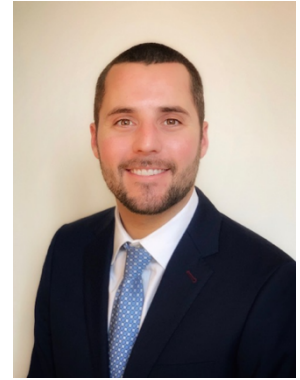


# Jason B. Ochroch, M.D.

## Curriculum Vitae



### CONTACT

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

### EDUCATION

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

### POSTGRADUATE TRAINING

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

### WORK EXPERIENCE

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

## LICENSURES & CERTIFICATIONS

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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

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Appointment, Educational Subcommittee on Regional Anesthesia & Acute Pain American Society of Anesthesiologists	2022 – 2024
'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

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<b>Associate Program Director Anesthesia Residency</b> Department of Anesthesiology and Critical Care University of Pennsylvania, Philadelphia, PA	01/2023 – Present
<b>Anesthesia Residency Clinical Competency Committee</b> Intern, CA-2, and CA-3 Subcommittees Perelman School of Medicine, Philadelphia, PA	07/2020 – Present
<b>Anesthesia Interest Group Faculty Leader</b> Medical Student Supervisor and Mentor Perelman School of Medicine, Philadelphia, PA	05/2020 – Present
<b>Director of Anesthesia Shadowing and Observation</b> Internal and External Observers Perelman School of Medicine, Philadelphia, PA	05/2020 – Present
<b>Geriatric Hip Fracture Disease Team</b> Anesthesiology Leader Penn Presbyterian Medical Center, Philadelphia, PA	02/2020 – Present
<b>Anesthesia Intern (CA-0) Curriculum Supervisor</b> Anesthesia Intern Curriculum Supervisor and Mentor Penn Presbyterian Medical Center, Philadelphia, PA	10/2019 – Present

<b>Facility Leader, Physician Coordinator</b> Perioperative Clinical Simulations Penn Medicine University City, Philadelphia, PA	03/2019 – Present
<b>Anesthesia Toolbox Project Steering Committee</b> Regional Anesthesia & Acute Pain, Resident and Fellow Curriculum Anesthesia Toolbox Project, Portland, OR	04/2019 – 3/2022
<b>COVID-19 Clinical Emergency Committee</b> PPMC Floor and Surge ICU Subcommittee Penn Presbyterian Medical Center, Philadelphia, PA	03/2020 – 12/2020
<b>COVID-19 Anesthesia Sub-I Online Course Director</b> ANES 602-O Course Director and Faculty Preceptor Perelman School of Medicine, Philadelphia, PA	04/2020 – 07/2020
<b>CA-1 'Residency Survival Guide' Leader</b> Resident Orientation Committee University of Pennsylvania, Philadelphia, PA	02/2018 – 06/2018
<b>Team Leader, Quality Improvement Project</b> Improving OR Controlled Substance Disposal University of Pennsylvania, Philadelphia, PA	10/2015 – 06/2016
<b>Student-President and Hospital Liaison</b> TJU Sustainability Council Thomas Jefferson University, Philadelphia, PA	02/2011 – 05/2014
<b>President and Presenter</b> History of Medicine Society Thomas Jefferson University, Philadelphia, PA	10/2011 – 05/2014
<b>Organization Chairman</b> Penn State Dance Marathon Pennsylvania State University, State College, PA	02/2007 – 02/2010

## PROFESSIONAL MEMBERSHIPS & COMMITTEES

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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

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- 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. 2023.
- 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](http://www.anesthesiatoolbox.com). Published May 25<sup>th</sup>, 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'-NH<sub>2</sub>-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**

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### **NATIONAL & INTERNATIONAL**

Geriatric Hip Fractures: Neuraxial and Regional Considerations. American Society of Anesthesiologists Annual Meeting. New Orleans, LA. Presented October 22<sup>nd</sup> and 23<sup>rd</sup>, 2022.

Improving Uptake of Regional Anesthesia for Pain Management after Hip Fracture in the US. Fragility Fracture Network 9<sup>th</sup> Global Congress. Virtual. Presented September 30<sup>th</sup>, 2021.

