



Omaha Insomnia

AND PSYCHIATRIC SERVICES

Dr. Vidhya Selvaraj, the founder of Omaha Insomnia and Psychiatric Services, is a board-certified Psychiatrist. As a pioneer in Primary Care Mental Health integration at Omaha, Dr. Selvaraj successfully ran integrated mental health clinics at Omaha Veterans Administration Hospital and Creighton University Medical Center.

Before fully transitioning to private practice, she was practicing at Omaha Veterans Administration Hospital, at Creighton University Medical Center, CHI Creighton Clinic, and Partial Hospitalization Program at Immanuel Hospital. Dr. Selvaraj served as an Associate Professor of Psychiatry and Associate Professor of OBGyn at the Creighton University School of Medicine.

Dr. Selvaraj is the primary author of "Psychopharmacology: 501 Questions to Help You Pass the Boards, a book manuscript published by Lippincott Williams and Wilkins. She is also well published among peer-reviewed journals.

Dr. Selvaraj completed a residency in psychiatry at the Creighton University University of Nebraska's Psychiatry Residency Program, where she earned the Star Resident Award in 2009. She was also trained at North West Wales NHS Trust hospitals in Bangor, Wales, U.K. She earned her Bachelor of Medicine Bachelor of Science (BMBS) degree from Stanley Medical College in Chennai, India.

Dr. Selvaraj is a classical dancer and holds a degree in the ancient Indian cultural dance form called Bharatnatyam. She loves cooking and owned three successful Indian Restaurants in the recent past. Currently, she owns Maharani Indian cuisine in Omaha, NE. She is also on the board of directors of a multinational baby product line Mickey and Nila.

Vithyalakshmi Selvaraj, M.B.B.S.
13917 Gold Circle
Omaha, NE 68144

Name: Vithyalakshmi Selvaraj, M.B.B.S.

Schools Attended/Degrees Earned:

	Residency	Creighton-Nebraska Psychiatry Residency Program, Omaha, NE	09/2006 - 08/2010
	Residency	Northwest Wales NHS Psychiatry Training Program Ysbyty Gwynedd, U.K.	02/2005 - 08/2006
M.B.B.S.	Medicine	Stanley Medical College Hospital Chennai, Tamilnadu, India	06/1996 - 01/2002

Degrees Earned:

M.B.B.S.	Medicine	Stanley Medical College Hospital Chennai, Tamilnadu, India	06/1996 - 01/2002
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Special Training Programs:

Cognitive Behavioral Therapy for Insomnia Certification Veteran Affairs Central Office.	2012
Cognitive Behavioral Therapy for Depression Certification Veteran Affairs Central Office	2011
Clinical Research Symposia Training University of Nebraska Medical Center, Omaha, NE	2010
Mini Geriatric Fellowship, Creighton-Nebraska Residency Training Program, Omaha, NE	2010
Creighton-Nebraska Psychiatry Residency Training Program Omaha, NE	2006 –2010
PTSD Research Elective, Creighton-Nebraska Residency Training Program, Omaha, NE	2009
Primary Care Mental Health Integration Research Elective	2009

North West Wales NHS trust Ysbyty Gwynedd, Banger, Wales, United Kingdom Psychiatry Training	2005 –2006
North West Wales NHS trust Ysbyty Gwynedd, Banger, Wales, United Kingdom Clinical Observer in Psychiatry	2004 –2005
K.H.M. Multispecialty Hospital Chennai, Tamilnadu, India OBGYN Resident Physician	2004 – 2004
Stanley Medical College Hospital Chennai, Tamilnadu, India Intensive Care Unit Resident Physician	2003 – 2004
Shanthi Multispecialty Hospital Chennai, Tamilnadu, India OBGYN Resident Physician	2002 – 2003
Stanley Medical College Hospital Chennai, Tamilnadu, India Intern	2001 – 2002

Fields of Interest:

Teaching:	Medical student education Resident education Patient education: Pain and Insomnia Groups
Research:	Women’s Health Psychopharmacology Psychopharmacogenetics Primary Care Mental Health Integration
Leadership:	Program development and implementation Educating clinicians on Transformational Leadership

Professional Employment:

Academic:

*Consult services rotation supervising attending physician 10/18 – 05/19
Creighton University Bergan Hospital*

This rotation provides psychiatric services to patients admitted to Intensive care unit, medical and surgical floor with psychiatric symptoms. This includes diagnostic

evaluations, medication management and disposition recommendations for patient's mental illness. I supervise 2 -3 resident physicians every 2 months and 3 or more medical students.

Site Director 07/14 – 09/2018
Creighton University Psychiatry Clinic and Research Center

This clinic provides outpatient services to patients with psychiatric symptoms. This includes diagnostic evaluations, medication management and ongoing treatment for patient's mental illness. I supervise 10 resident physicians or more in one calendar year in my outpatient psychiatry clinic, research clinic and woman's mental health elective clinic. On top of that, I also offer variety of elective rotations such as psychotherapy, partial hospitalization program, woman's mental health rotation, research rotation etc. In addition, I host medical students on my service. I'm in charge of developing and implementing programs and quality improvement projects.

We provide psychiatric treatment through my resident's' clinic at rural Nebraska via tele-psychiatry services to patients in Columbus, Schuyler, and Plainview. This is a critical care model that allows rural patients access to psychiatric consultation and care. In a rural state such as Nebraska, tele-psychiatry is an important modality of psychiatric care.

Chief of Service Adult Psychiatry 05/14 – 07/2018
*Creighton University Psychiatry Clinic and Research Center,
Creighton University Medical Center.*

I oversee the operations of the clinic and manage everyday work flow. I interview and make recommendation to appoint clinic managers, ancillary staff, receptionist positions, medical assistant positions etc. I have to respond and manage any patient complaints, manage personnel, recommend policies and mediate disputes. Our clinic provides outpatient services to patients with psychiatric illness. This Monday - Friday clinic provides care to approximately 10,000 to 15,000 patients per year. Typically we see between 50-70 patients per day.

