

Jason B. Ochroch, M.D.

Curriculum Vitae



CONTACT

Jason.Ochroch@gmail.com
(215) 870 – 1369

EDUCATION

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| M.D. | Thomas Jefferson University
Jefferson Medical College
Philadelphia, PA | 08/2010 – 05/2014 |
| B.S. | The Pennsylvania State University
Schreyer Honors College
State College, PA
Honors in Veterinary and Biomedical Sciences
Bachelor of Sciences in Biology (Neuroscience) | 08/2006 – 05/2010 |

POSTGRADUATE TRAINING

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| Fellowship in Regional Anesthesia and Acute Pain Medicine
University of Pennsylvania
Philadelphia, PA | 07/2018 – 06/2019 |
| Residency in Anesthesiology and Critical Care
University of Pennsylvania
Philadelphia, PA | 06/2015 – 06/2018 |
| Internship in Anesthesiology and Critical Care
University of Pennsylvania
Philadelphia, PA | 06/2014 – 06/2015 |

WORK EXPERIENCE

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| Assistant Professor
Department of Anesthesiology and Critical Care
Perelman School of Medicine
University of Pennsylvania
Philadelphia, PA | 07/2019 – Present |
| Instructor
Department of Anesthesiology and Critical Care
Perelman School of Medicine
University of Pennsylvania
Philadelphia, PA | 07/2018 – 06/2019 |

LICENSURES & CERTIFICATIONS

American Board of Anesthesiology Board Certified Diplomate	2019
Clinical Research Certification Center for Clinical Epidemiology and Biostatistics University of Pennsylvania, Philadelphia, PA	2019
Pennsylvania Medical Board Licensure	2018
Advanced Cardiovascular Life Support (ACLS), certified provider	2014

HONORS & AWARDS

Appointment, Educational Subcommittee on Regional Anesthesia & Acute Pain American Society of Anesthesiologists	2022 – 2023
'Top 10' RAPM Article of 2020 (#2 Altmetric Score) Regional Anesthesia and Pain Medicine Journal Ochroch et al., RAPM 2020; 45:799-804.	2020
ASRA Resident/Fellow of the Year Award American Society of Regional Anesthesia and Pain Medicine	2019
Appointment, Resident Section Committee American Society of Regional Anesthesia and Pain Medicine	2017 – 2019
The Foerderer Award for International Study Thomas Jefferson University, Philadelphia, PA	2011
Schreyer Honors Scholar in Veterinary and Biomedical Sciences Pennsylvania State University, State College, PA	2010
Phi Beta Kappa Honors Society Pennsylvania State University, State College, PA	2010
Dean's List Pennsylvania State University, State College, PA	2006 – 2010

LEADERSHIP EXPERIENCE

Anesthesia Residency Clinical Competency Committee Intern (CA-0), CA-2, and CA-3 Subcommittees Perelman School of Medicine, Philadelphia, PA	07/2020 – Present
Anesthesia Interest Group Faculty Leader Medical Student Supervisor and Mentor Perelman School of Medicine, Philadelphia, PA	05/2020 – Present
Geriatric Hip Fracture Disease Team Anesthesiology Leader Penn Presbyterian Medical Center, Philadelphia, PA	02/2020 – Present
Anesthesia Intern (CA-0) Curriculum Leader Anesthesia Intern Curriculum Leader and Mentor Penn Presbyterian Medical Center, Philadelphia, PA	10/2019 – Present
Facility Leader, Physician Coordinator Perioperative Clinical Simulations Penn Medicine University City, Philadelphia, PA	03/2019 – Present
Anesthesia Toolbox Project Steering Committee Regional Anesthesia & Acute Pain, Resident and Fellow Curriculum Anesthesia Toolbox Project, Portland, OR	04/2019 – 3/2022