The effect of femoral nerve block versus adductor canal block on the quality of recovery for revision total knee arthroplasty. 44<sup>th</sup> Annual Regional Anesthesiology & Acute Pain Medicine Meeting. Las Vegas, NV. Presented April 11<sup>th</sup>, 2019.

The analgesic efficacy of adding the IPACK block to a multimodal analgesia protocol for primary total knee arthroplasty. 44<sup>th</sup> Annual Regional Anesthesiology & Acute Pain Medicine Meeting. Las Vegas, NV. Presented April 11<sup>th</sup>, 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 20<sup>th</sup>, 2018.

### **STATE & LOCAL**

Geriatric Hip Fracture Pathways. International Geriatric Fracture Society Site Visit, Penn Presbyterian Medical Center. Philadelphia, PA. Presented June 3<sup>rd</sup>, 2022.

Pediatric Trauma Case Report and Overview. CRNA Grand Rounds, Department of Anesthesiology and Critical Care, University of Pennsylvania. Philadelphia, PA. Presented June 3<sup>rd</sup>, 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 25<sup>th</sup>, 2021.

Research Updates in Primary and Revision Knee Arthroplasty. Research in Progress Seminar (RIPS), Hospital of the University of Pennsylvania. Philadelphia, PA. Presented May 30<sup>th</sup>, 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 19<sup>th</sup>, 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 29<sup>th</sup>, 2018.

## **PEER REVIEWS**

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### **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 – 3/2022

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

## **SIMULATIONS & WORKSHOPS**

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Anesthesia Skills Workshop: Ultrasound IVs, Airways, and Epidurals. Faculty leader. Perelman School of Medicine. Philadelphia, PA. November 30<sup>th</sup>, 2023.

Ultrasound and IV Workshop. Anesthesia Intern workshop leader. Penn Presbyterian Medical Center. Philadelphia, PA. September 21<sup>st</sup>, 2023.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## LECTURES

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Visceral and Somatic Pain. Regional anesthesia and acute pain medicine lecture series, Penn Presbyterian Medical Center. Philadelphia, PA. Presented October 30<sup>th</sup>, 2023.

Local Anesthetic Pharmacology and Management of Local Anesthetic Systemic Toxicity. Orthopedic Surgery resident lecture series, Penn Presbyterian Medical Center. Philadelphia, PA. Presented August 17<sup>th</sup>, 2023.

Malignant Hyperthermia. Periop Nursing In-Service presentation, Penn Medicine University City. Philadelphia, PA. Presented May 18<sup>th</sup>, 2023.

Upper Extremity Nerve Blocks. Regional anesthesia and acute pain medicine lecture series, Penn Presbyterian Medical Center. Philadelphia, PA. Presented March 29<sup>th</sup>, 2023.

Visceral and Somatic Pain. Regional anesthesia and acute pain medicine lecture series, Penn Presbyterian Medical Center. Philadelphia, PA. Presented March 24<sup>th</sup>, 2023.

Multimodal Analgesia in Opioid Tolerant Patients. Regional anesthesia and acute pain medicine lecture series, Penn Presbyterian Medical Center. Philadelphia, PA. Presented January 31<sup>st</sup>, 2023.

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

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

Ambulatory Regional Anesthesia. Anesthesiology resident lecture series, Hospital of the University of Pennsylvania. Philadelphia, PA. Presented March 23<sup>rd</sup>, 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 3<sup>rd</sup>, 2021.

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

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

Malignant Hyperthermia. Periop Nursing In-Service presentation, Penn Presbyterian Medical Center and Penn Medicine University City. Philadelphia, PA. Presented January 28<sup>th</sup>, 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 17<sup>th</sup>, 2020.

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

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

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

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

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

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

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

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

Regional Anesthesia for the Upper Extremity. Anesthesiology resident lecture series, Hospital of the University of Pennsylvania. Philadelphia, PA. Presented May 8<sup>th</sup>, 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 22<sup>nd</sup>, 2019.

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

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

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

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

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

Analgesics and Sleep. Department of Sleep Medicine Grand Rounds, Thomas Jefferson University Hospitals. Philadelphia, PA. Presented April 23<sup>rd</sup>, 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 1, 2023***