Associate Professor of Obstetrics and Gynecology 03/16 – 05/19
Creighton University School of Medicine, Omaha, NE

Associate Professor, Department of Psychiatry 3/16 – 05/19
Creighton University School of Medicine, Omaha, NE

Assistant Professor of Obstetrics and Gynecology 03/14 – 3/16
Creighton University School of Medicine, Omaha, NE

Assistant Professor, Department of Psychiatry 03/13 – 3/16
Creighton University School of Medicine, Omaha, NE

Instructor, Department of Psychiatry 06/12 – 03/13
Creighton University School of Medicine, Omaha, NE

Staff Physician, Department of Psychiatry 09/10 – 06/12
Veteran Affairs Medical Center, Omaha, NE

Consultation and Professional Services:

Vital signs mentoring program 2015-2019
Creighton University Medical School

Medical Director 2013-2017
Start Fresh Alcohol Recovery Center, Omaha
Changed to My life recovery center in 2017

Owner, President, and Psychiatric Practitioner 2012 - Present
Omaha Insomnia and Psychiatric Services

Community Program Development:

- Established Primary Care Mental Health Integration (PC-MHI) at Omaha Veteran’s Affairs Medical Center 2010
- Initiation of 4-session Insomnia Group to address concerns in PACT and PC-MHI 2011
- Initiation of 4-session pain management group to address concerns in PACT and PH-MHI 2011
- Development of Internal Medicine residents and Primary Care providers medical education on common psychiatric disorders 2010
- Development of Internal Medicine and Primary Care providers medical education on Motivational Interviewing 2010
- Women’s Health Fellowship, Omaha VAMC with Dr. Joan Porter (Submitted, but was not funded) 2011
- Established Primary Care Mental Health Integration (PC-MHI) Creighton University, Omaha, NE 2012
- Established Perinatal Psychiatry at Women’s Health Center Creighton University, Omaha, NE 2012
- Established Mental Health Integration at specialty clinic such as Neurology, Pain Clinic, and Oncology at Creighton University Medical Center, Omaha, NE 2012

Depositions and Legal Testimony:

I have served as an expert witness in providing testimony regarding patients’ competency status and ability to return to work. Omaha, NE

Fellowships and Honors:

- Star Resident Award, *Department of Psychiatry from Creighton University and Univ. of NE Med Center* 2009

- President, Psychiatry Resident’s Organization (PRO) 2008 - 2009
Creighton-NE Combined Psychiatry Residency Program
- Secretary, Psychiatry Resident’s Organization (PRO) 2007 – 2008
Creighton-NE Combined Psychiatry Residency Program
- Chief Resident in Psychiatry 2005 - 2006
Creighton-NE Combined Psychiatry Residency Program
- Outstanding Student Award (All Rounder), 1997 – 2001
*Stanley Medical College Hospital,
Chennai, Tamilnadu, India*
- Sapthagiri Alumni Award 2001
*Stanley Medical College Hospital,
Chennai, Tamilnadu, India*
- Best Graduating Medical Student 2001
*Stanley Medical College Hospital,
Chennai, Tamilnadu, India*

Awards and Prizes:

- “ Improving Access of Mental Health Care to Refugee Population in Omaha 2017
- Creighton Psychiatry Investigator Initiated Grant Award 2014
- Creighton Univ. School of Medicine New Investigator Award, *nominee* 2014
- New Clinical Drug Evaluation Unit Award (NCDEU), *Nominee* 2014
- 2014 Early Career Women Faculty Professional Development Seminar. *Nominated by Creighton University and elected by Association of American Medical Colleges (from 800 applicants)* 2014
- Committee on the Status of Women Scholarship awarded to attend Creighton University Women’s Leadership Institute 2013
- Clinical and Translational Research Grant Award, *Creighton University* 2011
- School of Medicine Promotion Committee, *nominee* 2014
- School of Medicine Admissions Committee, *nominee* 2014
- Golden Apple, *nominee* 2011 - 2017
Creighton-NE Psychiatry Residency Program
- Golden Couch, *nominee* 2011 - 2015
Creighton-NE Psychiatry Residency Program
- Golden Heart, *nominee* 2011 - 2015
Creighton-NE Psychiatry Residency Program
- Association of Women Psychiatrist’ Wyeth Pharmaceutical Fellowship, *nominee* 2009

Grants:

Principal investigator:

- The Role of Vitamin D on Quetiapine-induced Weight Gain at Creighton University Medical Center Amount: \$6,000 Jan 2015- June 2016
- The Influence of Vitamin D on Atypical Antipsychotic-induced Weight Gain at Creighton University Medical Center Sep 2014- June 2016
- NWI- Resident's leadership study at Veteran Affairs Medical Center, Omaha. Aug 2011- June 2012
- The Influence of DRD4 Gene Polymorphism on Olanzapine-Induced Weight Gain present at Veteran Affairs Medical Center, Omaha. Aug 2011- June 2012
- Influence of DRD4 Genotype on Smoking Cessation with Duloxetine at Creighton University, Amount \$50,000 June 2011- 2015

Advisor and PI/ Co-Principal Investigator with Resident Physicians Projects:

- A survey of psychiatry attending physicians' attitudes towards improving direct supervision session April 2016
- A survey of obstetrics and gynecology resident physicians' attitudes towards improving direct supervision session Feb 2016
- A survey of psychiatry resident physicians' attitudes towards improving direct supervision session Dec 2015
- Atomoxetine use and its correlation with aggression amongst child and adolescent patients with ADHD Nov 2014
- A Survey of Resident Attitudes Towards Direct Feedback Oct 2012
- **Co-Investigator in the following studies:
Creighton University Medical Center July 2006 to 2013**
- A Prospective, Randomized, Active-controlled, Rater-blinded Study of the Prevention of Relapse Comparing Paliperidone Palmitate with Oral Risperidone in Adults with Recently-Diagnosed Schizophrenia Who Are at High Risk of Relapse
- A survey of physician attitudes towards psychogenic nonepileptic seizures and driving.
- Preventing Relapse in Schizophrenia: Oral Antipsychotics Compared To Injectables: Evaluating Efficacy

- A Phase 2 Study of LY2196044 Compared With Placebo in the Treatment of Alcohol Dependence
Vigabatrin for Methamphetamine Dependence: A Phase II Study

**Co-Investigator in the following studies:
Veterans' Affairs Medical Center, Omaha, NE**

**Aug 2009
to 2012**

- Effects of Escitalopram On Autonomic Reactivity In Post-Traumatic Stress Disorder Among Veterans of OEF/OIF.
- Depression and Substance Use Co-morbidity and Health Care Utilization / Costs in Primary Care
- Improving function, quality of life, glycemia in diabetics with dementia.
- VA Augmentation and Switching Treatments for Improving Depression Outcomes (VAST-D)
- Using A Visual Decision Aid (DA) to Facilitate Shared Decision Making During Antipsychotic Treatment in Schizophrenia
- Prevalence of ADHD in Patients with Substance Use Disorders

**Co-Investigator in the following studies:
Nebraska Medical Center**

**May 2010 -
Aug 2010**

- Pharmacokinetics of citalopram in patients with short gut syndrome.

Sub-Investigator in the following studies:

**North West Wales NHS Trust
Ysbytv Gwyneed, Banger, Wales, UK**

**Nov 2004 –
August 2006**

- The effect of serotonergic and noradrenergic antidepressants on face emotion processing in depressed patients using Ekman and Friesen pictures of affect series.
- Antidepressant preference in Primary Care Patient Group with Citalopram Vs Reboxetine.

**Submitted Grants:
Principal investigator:**

- Improving Diabetic Outcomes through IM-PACT: Interdisciplinary Metabolic PACT Clinic
- Interdisciplinary Clinic with Health Coaching to Improve Chronic Disease Outcomes
- Molecular Mechanisms of Atypical Antipsychotic-induced Weight Gain, COBRE NIH grant.