COVID-19 Clinical Emergency Committee PPMC Floor and Surge ICU Subcommittee Penn Presbyterian Medical Center, Philadelphia, PA	03/2020 – 12/2020
COVID-19 Anesthesia Sub-I Online Course Director ANES 602-O Course Director and Faculty Preceptor Perelman School of Medicine, Philadelphia, PA	04/2020 – 07/2020
CA-1 'Residency Survival Guide' Leader Resident Orientation Committee University of Pennsylvania, Philadelphia, PA	02/2018 – 06/2018
Team Leader, Quality Improvement Project Improving OR Controlled Substance Disposal University of Pennsylvania, Philadelphia, PA	10/2015 – 06/2016
Student-President and Hospital Liaison TJU Sustainability Council Thomas Jefferson University, Philadelphia, PA	02/2011 – 05/2014
President and Presenter History of Medicine Society Thomas Jefferson University, Philadelphia, PA	10/2011 – 05/2014
Organization Chairman Penn State Dance Marathon Pennsylvania State University, State College, PA	02/2007 – 02/2010

PROFESSIONAL MEMBERSHIPS & COMMITTEES

American Society of Regional Anesthesia and Pain Medicine	12/2016 – Present
Resident Section Committee	04/2017 – 04/2019
Resident Education Subcommittee	04/2017 – 04/2019
Resident Newsletter Subcommittee	04/2017 – 04/2019
American Society of Anesthesiologists	04/2013 – Present
Educational Subcommittee on Regional Anesthesia & Acute Pain	10/2022 – Present
Pennsylvania Society of Anesthesiologists	04/2013 – Present

PUBLICATIONS

- Jason B Ochroch** and Mark D Neuman. Hip Fractures and Regional Anesthesia (Ch 27) in Elkassabany, N, and Nada, E (Eds.) *Regional Anesthesia and Acute Pain Medicine: A Problem-Based Learning Approach*. Oxford Press, New York. **In press, 2022.**
- Jason B Ochroch**, Asad Usman, Jesse Kiefer, Danielle Pulton, Ronak Shah, Taras Grosh, Saumil Patel, William Vernick, Jacob T Gutsche, and Jesse Raiten. Reducing Opioid Use in Patients Undergoing Cardiac Surgery: Preoperative, Intraoperative, and Critical Care Strategies. *Journal of Cardiothoracic and Vascular Anesthesia* 2021; 35(7):2155-2165.
- Jason B Ochroch**, Victor Qi, Taras Grosh, Veena Graff, Charles Nelson, Ignacio Badiola, Craig Israelite, and Nabil Elkassabany. Analgesic efficacy of adding the IPACK block to a multimodal analgesia protocol for primary total knee arthroplasty. *Regional Anesthesia & Pain Medicine Journal* 2020; 45:799-804.

- Mark D Neuman, Nabil M Elkassabany, **Jason B Ochroch**, Craig Newcomb, Colleen Brensinger, Samir Mehta, Lakisha Gaskins, and Meghan Lane-Fall. Nerve Block Use after Hip Fracture Versus Elective Hip or Knee Arthroplasty: Retrospective Analysis. *Journal of the American Geriatrics Society* 2020; 68(4):835-840.
- Jason B Ochroch** and Lisa Warren. Advanced Principles of Ultrasound. Regional Anesthesia Curriculum, Anesthesia Toolbox Project. www.anesthesiatoolbox.com. Published May 25th, 2019.
- Nabil M Elkassabany, Anthony Wang, **Jason B Ochroch**, Matthew Mattera, Jiabin Liu, and Andrew Kuntz. Improved quality of recovery from ambulatory shoulder surgery after implementation of a multimodal perioperative pain management protocol. *Pain Medicine* 2019; 20(5):1012-1019.
- Jason B Ochroch** and Brian A Williams. Rebound pain after a nerve block wears off. American Society of Regional Anesthesia and Pain Medicine News. Pittsburgh, PA, May 2018.
- Jason B Ochroch** and Gaurav Malhotra. Blood and Blood Products: Infections (Ch 100) in Fleisher, L. (Ed.) Complications in Anesthesia. Elsevier, New York, 2017.
- Jason B Ochroch**, Amanda J Bressler, Hongyan Yang, Dennis L Murphy, Stefanie C Altieri, and Anne M Andrews. 2'-NH₂-MPTP: A Serotonin and Norepinephrine Neurotoxin (pp 327-346) in Kostrzewa, R. (Ed.) Handbook of Neurotoxicity. Springer, New York, 2014.
- Jason B Ochroch** and Anne M Andrews. Brain Serotonin: Studies of Neurogenesis, Neurotransmission, and Neurotoxicity. In: Dept. of Veterinary and Biomedical Sciences, p 148. Pennsylvania State University Schreyer Honors College, State College, PA, 2010.

