

CURRICULUM VITAE

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SUMMARY

Award winning, Triple Board Certified in Internal Medicine, Addiction Medicine and in Health Care and Quality Management with over 8 years of experience in hospitalist medicine, addiction medicine, primary care and 1 year of experience in utilization review. Currently working as an Addiction Medicine physician and as a Hospitalist in a level 1 trauma center and academic medical center. I was an Assistant Clinical Professor with the University at Buffalo, where I engaged in clinical training of medical students and residents. As faculty I trained and certified to become the Royal College Physicians Clinical Educator. Leadership role involves being the Director of an Outpatient Substance Use Clinical Center with counsellors, nurses and nurse practitioners and offering substance use treatment services. I have been recognized as the Top Internist in Buffalo, New York by colleagues and peers, by Women in Medicine, recognized as the Hospitalist of the Month and nominated multiple times for the Outstanding Physician Award. I received the Arnold P. Gold Foundation Humanism in Medicine Award that recognizes residents who are exemplars of compassionate patient care and serve as role models.

~AREAS OF EXPERTISE~

- **Addiction Medicine:** Prevention, evaluation and treatment modalities addressing substance use and other addictive disorders, treatment of co-occurring general medical conditions, managing substance use disorders in inpatient / hospitalized setting including withdrawal and detox, managing substance use disorders in

specialized patient populations like patients in drug courts, correctional facilities and holding centers, pregnant patients and patient with severe psychiatric co-morbidities.

- **Hospitalist / Internal Medicine:** Personalized family centered care to acutely and sometimes critically ill, hospitalized patients. Implement evidence-based guidelines and practices to treat conditions affecting every organ and organ system in the body spanning from common ailments to rare cases. Facilitate optimal continuity of care and enhance the performance of hospitals and healthcare systems. Care is coordinated and integrated, the best quality care for every patient.
- **Utilization review**

PROFESSIONAL EXPERIENCE

Medical Director
Outpatient Substance Use Treatment Services
Northern Erie Clinical Services
Erie County Medical Center
Buffalo, NY

11/2021- Present

- As a certified addiction medicine specialist, I provide care for addiction and substance related disorders in patients addicted to substances including street drugs like heroin, synthetic opiates, bath salts, cocaine, crystal meth, MDMA, Molly, Flakka and others to help break addiction.
- I also treat patients addicted to legally prescribed pain medications like Vicodin, fentanyl, oxycontin etc. or addicted to panic and anxiety medications like benzodiazepines, sleep aides etc., or addicted to recreational drugs like alcohol, nicotine etc.
- My treatment plan incorporates counseling, therapy, recovery-based programs, coping skills training, focus on healthy activities, referral to other specialties when appropriate, pharmacological and non-pharmacological treatment of co-occurring psychiatric and medical conditions.
- I have individualized treatment plans for my patients. From time to time I revisit these plans with the patient and their families and modify them accordingly to help with recovery and relapse.
- I lead a team of counselors and medical professionals and under my direction, each member of the team does their part to enhance the treatment plan.
- I emphasize harm reduction techniques, educate patients and families, provide Narcan training, offer Narcan kits, provide helpful resources on helplines etc.

- I work closely with Drug Courts and provide comprehensive substance use treatment when treatment is offered as an alternative to incarceration for patients whose drug use underlies their criminal activity.
- My internal medicine background helps me treat co-occurring medical conditions in this patient population.
- An important part of my job is ordering and interpreting urine drug tests. These are valuable tools but also have a significant potential for false-positive and false-negative results. Misinterpretation leads to adverse consequences for my patients. I have an excellent understanding of urine drug screens, am aware of the cutoff limits used and when to order confirmatory testing. I also have a close working relationship with the laboratory given the complex nature of test interpretation and ordering. This minimizes misinterpretation and I can communicate results with patients and the legal system clearly. This helps with decision making, assessing unexplained toxic symptoms, addiction to other substances, identifying new challenges and monitoring adherence to treatment.