Scholarships:

Publications and presentations:

Monographs and Books

- Vithyalakshmi Selvaraj M.D, Sriram Ramaswamy M.D. “Psychopharmacology: 501 questions to Help You Pass the Boards” –
Book published by Lippincott Williams & Wilkins June 2012.
- Petty, F; Selvaraj V. Management and Treatment of Nicotine Dependence: Substance Use and Addictive Disorders: Current Diagnosis and Treatment. May 2012, Jaypee Brothers, Medical Publishers (P) LTD

Articles

- Selvaraj, Vithyalakshmi, Siv Hour, Palanikumar Gunasekar, Caron Gray, James F. Smith. “Escitalopram-Induced Amenorrhea and False Positive Urine Pregnancy Test.”Korean J Fam Med. 2017 Jan;38(1):40-42. doi: 10.4082/kjfm.2017.38.1.40. Epub 2017 Jan 18.
- Vithyalakshmi Selvaraj M.D, Madabushi JS, Palanikumar Gunasekar, Singh SP. Levetiracetam associated acute hepatic failure requiring liver transplantation: case report. J Neurol. 2016 Apr;263(4):814-5. doi: 10.1007/s00415-015-8011-1. Epub 2016 Feb 22
- Vithyalakshmi Selvaraj M.D, Palanikumar Gunasekar, Suneel Kumar, and Imad Alsakaf, “Urinary Incontinence due to Overactive Detrusor Muscle: A Rare Side Effect of Venlafaxine,” Case Reports in Urology, vol. 2015, Article ID 690931, 2 pages, 2015. doi:10.1155/2015/690931.
- Kannan Baskar; Swastika Sur: Vithyalakshmi Selvaraj; Devendra Agrawal, “Functional Constituents of Local Serotonergic System Intrinsic to Human Coronary Artery Smooth Muscle Cells”. Mol BiolRep. 2015 Aug; 42(8): 1295-307. Doi: 10.107/s11033-015-39740-x.
- Sriram Ramaswamy, MD, Vithyalakshmi Selvaraj M.D, David Driscoll, PhD, Jayakrishna M Madabhushi, MD, Subhash C. Bhatia, MD. Vikram Yeragani, M.B.B.S., D.P.M., F.R.C.P.(C), “Effects of escitalopram on autonomic function in posttraumatic stress disorder among veterans of Operations Enduring Freedom and Iraqi Freedom (OEF/OIF) Innov Clin Neurosci. 2015 May-Jun;12(5-6):13-9.
- Vithyalakshmi Selvaraj M.D, Madabushi Jayakrishna M.D, Ashish Sharma M.D, “Cocaine induced Myopathy”. May 2013 Prim Care Companion CNS Disord 2013;15(3):doi:10.4088/ PCC.12l01451
- Vithyalakshmi Selvaraj M.D, Harmit Singh M.D, Sriram Ramaswamy M.D “Chlorella induced psychosis”. Psychosomatics. 2013 May-Jun;54(3):303-4. doi: 10.1016/j.psym.2012.06.012.

- Vithyalakshmi Selvaraj M.D, Petty, F, Mona Skaf, Wilson, DR, “Zolpidem induced psychosis”. *Innov Clin Neurosci*. 2012 October; 9(10): 11
- Vithyalakshmi Selvaraj M.D, Sriram Ramaswamy M.D, Teri L. Gabel, Pharm.D, BCPP, "How plasma donation can affect your patient’s pharmacotherapy". *Current Psychiatry Vol. 11, No. 05 / May 2012*
http://www.currentpsychiatry.com/article_pages.asp?AID=10425
- Vithyalakshmi Selvaraj M.D, Sriram Ramaswamy M.D., Subash Bhatia, M.D “Transient ischemic attack associated with Trazodone therapy”. Sep 2011 issue, *Primary Care Companion to the Journal of Clinical Psychiatry*
http://www.psychiatrist.com/private/pccpdf/article_wrapper.asp?art=2011/10101093/10101093.htm
- Vithyalakshmi Selvaraj M.D “An Efflorescence of Autism: Mr. C From a Child to Man”. *American Journal of Psychiatry: The resident’s journal*. January 2011 volume 6, issue 1, page 14-15
- Vithyalakshmi Selvaraj M.D, Ramaswamy S, Sharma A, Wilson D. New-onset psychosis and emergence of suicidal ideation with aripiprazole. *Am J Psychiatry*. 2010 Dec;167(12):1535-6
- Vidhya Selvaraj M.D, “The Economic Depression: Have you considered the \$ 4 generic prescription ‘bailout plan’ for your patients”? *Psychiatric News* September 17, 2010 Volume 45 Number 18 Page 16
<http://pn.psychiatryonline.org/content/45/18/16.2.full>
- Vithyalakshmi Selvaraj M.D, Prasad R Padala M.D. “Dementia Secondary to Hyperparathyroidism”. *Psychiatry (Edgmont)* Aug / 2010.
- Vithyalakshmi Selvaraj M.D, Sriram Ramaswamy M.D, Dainel Wilson, M.D “Treating insomnia across women’s life stages” *Current Psychiatry Vol. 9, No. 7 / July 2010*
- Vidhya Selvaraj M.D “Managing Difficult Patients During Residency: “Challenges and Opportunities” *Psychiatric News* April 2, 2010 Volume 45 Number 7 Page 11:
<http://pn.psychiatryonline.org/content/45/7/11.2.full?sid=69f61132-0c17-4998-a933-b946d731cde4>
- Vithyalakshmi Selvaraj M.D, Snehamala Veeravalli, M.D, Sriram Ramaswamy M.D, Richard Balon, M.D, Vikram K. Yeragani, M.B.B.S., D.PM., F.R.C.P.(C). “Depression, Suicidality and Antidepressants: A Coincidence?” *Indian J Psychiatry* 2010; 52:17-20.
- Vithyalakshmi Selvaraj M.B.B.S, Prasad R Padala MD. “Thyroid Myopathy with Rhabdomyolysis Presenting as Agitation.” P07-L00542. *The Primary Care Companion to the Journal of Clinical Psychiatry*. 2008

Journal Reviewer:

Canadian Journal of Physiology and Pharmacology
WMSCI World Multi-Conference on Systemics, Cybernetics and Informatics