ABSTRACTS & PRESENTATIONS

NATIONAL & INTERNATIONAL

- Geriatric Hip Fractures: Neuraxial and Regional Considerations. American Society of Anesthesiologists Annual Meeting. New Orleans, LA. Presented October 22nd and 23rd, 2022.
- Improving Uptake of Regional Anesthesia for Pain Management after Hip Fracture in the US. Fragility Fracture Network 9th Global Congress. Virtual. Presented September 30th, 2021.
- The effect of femoral nerve block versus adductor canal block on the quality of recovery for revision total knee arthroplasty. 44th Annual Regional Anesthesiology & Acute Pain Medicine Meeting. Las Vegas, NV. Presented April 11th, 2019.
- The analgesic efficacy of adding the IPACK block to a multimodal analgesia protocol for primary total knee arthroplasty. 44th Annual Regional Anesthesiology & Acute Pain Medicine Meeting. Las Vegas, NV. Presented April 11th, 2019.
- Assessing patients' willingness to pay for extending analgesic benefits of peripheral nerve blocks for shoulder arthroscopy. ASRA's World Congress on Regional Anesthesia and Pain Medicine. New York City, NY. Presented April 20th, 2018.

STATE & LOCAL

- Geriatric Hip Fracture Pathways. International Geriatric Fracture Society Site Visit, Penn Presbyterian Medical Center. Philadelphia, PA. Presented June 3rd, 2022.
- Pediatric Trauma Case Report and Overview. CRNA Grand Rounds, Department of Anesthesiology and Critical Care, University of Pennsylvania. Philadelphia, PA. Presented June 3rd, 2021.

Analgesic efficacy of adding the IPACK block for total knee arthroplasty. Department of Anesthesiology and Critical Care Grand Rounds, University of Pennsylvania. Philadelphia, PA. Presented February 25th, 2021.

Research Updates in Primary and Revision Knee Arthroplasty. Research in Progress Seminar (RIPS), Hospital of the University of Pennsylvania. Philadelphia, PA. Presented May 30th, 2019.

Assessing patients' willingness to pay for extending analgesic benefits of peripheral nerve blocks for shoulder arthroscopy. Pennsylvania Anesthesia Resident Research Conference. Philadelphia, PA. Presented May 19th, 2018.

Assessing patients' willingness to pay for extending analgesic benefits of peripheral nerve blocks for shoulder arthroscopy. Department of Anesthesiology and Critical Care Grand Rounds, University of Pennsylvania. Philadelphia, PA. Presented March 29th, 2018.

PEER REVIEWS

PERIOPERATIVE MEDICINE JOURNAL

03/2021 – Present

Peer Reviewer: Wang et al., "Analgesic effect of iliopsoas plane block for hip fracture."

Peer Reviewer: Cunningham et al., "Prevalence, risk factors and complications associated with hyponatremia following elective primary hip and knee arthroplasty."

ANESTHESIA TOOLBOX PROJECT

11/2020 – Present

Peer Reviewer and Content Editor: Bidanjiri and Spofford, "Neuraxial Anatomy Module."

SIMULATIONS & WORKSHOPS

Laryngospasm. Interdisciplinary simulation session, Penn Presbyterian Medical Center. Philadelphia, PA. Simulation session November 3rd, 2022.