Hospitalist

10/2018- 11/2021

09/2022- Current

Apogee Physicians
Erie County Medical Center
Buffalo, NY

- **Internal Medicine:** I treat a wide array of medical conditions ranging from simple pneumonia and cellulitis to complicated bed sores, diabetic foot ulcers, critical limb ischemia, strokes, seizures, pneumonia, COVID 19, COPD, asthma, congestive heart failure, acute myocardial infarctions, pulmonary embolism, DVT, sepsis, shock, acute liver failures, acute respiratory failures, renal failures, spinal infections, septic joints, idiopathic presentations of some medical conditions etc. I manage chronic ventilator dependent patients, renal and liver transplant patients, end stage renal disease patients, correctional facility and holding center patients.
- **Addiction Medicine:** I treat patients admitted for both direct complications of substance use and complications arising because of substance use. I treat drug overdoses, poly-substance intoxications, medically assisted detox from alcohol, opiates and benzodiazepine, start medication assisted treatment for substances and provide outpatient linkage. I treat medical complications of substance use like skin abscess, heart failure, blood infections, infective endocarditis etc. I manage medical co-morbidities exacerbated by substance use. I manage substance use disorders in hospitalized patients from correctional facilities and hospitalized pregnant patients. I provide consultation services for substance use in patients admitted to inpatient psychiatry until and psychiatry emergency room.
- **Palliative / Hospice Care Unit:** In close collaboration with the palliative team, I provide comprehensive care to comfort care patients and support the families.

Care includes medical decision making, pain management, emotional and spiritual support tailored to patient needs and wishes.

- **Consultation Services:** I provide a collaborative care approach to treat patients in psychiatry units, Comprehensive Psychiatric Emergency Program (CPEP), medical rehabilitation units, post operative patients and patients in surgical subspecialties like vascular surgery, general surgery, Oro-maxillary-facial surgery, Neurosurgery, ENT etc.
- **Medicine T / Trauma Service:** While the trauma team manages the injuries sustained, I manage the medical co-morbidities during patients' hospitalization. I manage both acute exacerbations of chronic co-morbidities and acute medical problems and emergencies that crop up during the hospital stay. Additionally, I help with developing a discharge plan, communication/discharge functions, medication reconciliation, follow up care etc.
- **Hospital Based Complications:** I manage complications that arise during hospitalization like hospital acquired infections like CAUTI, CLABSI, falls, head injuries, medication errors, hospital acquired delirium etc.
- **Leadership roles:** I am the current chair of the Pharmaceuticals and Therapeutics Committee and help manage the hospital drug formulary, provide an evaluative, educational and advisory service in all matters pertaining to the use of available medications, oversee the policies and procedures related to all aspects of medication use in ECMC. Other responsibilities include medication-use evaluation (MUE), adverse drug event monitoring and reporting, medication error prevention, medication safety and development of clinical care plans and medication management initiatives. I helped in the formation of the COVID 19 Therapeutics Committee which made recommendations on COVID 19 treatment protocols based on the latest and current available evidence. We are also actively working in developing better protocols and guidelines for inpatient management of substance use disorders.

Physician Advisor
UBMD Internal Medicine
Erie County Medical Center
Buffalo, NY

2017 - 2018

- I addressed administration concerns and tackled health care policy issues that would otherwise divert a provider's attention away from patient care. As a physician advisor my duties included but were not limited to advisory role, medical staff liaison, administrative and policy development, education, physician champion utilization management.
- I advised physicians on medical necessity and resource utilization, provided recommendations on admission status and level of care, worked with the clinical documentation team to capture the appropriate ICD-10 codes, conducted peer-to-peer

discussions with the commercial payer medical directors, appealed health insurance company denials, performed length of state reviews etc.

- I monitored and identified opportunities for improvement and made sure the Hospitalists in my team were up to date on quality standards and protocols set forth by the Joint Commission on Accreditation of Healthcare Organizations (TJC) and the Centers for Medicare & Medicaid Services (CMS)., always.

Assistant Clinical Professor
University at Buffalo, UBMD Internal Medicine
Erie County Medical Center
Buffalo, NY

2015-2018

- **Inpatient responsibilities:** Due to ACGME restrictions for residents, patient population was limited. I still managed to treat a wide array of medical conditions from a simple pneumonia, skin infections to complex acute myocardial infarctions and kidney failures.
- **Outpatient primary care responsibilities:** treating patients with an array of medical conditions. Provided patient centered care for common illnesses, long term management of chronic conditions, preventive medicine and care, physical examinations, blood and comprehensive lab testing.
- Teaching and research responsibilities: Daily rounds, training of residents and medical students, publications, abstract presentation
- Administrative responsibilities: resident selection committee and other hospital committees.

Internal Medicine Intern and Resident
University at Buffalo, UBMD Internal Medicine
Buffalo, NY

2012 - 2015

- Experience with a highly diverse patient population in diverse clinical settings through rotations in the affiliated hospitals and freestanding ambulatory sites.

Graduate Public Service Intern
HIV/AIDS Surveillance Department
Illinois Department of Public Health
Springfield, IL.