Abstracts and Scholarly papers

- “Venlafaxine induced neutropenia”, Orlando, FL, Nov. 12 – 15, 2015
- “Lamotrigine for the treatment of restless leg syndrome”, Nov 12 – 15, 2015
- “Hematological and weight monitoring in (adult) patients on Lithium, Valproate, and Carbamazepine, Omaha, NE , May 15, 2015
- “Metabolic Monitoring for Adult Patients on Antipsychotics”, Omaha, NE, May 15, 2015
- “Monitoring of Stimulant Use in Child and Adolescent Patients with ADHD” Omaha, NE, May 15, 2015
- “The Difficult Patient: Recommendations for frustrated clinicians”, Omaha, NE, January 21, 2015
- “The Difficult Patient”, Omaha, NE, August 1, 2014
- “Effects of escitalopram on autonomic function in posttraumatic stress disorder among veterans of Operations Enduring Freedom and Iraqi Freedom (OEF/OIF) May, 2014. Accepted by European Atherosclerosis Society May 2014 but not presented due to visa issues
- “Intrinsic Serotonergic System in Human Coronary Artery Smooth Muscle Cells: Potential Implication in Coronary Artery Disease.” Lyon, France June, 2013
- “Survey of Physician Attitudes towards Psychogenic Non Epileptic Seizures and Driving”, October 2012 APA- IPS meeting, October 2012.
- “Primary Care Update in Psychiatry”, Omaha, NE January, 2011
- “An Efflorescence of Autism: From a Child to Man”, New York, New York October, 2009
- “Motivating the motivator: An overview of motivational enhancement therapy” San Francisco, CA, May 2009

Presentations:

- “The Difficult Patient: Recommendations for frustrated clinicians”. Creighton Psychiatry Grand Rounds. Omaha, NE, January 21, 2015
- “The Difficult Patient”, Mid-Summer Lyceum Conference. Omaha, NE August 1, 2014
- “Primary Care Update in Psychiatry”, CME Presentation Omaha, NE January, 2011,
- “An Efflorescence of Autism: From a Child to Man”, Clinical Study Days by the Committee of the World Association of Psychoanalysis. New York, New York October, 2009

- “Motivating the motivator: An overview of motivational enhancement therapy”, American Psychiatry Association. San Francisco, CA, May, 2009

Poster Presentations:

1. Vithyalakshmi Selvaraj, M.D, Siv Hour, M.D, Marin Broucek, M.D, Kayla Pope M.D, Paulajo Malin, M.D. “A Survey of Psychiatry Resident Physicians Attitude Towards Improving Direct Supervision” Presenter at the Annual Meeting of AADPRT, New Orleans Mach 2018
2. Molly Britton, M.D, Vithyalakshmi Selvaraj, M.D, Palanikumar Gunasekar, M.D, Add-on filgrastim during clozapine rechallenge unsuccessful in treating benign ethnic neutropenia ” 13th Annual NEI Psychopharmacology Congress in Broadmoor in Colorado Springs, CO November 2017.
3. Vithyalakshmi Selvaraj M.D, Omair Abbasi, M.D, Palanikumar Gunasekar, Suneel Kumar, Imad Alsakaf, M.D, Paulajo Malin, M.D. “Quetiapine-Induced Thrombocytopenia Leading to Subarachnoid Hemorrhage: Case Report” American Psychiatric Association, 2017 Annual Meeting at San Diego.
4. Paula Jo Malin, M.D., Molly Britton M.D., Roberto Cervantes M.D., Stuti Bhandari M.D, Vithyalakshmi Selvaraj M.D, “EVALUATING PATIENT SAFETY: Quality Improvement Project” at Creighton University GME Quality Improvement Symposium 2017.
5. Stuti Bhandari, Ventaka Kolli, and Vithyalakshmi Selvaraj, “ Improving Access of Mental Health Care to Refugee Population in Omaha” at Creighton University GME Quality Improvement Symposium 2017.
6. Vithyalakshmi Selvaraj M.D, Marin Broucek, M.D, Palanikumar Gunasekar, M.B.B.S, Siv Hour, M.D, Caron Gray, M.D, James F. Smith, Jr. M.D: “Venlafaxine use in a woman with endometriosis” 12th Annual NEI Psychopharmacology Congress in Broadmoor in Colorado Springs, CO November 2016.
7. Vithyalakshmi Selvaraj, Siv Hour MD, Marin Broucek MD, “A survey of psychiatric trainee's attitudes towards improving direct supervision session” accepted by Royal College of Psychiatrists International Congress, June 2016 at London
8. Madhuri Pulluri M.D., Srinivas Dannaram M.D.,Vithyalakshmi Selvaraj M.D., “ QUALITY IMPROVEMENT : Evaluation and Management of Chronic Insomnia in Adult Psychiatric Patients” at Creighton University GME Quality Improvement Symposium 2016.

9. Nicholas Basalay M.D., Paula Jo Malin M.D, Chien Shien Yang M.D., Siv Hour M.D., Vithyalakshmi Selvaraj M.D, “Consult and Liaison Psychiatry: Improving the Quality of Supervision of Resident Physicians” at Creighton University GME Quality Improvement Symposium 2016.
10. Siv Hour, M.D., DeAndre Bluit, M.D., Rick Yang, M.D., Paula Jo Malin, M.D., Imad Alsakaf, M.D., Vithyalakshmi Selvaraj M.D. “Improving the Quality of Supervision between Residents and Attendings: Geriatric Outpatient Rotation” at Creighton University GME Quality Improvement Symposium 2016.
11. Andrew R. Smith, Chien Shien Yang, Siv Hour, Vithyalakshmi Selvaraj, “Quality Improvement: Improving Resident Supervision – Inpatient Psychiatry Rotation” at Creighton University GME Quality Improvement Symposium 2016
12. Madhuri Pulluri M.D., Chien Shien Yang M.D., Rachel Faust M.D., Nathaniel Reich M.D., Soniya Marwaha M.D., MPH , Siv Hour, M.D., Vithyalakshmi Selvaraj M.D., “QUALITY IMPROVEMENT -Improving the Quality of Supervision in Psychiatry Outpatient Rotation” at Creighton University GME Quality Improvement Symposium 2016.
13. Lindsey Smith, D.O., Nathan Maeser, M.D., Chien Shien Yang, M.D., Hind Mary, M.D., Siv Hour, M.D., Vithyalakshmi Selvaraj, MBBS, “Quality Improvement: Improving Supervision Using Templates in Forensic Psychiatry” at Creighton University GME Quality Improvement Symposium 2016.
14. Maria Mojica-Rangel. MSN, APRN, PMHNP-BC, Palanikumar Gunasekar, MBBS, Imad Alsakaf, MD, Vithyalakshmi Selvaraj MD: “Venlafaxine induced neutropenia” 11th Annual NEI Psychopharmacology Congress in Orlando, Florida November 12-15 2015
15. **Vithyalakshmi Selvaraj M.D**, Babuji Gandra, M.D, Palani Kumar MBBS, Imad Alsakaf, M.D. “Lamotrigine for the treatment of restless leg syndrome”. 11th Annual NEI Psychopharmacology Congress in Orlando, Florida November 12-15 2015
16. Siv Hour MD, Joshua Lotfallah MD, Venkata Kolli MD, **Vithyalakshmi Selvaraj MD**: Hematological and weight monitoring in (adult) patients on Lithium, Valproate, and Carbamazepine at Creighton University, Graduate Medical Education Quality Symposium, Omaha, NE May 15 2015
17. Dr. Joshua Lotfallah, Dr. Siv Hour, Dr. Venkata Kolli, Dr. Christopher S. Wichman, **Dr. Vithyalakshmi Selvaraj**: Metabolic Monitoring for Adult Patients on