Introduction to Airway Management. Anesthesia Intern workshop leader, Penn Presbyterian Medical Center. Philadelphia, PA. October 20th, 2022.

Laryngospasm. Interdisciplinary simulation session, Penn Medicine University City. Philadelphia, PA. Simulation session June 30th, 2022.

Ultrasound Physics and Knobology. Anesthesia Intern workshop leader, Penn Presbyterian Medical Center. Philadelphia, PA. November 11th, 2021.

COVID-19 Respiratory Emergencies. Interdisciplinary simulation session, Penn Presbyterian Medical Center. Philadelphia, PA. Simulation session April 3rd, 2020.

COVID-19 ER to OR Transport. Interdisciplinary simulation session, Penn Presbyterian Medical Center. Philadelphia, PA. Simulation session March 31st, 2020.

Anesthetics and Analgesics. Brain and Behavior small group facilitator, Perelman School of Medicine. Philadelphia, PA. Workshop March 24th, 2020.

Beach Chair Position. Interdisciplinary simulation session, Penn Medicine University City. Philadelphia, PA. Simulation session September 29th, 2019.

Wrong-Site Nerve Blocks. Periop Nursing group facilitator, Penn Medicine University City. Philadelphia, PA. Presented June 20th, 2019.

Cardiac Arrest with Limited Staffing and Resources. Interdisciplinary simulation session, Penn Medicine University City. Philadelphia, PA. Simulation session May 30th, 2019.

Ninth Annual Ultrasound-Guided Cadaver Course for Regional Anesthesia. Small group facilitator, Penn State College of Medicine. Hershey, PA. May 4th-5th, 2019.

Induction agents and analgesics. Brain and Behavior small group facilitator, Perelman School of Medicine. Philadelphia, PA. Workshop March 20th, 2019.

Postoperative Hypoxemia and Cardiac Arrest. Interdisciplinary simulation session, Penn Medicine University City. Philadelphia, PA. Simulation session March 14th, 2019.

Local Anesthetic Systemic Toxicity (LAST). Periop Nursing In-Service presentation and simulation session, Penn Medicine University City. Philadelphia, PA. Simulation session October 25th, 2018.

Eighth Annual Cadaver and Ultrasound Workshop for Regional Anesthesia. Small group facilitator, University of Pennsylvania. Philadelphia, PA. May 12th, 2018.

Peripheral IV Access. Anesthesia Interest Group, Perelman School of Medicine. Philadelphia, PA. Workshop December 13th, 2017.

Airway Management and Intubations. Anesthesia Interest Group, Perelman School of Medicine. Philadelphia, PA. Workshop October 14th, 2016.

Peripheral IV Access. Anesthesia Interest Group, Perelman School of Medicine. Philadelphia, PA. Workshop December 10th, 2015.

LECTURES

Careers in Anesthesia. Anesthesia interest group lecture series, Perelman School of Medicine. Philadelphia, PA. Presented November 3rd, 2022.

Visceral and Somatic Pain. Regional anesthesia and acute pain medicine lecture series, Penn Presbyterian Medical Center. Philadelphia, PA. Presented September 19th, 2022.

Ambulatory Regional Anesthesia. Anesthesiology resident lecture series, Hospital of the University of Pennsylvania. Philadelphia, PA. Presented March 23rd, 2022.

Local Anesthetic Pharmacology and Management of Local Anesthetic Systemic Toxicity. Anesthesiology resident lecture series, Hospital of the University of Pennsylvania. Philadelphia, PA. Presented November 3rd, 2021.

Local Anesthetic Pharmacology and Management of Local Anesthetic Systemic Toxicity. Orthopedic Surgery resident lecture series, Penn Presbyterian Medical Center. Philadelphia, PA. Presented August 16th, 2021.

Ambulatory Regional Anesthesia. Anesthesiology resident lecture series, Hospital of the University of Pennsylvania. Philadelphia, PA. Presented April 28th, 2021.