2008- 2010

- Worked in a public sector for the Illinois Department of Public Health, HIV/AIDS department. Used SAS programming skills to conduct epidemiological surveys, created reports for reporting and grant writing, co-authored the yearly journal etc.

LICENSURE AND BOARD CERTIFICATION

1. New York State Medical License – Currently active.
2. Drug Enforcement Administration - Currently active.
3. American Board of Internal Medicine, Board Certified in 2015.
4. Royal College of Physicians, certified clinical educator - 2018.
5. American Society of Addiction Medicine, Board Certified in 2022.
6. Health Care and Quality Management, Board Certified in 2022.
7. Advanced Cardiac Life Support (ACLS)- currently active

EDUCATION AND TRAINING

1. **Internal Medicine Residency** **07/2012 - 06/2015**
University at Buffalo, Buffalo, NY
- 2, **Bachelor of Medicine and Bachelor of Surgery** **12/2000 - 02/2007**
NTR University of Health Sciences (Currently known as Dr. Y.S.R University of Health Sciences) Telangana, India

PUBLICATIONS AND PRESENTATIONS

1. Siva H Yedlapati, Anuradha Mendu, Venkat R Tummala, Sowmith S Maganti, Khurram Nasir, Safi U Khan. **Vaccines and cardiovascular outcomes: lessons learned from influenza epidemics. European Heart Journal Supplements. 2023**
2. Siva H. Yedlapati, MD, MPH, Anuradha Mendu, MBBS, Scott H Stewart, MD. **Alcohol-related diagnoses and increased mortality in acute myocardial infarction patients: An analysis of the nationwide inpatient sample. Journal of Hospital Medicine**

National Meetings

1. Mohamed Abdel-Aal Ahmed, Anuradha Mendu, Scott H. Stewart, Siva H.Yedlapati
Alcohol-related diagnoses are associated with high mortality in patients with peripheral vascular disease. Arteriosclerosis, Thrombosis, and Vascular Biology | Peripheral Vascular Disease 2016 Scientific Sessions. Tennessee 07/2016. Poster presentation.
2. Anuradha Mendu, Siva H Yedlapati, Regina Makdissi, Scott Stewart.
Impact of obesity on mortality in alcoholic hepatitis – An analysis of Nationwide Inpatient Sample. DDW meeting, Washington DC 05/2015. Poster Presentation

Local/Regional Meetings

1. Elevated Liver Enzymes: Is Liver Always the Culprit?
Case report. Annual Research Day, University at Buffalo, NY. 05/2015.
2. Anuradha Mendu, “Effects of cinacalcet on cardiovascular disease in patients undergoing dialysis”, Ambulatory education conference, University at Buffalo, NY. 03/2013.
3. Anuradha Mendu, Transfusion strategies for acute upper GI bleed, Noon Conference, University at Buffalo, NY. 01/2013.
4. Anuradha Mendu, “Fidaxomicin versus Vancomycin for Clostridium difficile Infection”. Ambulatory education conference, University at Buffalo, NY. 05/2012.
5. Anuradha Mendu, “DALOUTCOMES TRIAL”, Ambulatory education conference, University at Buffalo, NY. 03/2012
6. Anuradha Mendu, “Rapidly increasing incidence and prevalence of HIV/AIDS pandemic in the Hispanic community in the state of Illinois” at the HIV/AIDS conference University of Illinois at Springfield, IL. 05/2009
7. Anuradha Mendu, “STD’s in HIV/AIDS patients in the state of Illinois” at the HIV/AIDS conference in Springfield, IL. 05/2008.

Complete list of research and presentations available upon request.

HONORS & DESIGNATIONS

1. Buffalo Top Doctors, published in Buffalo Spree Magazine (Magazine of Western New York): published January 2023.
2. Recognizing Today's Influential Women Physicians," Women in Medicine will feature Anuradha Mendu, MD, Addictions Medicine Physician at ECMC's Outpatient Substance Use Treatment Clinic – Northern Erie Clinical Services in Tonawanda, as a Top Internist representing Buffalo, NY.
3. Hospitalist of the Month, Apogee Physicians: 2021.
4. FACP: Designated fellow of American College of Physicians, 2016
5. GOLD Humanitarian Award: 2014.

PROFESSIONAL MEMBERSHIPS

1. Current active member of the American College of Physicians (ACP)
2. Current active member of the Medical Society of Addiction Medicine (ASAM)
3. Current active member of American Heart Association (AHA)
4. Current active member of American Board of Quality Assurance and Utilization Review Physicians (ABQAURP).