Antipsychotics at Creighton University, Graduate Medical Education Quality Symposium, Omaha, NE May 15 2015

18. Yon J. Chong, MD, MPH, MBA, Rahul Sharma, MD, Christopher S. Wichman, Ph.D, **Vithyalakshmi Selvaraj M.D:** Monitoring of Stimulant Use in Child and Adolescent Patients with ADHD at Creighton University, Graduate Medical Education Quality Symposium, Omaha, NE May 15 2015

19. Sriram Ramaswamy MD, Vithyalakshmi Selvaraj, MD, David Driscoll PhD, Jayakrishna M Madabhushi, MD, Subhash C. Bhatia, MD. Vikram Yeragani, M.B.B.S., D.P.M., F.R.C.P.(C), “Effects of escitalopram on autonomic function in posttraumatic stress disorder among veterans of Operations Enduring Freedom and Iraqi Freedom (OEF/OIF)” Accepted by European Atherosclerosis Society May 2014 but not presented.

20. **Selvaraj V**, Baskar K, Sur S, Agrawal DK: Intrinsic Serotonergic System in Human Coronary Artery Smooth Muscle Cells: Potential Implication in Coronary Artery Disease. Presented at the 81st annual meeting of the European Atherosclerosis Society, Lyon, France 2-5 June 2013. The abstract was published in June/July 2013 issue of Atherosclerosis

21. Umer Farooq MD, Jayakrishna Madabhushi MD, Venkata Kolli MD, **Vithyalakshmi Selvaraj M.D:** Survey of Physician Attitudes towards Psychogenic Non Epileptic Seizures and Driving at APA- IPS meeting, October 2012.

Teaching (classroom, graduate and professional):

2014 – 2015

- Quality Improvement Project:
Title: Metabolic monitoring among patients on atypical antipsychotic Medications and adherence to guidelines
With: PGY3 Psychiatry Residents during their outpatient training.
- Quality Improvement Project:
Title: Hematological and weight monitoring in adult patients on Lithium, Valproate, and Carbamazepine.
With: Siv Hour, M.D., Psychiatry Resident
- Quality Improvement Project:
Title: Identifying antipsychotic polypharmacy & high dose antipsychotic use at CHI-Alegent-Creighton Psychiatry Clinic and monitoring the adherence to guidelines.
With: Josh Lotfallah, MD, Psychiatry Resident

- **Quality Improvement Project**
Title: Monitoring the adherence to guidelines among Child and Adolescent Patients with Attention Deficit Hyperactive Disorder treated with stimulants.
With: Yon Chung, MD, Psychiatry Resident
- **Course Director: Advanced Psychopharmacology**
Audience: Psychiatry PGY 3 Residents
of Residents: 9
of hours: 10
Role: Responsible for teaching advanced psychopharmacology to the third-year psychiatric residents. Residents were responsible for the presentation of pharmacology topics to the Pharmacy and Therapeutics Committee. Topics analyzed current evidence-based medicine and addressing the pharmacology, risks and benefits, costs (including broader pharmacoeconomic concerns), drug-drug interactions, efficacy, any protocol for use if applicable or appropriate, and other clinical variables that they deem relevant to the analysis. Residents were passed based on their presentation, level of participation in the committee work and ability to answer committee members' questions effectively.

Topics I presented and moderated:

- 1. A request has been made to have Deplin (l-methylfolate) added to the formulary. We need to you provide information on this product. What evidence is there for its use? How does it compare with using folic acid which is on the formulary? Are there alternative agents available? If it remains non-formulary, what would be the NF criteria for its use?*
- 2. There has been an increase in the off label use of metformin and topiramate for the management of weight gain with second generation antipsychotic medications. Please present information, as above, on each of these agents. What is the evidence for this use? Provide guidance to the committee on this combination.*
- 3. Our service has seen an upswing in the co-prescribed use of benzodiazepines and stimulants in the same patients. Please review the existing evidence for this practice and submit a guideline for this practice if it is supported by the evidence.*
- 4. We are seeking to assign "preferred status" to drugs for clinical situations where more than one drug might be chosen. Please make a recommendation as to whether milnacipran or duloxetine should be the preferred agent for patients who have fibromyalgia and depression.*
- 5. The hospital has been asked to add two new antipsychotics to the formulary but can only add one. Which would you recommend we add to the formulary, asenapine or lurasidone, and provide a rationale?*

6. *The committee would like guidance about best options to treat anxious depression. Please provide an opinion whether vilazodone or ssri + buspirone is most beneficial and support your choice.*

7. *Request is for the developemnt of an algorithm to manage insomnia, without the use of benzodiazepines, non-benzodiazepines or antipsychotics, in patients with dependence issues.*

8. *Should Brintellix (vortioxetine) be added to the formulary for the management of depression? If so which agent might it replace? If it remains non-formulary, what would be the NF criteria for its use?*

9. *Should Fetzima, levomilnacipran be added to the formulary for the management of depression? If so which agent might it replace? If it remains non-formulary, what would be the NF criteria for its use?*

- **Course Director Advanced Psychopharmacology**

Audience: Psychiatry PGY 4&5

#: 7

of Hours: 8

Role: Responsible for teaching advanced psychopharmacology to the third-year psychiatric residents. Residents were responsible for the presentation of pharmacology topics to the Pharmacy and Therapeutics Committee. Topics analyzed current evidence-based medicine and addressed the pharmacology, risks and benefits, costs (including broader pharmacoeconomic concerns), drug-drug interactions, efficacy, any protocol for use if applicable or appropriate, and other clinical variables that they deem relevant to the analysis. Residents were passed based on their presentation, level of participation in the committee work and ability to answer committee members' questions effectively.

Topics I presented and moderated:

1. *A request has been made to have asenapine (Saphris) added to the formulary. Should it be added and if so, which agent might it replace? If it remains non-formulary, what would be the NF criteria for its use?*
2. *Please give the committee a review of Suvorexant and an idea of how it will compare to agents already on the formulary.*
3. *The request has been made to add Intuniv to the formulary. We would like you to review this agent and compare and contrast it to other available non-stimulant agents on the formulary for the management of ADHD, including those used in an off-label fashion. Should Intuniv be added and if not what would the non-formulary criteria be?*