Malignant Hyperthermia. Periop Nursing In-Service presentation, Penn Presbyterian Medical Center and Penn Medicine University City. Philadelphia, PA. Presented January 28th, 2021.

Local Anesthetic Pharmacology and Management of Local Anesthetic Systemic Toxicity. Anesthesiology resident lecture series, Hospital of the University of Pennsylvania. Philadelphia, PA. Presented December 17th, 2020.

Local Anesthetic Pharmacology and Management of Local Anesthetic Systemic Toxicity. CA-0 Anesthesia Resident Didactic, Penn Presbyterian Medical Center. Philadelphia, PA. Presented December 9th, 2020.

Local Anesthetic Pharmacology and Management of Local Anesthetic Systemic Toxicity. Orthopedic Surgery Resident didactic, Penn Presbyterian Medical Center. Philadelphia, PA. Presented August 21st, 2020.

Ambulatory Regional Anesthesia. Anesthesiology resident lecture series, Hospital of the University of Pennsylvania. Philadelphia, PA. Presented May 6th, 2020.

Malignant Hyperthermia. Periop Nursing In-Service presentation, Penn Medicine University City. Philadelphia, PA. Presented February 20th, 2020.

ASA Standards of Monitoring. CA-0 Anesthesia Resident didactic, Penn Presbyterian Medical Center. Philadelphia, PA. Presented February 13th, 2020.

Airway Management in Trauma. Perioperative Nursing Trauma Workshop, Penn Presbyterian Medical Center. Philadelphia, PA. Presented December 7th, 2019.

Local Anesthetic Pharmacology and Management of Local Anesthetic Systemic Toxicity. CA-0 Anesthesia Resident didactic, Penn Presbyterian Medical Center. Philadelphia, PA. Presented December 5th, 2019.

Local Anesthetic Pharmacology and Management of Local Anesthetic Systemic Toxicity. Orthopedic Surgery Resident didactic, Penn Presbyterian Medical Center. Philadelphia, PA. Presented August 17th, 2019.

Regional Anesthesia for the Upper Extremity. Anesthesiology resident lecture series, Hospital of the University of Pennsylvania. Philadelphia, PA. Presented May 8th, 2019.

Anesthetic Choices for Dialysis Access Surgery. Critical Appraisal of the Medical Literature lecture series, Perelman School of Medicine's Center for Clinical Epidemiology and Biostatistics. Philadelphia, PA. Presented April 22nd, 2019.

Local Anesthetic Pharmacology and Management of Local Anesthetic Systemic Toxicity. Orthopedic Surgery Resident didactic, Penn Presbyterian Medical Center. Philadelphia, PA. Presented February 8th, 2019.

Wrong-Site Nerve Blocks. Periop Nursing In-Service presentation, Penn Presbyterian Medical Center and Penn Medicine University City. Philadelphia, PA. Presented January 31st and February 7th, 2019.

Local Anesthetic Systemic Toxicity (LAST). Periop Nursing In-Service presentation and simulation session, Penn Medicine University City. Philadelphia, PA. Presented October 11th, 2018.

EKG Analysis. PACU Nursing In-Service Education, Hospital of the University of Pennsylvania. Philadelphia, PA. Presented December 15th, 2016.

Improving Controlled Substance Disposal: QI Report Out. Department of Anesthesiology and Critical Care Grand Rounds, University of Pennsylvania. Philadelphia, PA. Presented June 22nd, 2016.

Analgesics and Sleep. Department of Sleep Medicine Grand Rounds, Thomas Jefferson University Hospitals. Philadelphia, PA. Presented April 23rd, 2014.

The History of Madness, Mental Illness, and Psychiatry. Thomas Jefferson University's History of Medicine Society. Philadelphia, PA. Presented annually, Spring 2011 – 2014.

The Evil Institutionalized: When Organizations Go Bad. Thomas Jefferson University's Medical Cineforum.
Philadelphia, PA. Presented annually, Spring 2011 – 2014.

Last Updated: December 28, 2022