Sun with Your Medications Can Be Risky". Erickson Tribune, July 2007, repeat in June 2011 <http://ericksontribune.com/2011/06/beat-the-heat-before-it-beats-you/> (The Erickson Tribune is a newspaper published by Erickson Retirement Communities that focuses on healthy living in people older than 65.)
2. Golden, Leah. "Two for One: Get Fit and Save Money with Inexpensive Workouts". Connections – Texas County & District Retirement System, Spring 2009
3. Lake, Deborah. "Baby Boomers Face Aging: 10 Most Common Medical Challenges". August 2009 <http://www.medicalnewstoday.com/articles/160773.php>
4. Molnar, Josef. "A New Year, a New Start: Seniors are Getting Active" – Houston Chronicle, Senior Living, Wednesday January 20, 2010
5. George, Cynthia. "Houston Area Hospitals Mobilize to Serve a Graying Population" – Houston Chronicle, City and State, Monday September 6, 2010
6. Gardner, Amanda. "For many Americans, Caregiving a Long Distance Burden" – Health Leader, August 31, 2011 <http://health.usnews.com/health-news/family-health/cancer/articles/2011/08/31/for-many-americans-caregiving-a-long-distance-burden>

RADIO:

1. What is Geriatrics? - Music in the Box (Asian Radio Show) – 1180AM, September 2008
2. Geriatrics – 740AM KTRH, June 7, 2011