4. *When using thyroid medication as an augmenting strategy with antidepressants, is there a true clinical difference in using T3 or T4? Please review these two options (as above), the clinical evidence for each and provide the committee with a recommendation on which product should be preferred.*
 5. *Request is for you to review melatonin to manage insomnia and we would like you to compare and contrast it to other available agents for management of insomnia. Also discuss the role of melatonin in other psychiatric disorders and metabolic syndrome.*
 6. *Please give the committee a review of Riluzole and Ketamine an idea of how it will compare to agents already on the formulary in the management of treatment resistant depression.*
 7. *There has been an increase in the off label use of metformin and topiramate for the management of weight gain with second generation antipsychotic medications. Please present committee a review on Quisma – Phentermine and Topiramate and its use in psychiatric patients.*
- **Course Director: Psychiatric Interventions Among Special Population**
Audience: PGY4 & PGY5 Psychiatry Residents
of Residents: 7
of Hours: 20 hours (2/11/15 – 6/24/15)
Role: Responsible for construction of course and obtaining lecturers (20 hours of lecture).
Lectures I gave:
 - Psychopharmacology & Traumatic Brain Injury*
 - Psychopharmacology During Pregnancy*
 - Psychopharmacology and the HIV Patient*
 - Brain Stimulation Therapies for Treatment Resistant Depression*
 - Herbal Psychopharmacology*
 - Psychopharmacology & Aggressive/Self-Injurious Intellectually Disabled Adults*
 - Psychopharmacology & Sexual Dysfunction*
 - Combining Psychotherapy & Psychopharmacology*
 - **Course Director: Evidence Based Medicine Primer**
Audience: PGY I Psychiatry Residents
of Residents: 8
of Hours: 2 hours
Role: I am responsible for teaching evidence based medicine to the PGY I Psychiatry Residents.
Lectures given: Approach to reading the literature
Evidence based medicine primer
 - **Course Director: Evidence Based Medicine**
Audience: PGY 4 & 5 Psychiatry Residents

of Residents: 7

of Hours: 4 hours

Role: I am responsible for teaching evidence based medicine to the PGY 4 Psychiatry Residents.

Lectures I gave: Evidence based medicine Primer

How to read critically & appraise an article: Didactics

How to read critically appraise an article: Practice appraising articles. (2 hours)

2012 – 2018

- Course Director: Primary Care Mental Health Integration

Audience: PGY4 Psychiatry Residents

of Residents: varies from 6-9

of hours: 6 (reduced to 4 since 2014)

Lectures I gave: Primary Care–Mental Health Integration Program Overview

Diagnostic Dilemmas of Psychiatric disorders in Medical setting

Psychopharmacology in Medical setting

Mood disorders in Primary care

Role: I am responsible for teaching primary care integration to the PGY 4

Psychiatry Residents and obtaining lecturers. I compose Power Point

presentations and deliver the didactics for the course.

- Course Director: Women's Mental Health

Audience: Obstetrics and Gynecology Resident Physicians

of Residents: 16

of hours: 6 hours

Lectures I gave: 2 hours each: Mood Disorders in Women of Child Bearing Age

Insomnia In Women Across The Lifespan: A Wake Up Call

Risks Associated With Pharmacotherapy During Pregnancy

Role: I am responsible for teaching women's mental health issues to the

CU OB/GYN Residents. I compose Power Point presentations and

deliver the didactics for the course. I work closely with the residents and my office is located within the OBGYN clinic.

2010 – 2015

- Course Director: Psychiatric Syndromes

Audience: Psychiatry PGY-1 Residents

of Residents: Varies each year between 8- 12 residents

of hours: 29 hours (29 50-minute lectures)

Role: Responsible for construction of course (August- April)

Provided topic of lecture to recruited lecturers;

Construct final exam and passing score is 70%.

Lectures I gave: Psychiatric Criteria and Interviewing

Management of Major Depressive Disorder

Bipolar Disorder

Management of Bipolar Disorder
Schizophrenia
Other Psychotic Disorders
Obsessive Compulsive Disorder
Somatoform Disorders
Management of Somatoform Disorders
Phobic Disorders
Sexual and Gender Identity Disorder
Eating Disorders
Management of Eating Disorders
Dissociative Disorders
Delirium
Dementia
Psychopharmacology of Violence-1
Psychopharm-1
Panic Disorders

- **Course Director: Psychopharmacology**
Audience: Psychiatry PGY-1 Residents
of Residents: Varies each year from 8-11 residents
of hours: 25(25 50-minute lectures)
Role: Responsible for construction of course, securing lecturers
(December - June)
Provided topic of lecture to recruited lecturers, construct
final exam. Passing score is 70% and I provide further tutoring to our
residents when they fail the test and they are re-tested before they pass the
course.
Lectures I gave: Psychopharmacology of Violence-1
Body Dysmorphic Disorder
Eating Disorders
Psychopharmacology of Violence-2
Schizophrenia and antipsychotic medications-1
Schizophrenia and antipsychotic medications-2
Pharmacokinetics of psychotropic drugs
Psychopharmacology of sexual dysfunction
Psychopharmacology of Insomnia
Panic Disorders
Personality Disorders
What's New in PsychoPharmacology
Psychopharmacology of Dementia

Above courses (Psychiatric Syndromes and Psychopharmacology) were
combined in 2014 for a total of 42 hours.

- **Co-Course Director Motivational Enhancement Therapy**
Audience: PGY 1 Psychiatry Residents

of Residents: Varies each year from 8-11 residents

of hours: 6 hours

Lectures: Motivation enhancement therapy Basics and Beyond 2 hours

Role: Co-Course director responsible for teaching motivational enhancement therapy. I assist in the didactics of the course and final exam. Passing score is 70% and I provide further tutoring to our residents when they fail the test and they are re-tested before we pass the resident physician.

Co-Course Director: Imad Alsakaf, MD

- **Co-Course Director : Supportive Psychotherapy**
Audience: PGY1 Psychiatry Residents
of Residents: Varies each year from 8-11 residents
of hours: 6 hours
Lectures: Supportive Psychotherapy Training Part I/ The Basics 2 hours
Role: Co-Course director
I'm responsible for teaching supportive psychotherapy with Dr. Alsakaf. We compose Power Point presentations, assist in the didactics of the course and construct final exam. Passing score is 70% and I provide further tutoring to our residents when they fail the test and they are re-tested before we pass the resident physician.
Co-Course Director: Imad Alsakaf, MD
- **Co-Course Director: Addiction Psychiatry**
Audience: PGY 1 Psychiatry Residents
of Residents: Varies each year from 8-11 residents
of hours: 8 hours
Lectures: Cannabis & Inhalants Use Disorders
Stimulants use disorder and treatment
Role: Co-Course director responsible for teaching addition psychiatry. I compose Power Point presentations, assist in the didactics of the course and construct final exam. The passing score is 70% and I provide further tutoring to our residents when they fail the test and they are re-tested before we pass the resident physician.
Co-Course Director: Imad Alsakaf, MD
- **Psychotherapy Supervisor 2010 till 2015**
Audience:
of Residents: One resident per year since 2010.
Role: I am one of the psychotherapy supervisors for Psychiatry Residents I meet with them once every week for an hour to discuss their therapy patients, watch them provide psychotherapy and to teach them psychotherapy techniques. We also do role play where I ask the resident to interview me vs. me interviewing the residents.
- **Clinic Supervisor: Psychiatry Research and Outpatient Clinic,**

Supervise between 3-7 Psychiatry PGY3 Residents at 3528 Dodge Street in their Adult Continuity Clinic and Outpatient Clinics. This clinic provides outpatient services to patients with psychiatric symptoms. This includes diagnostic evaluations and medication recommendations. Days/Times: Monday – Friday; 8:00 am. - Noon Tuesday 1 to 5 pm at Women's' Mental Health clinic.

- **Psychiatry Elective Rotation Director**
Audience: PGY3 and PGY4 Psychiatry Residents
of students: 12 Residents have rotated through my electives
of hours: 1 month rotation
Electives: Research Clinic Elective
Primary Care Mental Health Clinic Elective
Women's Mental Health Clinic Elective
Research Elective Rotation
Psychotherapy Elective Rotation
Partial Hospitalization Elective Rotation since 2015

2012 – 2014

- *Course Director: Ethics in Psychiatry*
Audience: Psychiatry PGY-3 Residents
of Residents: Varies each year between 8- 12 residents
of hours: 4 hours
Role: Responsible for construction of course
Provided topic of lecture to recruited lecturers;
Lectures I gave:
Opinions of the Ethics Committee on The Principles of Medical Ethics
Ethically complex issues: The Physician's Role in Determining Disability
Ethically complex cases: Case Discussion (2 hours)

2006 – 2012

- **Small Group Leader M1 – M2 Behavioral Science courses**
Audience: First and Second Year Medical Students
of Students: approximately 15 students per group
of hours: varies by year; currently a substitute when needed
Course Director: Robert Coleman, PhD
- **Moderator: M4 Ethics Course (2010-2012)**
Audience: Fourth-year Medical Students
of Students: 125
of hours: 2
Course Director: Tom Svolos

2012 - 2018

- Consultation/Liaison Substitute Attending
Audience: M3, M4, Psychiatry and Family Practice Residents on the Consultation/Liaison Service
of Residents: 3 – 4 per month
of hours: varies; cover for Dr. PJ Malin when she is on leave
- Inpatient Psychiatry Substitute Attending
Audience: M3, M4, Psychiatry Residents, Pharmacy Residents, Nursing students on the Inpatient Psychiatry Service
of Residents: 3 – 4 per month
of hours: varies; cover for Dr. Alsakaf and Dr. Diercks when they are on leave

2014

- Course Director: Research in Psychiatry
Audience: PGY 4
of Residents: 8
of hours: 5
Lectures I gave: Approach to Reading the Literature – Evidence-Based Medicine Primer
Statistics and Experimental Design – Part 1
Statistics and Experimental Design – Part 2

2011 – 2013

- Course Director: Cognitive Behavioral Therapy
Audience: PGY2 Psychiatry Residents
of Residents:
of hours: 17 hours
Didactics: Demonstrate techniques of cognitive behavioral therapy on a live patient. (5 hours lecture; 3 hours demonstration of therapy; 3 hours role play between residents; 4 hours of residents practicing therapy on a live patient; 2 hours testing)
Role: I am responsible for teaching cognitive behavioral therapy to the PGY2 Psychiatry residents. Also, involved is 1.3 hours of testing per individual resident. I compose Power Point presentations and deliver the didactics for the course.
Lectures I gave: CBT Training Part I / The Basics
CBT Training Part II / The Basics
Cognitive Distortions
Identifying and working on Negative Automatic Thoughts
Identifying and working on Core Beliefs
- Lecturer: Research in Psychiatry
Course Directors: William J. Burke, MD and Frederick Petty, PhD MD (2012-2013)
Audience: PGY 4
of Residents: varies 6 - 8

of hours: 5

*Lectures I gave: Approach to Reading the Literature – Evidence-Based
Medicine Primer*

Statistics and Experimental Design – Part 1

Statistics and Experimental Design – Part 2

2010 – 2012

- **Course Director: Psychiatric Disorders in the Medical Setting**
Audience: Creighton University Internal Medicine Residency Program
of Residents: Variable between 6-10
of hours: 10 hours; Course taught: once a month
Lectures I gave:
 - Depression in Primary Care settings and Management of Mood Disorder*
 - Anxiety in Primary Care settings and Management of Anxiety Disorder*
 - Management of Insomnia*
 - Management of pain disorder: How do you manage “difficult patients”?**Role: Course director responsible for teaching psychiatric disorders relevant to Internal medicine residents. I compose Power Point presentations and lecture the residents every month during their morning reports at VA hospital.*
- **Clinic Supervisor: Ambulatory Rotation for Creighton University Internal Medicine Residency Program**
Supervise Internal Medical Residents at the Omaha Veteran’s Medical Center
Supervise (#) 2-3 Internal Medicine Residents every month in my Primary Care – Mental Health Integration Outpatient Clinic at the Omaha Veteran’s Medical Center. This clinic provides outpatient services to patients with psychiatric symptoms in the Primary Care Clinic. This includes diagnostic evaluation and medication recommendation which is rather brief (2-4 visits only).
Days/Times: Monday – Friday; 1PM -5 PM
of Residents: 2-3 Internal Medicine Residents Once a week on a month long rotation
- **Course Director: Nebraska Western Iowa Resident Leadership Course**
Audience: Creighton University Internal Medicine Residents
of Residents: 4
of hours: 18 sessions
Lectures:
Role: Course director responsible for teaching leadership skills to Internal Medicine Residents. I compose Power Point presentations, form case vignettes, and send it to the residents over the weekend. We meet once a week for leadership sessions. We discuss what went wrong with the scenario and what principle should have been applied for a better outcome.
Other Course Moderators: Ray Swartz

Lectures I gave:

Developing Resident Leadership: Introduction
Leader Development Framework
Leader Self Awareness- Situational Judgments-Part 1
Leader Self Awareness- Situational Judgments & Summary-Part 2
Full Range Leadership Model
Transformational Leadership
Unit Effectiveness and Transformational Leadership
Willingness to Expend Extra Effort & Transformational Leadership
Guiding Leader Development Framework
Key Attributes for organizational success
Characteristics Inhibiting Excellence
“Building a Culture of Quality & Safety”
High performing Medical/Mental Health Institutions
Collaboration Between organizational units
Process Issues within organizations
Promoting Effective Communications & Situational Awareness
Taking & Promoting Ownership
Vignettes on Full range Leadership styles
Full range Leadership Model & Applications
Authentic Leadership & Discussions within in NWI-VA Executives

- *Course Director: Psychiatric Disorders in the Medial Setting*
Audience: University of Nebraska Internal Medicine Residents
of Residents: Variable between 6-10
of hours: 10 hours; Course taught: once every 3 months
Lectures I gave:

Depression in Primary Care settings and Management of Mood Disorder
Anxiety in Primary Care settings and Management of Anxiety Disorder
Management of Insomnia
Management of pain disorder: How do you manage “difficult patients”?

Role: Course director responsible for teaching psychiatric disorders relevant to I Internal Medicine residents. I compose Power Point presentations and lecture the residents every 3 month at VA hospital.

- *Co-Course Director: Advanced Addictions (2010-2012)*
Audience: PGY 4 Psychiatry Residents
of Residents: Between 6-9
of hours: 8 hours
Role: Co-Course director responsible for teaching advanced addictions to Psychiatry PGY 4 Residents. I compose Power Point presentations, assist in the

didactics of the course and construct final exam with Dr. Alsakaf. The passing score is 70% and I provide further tutoring to our residents when they fail the test and they are re-tested before we pass the resident physician.

Co-Course Director: Dr. Alsakaf

- Course Director: NWI Resident Leadership Course

Audience: Psychiatry Residents

of Residents: 9 in each group.

of hours: 18

Lectures I gave:

Developing Resident Leadership: Introduction

Leader Development Framework

Leader Self Awareness- Situational Judgments-Part 1

Leader Self Awareness- Situational Judgments & Summary-Part 2

Full Range Leadership Model

Transformational Leadership

Unit Effectiveness and Transformational Leadership

Willingness to Expend Extra Effort & Transformational Leadership

Guiding Leader Development Framework

Key Attributes for organizational success

Characteristics Inhibiting Excellence

“Building a Culture of Quality & Safety”

High performing Medical/Mental Health Institutions

Collaboration Between organizational units

Process Issues within organizations

Promoting Effective Communications & Situational Awareness

Taking & Promoting Ownership

Vignettes on Full range Leadership styles

Full range Leadership Model & Applications

Authentic Leadership & Discussions within in NWI-VA Executives

Role: I compose Power Point presentations, form case vignettes, and send it to the residents over the weekend. We meet twice a week for 30 minutes sessions.

Lectures followed by discussions on what went wrong with the presented scenario and what principle should have been applied for a better outcome.

- Course Director: NWI Resident Leadership Course

Audience: UNMC Surgery Residents

of Residents: variable between 8-16

of hours: 18

Lectures: We meet once a week for 30 minutes sessions. Dr. Jason Johanning presented the material to his residents and I moderate the sessions.

Co-Course Director: Dr. Jason Johanning

- Insomnia Group Omaha VA

2010-2012

Audience: Veterans (patients)

of Veterans: variable between 10-40 veterans per session

of hours: 4 hours every month

Lectures I gave:

Introduction to Insomnia

Insomnia: Evaluation and Management

Non Pharmacological Treatment of Insomnia

Pharmacological Treatment of Insomnia

Patient education is a critical component in caring for our patients. I'm a big believer of promoting self-efficacy. Through patient education I was able to alter my patient's health behaviors to improve their health status. Since I enjoy teaching, I wanted to incorporate structured educational sessions for my patients who were struggling with insomnia. It was so much fun to watch my program grow. VA staff members and physicians started attending my group as well. I offered this program for about 2 years.

- Pain management Group

2010-2012

Audience: Veterans (patients)

of Veterans: variable between 10-40 veterans per session

of hours: 4 hours every month

Lectures I gave:

Introduction to Pain

Pain: Evaluation and Management

Non Pharmacological Treatment of Pain

Relaxation techniques and Pacing

Graduate and Honors Student Theses: dates

- Clinical and Translation Science (CTS) Graduate Program Major Advisor:
Besides training Creighton Psychiatry residents, Obstetrics and Gynecology residents, Internal Medicine and Surgery residents I'm very pleased that I mentor Clinical and Translation Science (CTS) Graduate Program students at Creighton University. One of my CTS graduate students, Kannan Baskar, MBBS, completed Master of Science in CTS under my major advisorship and guidance. We published the original research article, entitled "Functional Constituents of a Local Serotonergic System Intrinsic to Human Coronary Artery Smooth Muscle Cells" and I presented this work on Intrinsic Serotonergic System in Human Coronary Artery Smooth Muscle Cells: Potential Implication in Coronary Artery Disease at the 81st annual meeting of the European Atherosclerosis Society, Lyon, France 2-5 June 2013. Currently, I'm also the major advisor of another Master of Science in CTS student, Stacey Sigmon, who just completed her requirements in April 2016. Her

project “The Role of Vitamin D and Quetiapine -induced Weight Gain” was completed in September 2015 and we are working on the manuscript preparation.

Service to the University, the Profession and Community:

The University:

Creighton School of Medicine Distinguished Lecture Series Committee	July 2015
Core Faculty Member, Department of Psychiatry, CU SOM	2014 - 2019
Committee on Governance and Administration, CUSOM	2014 - 2019
Education Committee, Creighton-Nebraska Psychiatry Residency Program	2014 - 2015
Program Evaluation Committee, Creighton-Nebraska Psychiatry Residency Program	2014 - 2015
Curriculum Redesign Committee, Creighton-Nebraska Psychiatry Residency Program	2014 - 2015
Clinical Competency Committee, Creighton-Nebraska Psychiatry Residency Program	2014 - 2015
Interviewer for Psychiatry Residency Candidates, Creighton-Nebraska Residency Program	2011 - 2017
Interviewer for Medical Student Admission, Creighton University	2011 - 2019
Recruitment Task Force Committee, Creighton-Nebraska Residency Training	2008 - 2012

The Profession:

Program Committee Chair (Re-elected) Women in Medicine and Science	2015 - 2019
Treasurer, Nebraska Psychiatric Society	2015 - 2017
Secretary, Nebraska Psychiatric Society	2015 - 2017
Chair, Women in Medicine and Science (WIMS) Program Committee	2013 - 2015
NWI Pain Management Committee, Omaha Veterans’ Affairs Medical Center	2011 - 2012
V23 Homelessness Committee, Omaha Veterans’ Affairs Medical Center	2011 – 2012
Peer Review Committee, Omaha, Veterans’ Affairs Medical Center	2010 – 2012
Mental Health Strategic Planning Committee Omaha, Veterans’ Affairs Medical Center	2010 - 2012
Site Leader, Patient Aligned Care Team (PACT), Omaha Veterans’ Affairs Medical Center	2010 – 2012
Leadership Skill Development Committee, Omaha Veterans’ Affairs Medical Center	2011 - 2012

The Community:

Girls Scout troop: Thank you Chair	2013 - 2015
Food Sponsor: Through the restaurants that I own in Omaha and Minneapolis, I sponsor events for local homeless shelters and contribute to several mental health groups.	2008 - Present
Food Sponsor for Hindu Temple	2008 - 2012
Counsellor: I served as a counsellor after the Von Maur shooting to Reduce Post -Traumatic Stress	2007
Scholarship Sponsor: I founded a merit scholarship in my middle school in India which targets female children between grades six through twelve that covers their educational experience for an academic year.	2001 - Present
Pulse Polio Immunization Program	1998 - 2002
Science Exhibitions: I conducted several science exhibitions that targeted pollution and environmental protection; health awareness camps both in high school and medical school.	1998 - 2000
Outreach Program for Women: Outreach program to educate women about proper contraception, health practices, and infant care.	1996 - 2002