

QUALIFICATIONS:

ABIM Board Certified, Internal Medicine

My passion is people and medicine. I love to serve and help those in need. Coming from a disadvantaged background, I understand the difficulties of the underserved and empathize with the needs of all populations while maintaining an objective view of their medical necessities. I have a strong understanding of current principles, methods and procedures for the delivery of medical evaluation, diagnosis and treatment in healthcare including inpatient and outpatient clinics.

I will always strive to put my patients first. Utilizing allopathic medicine with a holistic primary care model centered on healing patients from the ground up. In my practice, our staff along with our broad network of physical and occupational therapists, chiropractors, and medical specialists are here to provide excellent care daily.

EXPERIENCE:

Clutch Medical Inc. 2021- present

- Internal Medicine, Primary and Geriatric Care
- Urgent Care
- Pain Management
- Pre-Ops, Post-Ops, Acute and Chronic Disease Management

Cedars Sinai Medical Center 2022-present

Internal Medicine- Acute and Chronic Disease Management

Kaiser Permanente West Los Angeles Medical Center 2017-Present

Outpatient Primary Care Physician:

- Outpatient Primary Care Physician
 - Provides comprehensive management of acute and chronic disease with a multidisciplinary approach to patients of many backgrounds using empathy and compassion.
 - Executive Health Screenings: Providing care sensitive to the unique needs of high-profile executive leaders.
 - Unique outpatient care skills including: acne management, headache clinic, hypertension clinic, uncontrolled diabetes management, tobacco cessation, weight loss clinic, anemia and thyroid disease management, pain management including small joint injections and sports medicine.
- Urgent Care Physician
 - Experienced in assessing acute injury and disease and responding appropriately under pressure.

Inpatient Hospitalist Experience

- Admitting and rounding for acute and critically ill patients requiring higher levels of care
 - Experience in managing critically ill patients including but not limited to:
 - Acute and chronic respiratory failure
 - Cardiac arrest, stroke, hypo/hyponatremia, wound management, endocarditis / diffuse bacteremia, sepsis, mental status abnormalities, fluid management including hypovolemia, congestive heart failure/fluid overload, cardiomyopathy, pulmonary hypertension.
 - Managing a multidisciplinary team including use of MSW's, case managers, RN's, LVN's in conjunction with other medical specialties helping improve medical communication and overall better patient outcomes

- Kaiser Permanente Fontana Medical Center** 2014-2017
- Urgent Care & Inpatient Training
 - Assessed and treated an array of medical issues in acute illness and trauma environment
 - Experience working in emergency room, including hospital admissions, and ER training.
 - Vast experience with clinic procedures including trigger point, knee joint, shoulder, hip injections, skin exams, whole-body wellness exams.
 - Internal Medicine trained
 - Experience with hospital and ICU patients
 - Running Codes
 - Suturing

EDUCATION

- Kaiser Permanente, Fontana Medical Center** 2014-2017
- Resident, Department of Internal Medicine
- University of Wisconsin-Madison** 2009-2014
- Doctor of Medicine (MD), June 2014.
- David Geffen School of Medicine, UCLA** 2007-2008
- Post-baccalaureate Re-Application Program (RAP)
 - Completed with 4.0 GPA distinction
- University of California, San Diego** 2002-2007
- Bachelors of Sciences & Arts, Dual-Degree in General Biology & Sociology

SKILLS

- Fluent in Farsi and Spanish
- Fully versed in Electronic Medical Record (EPIC), E-signature medical records, digital PACs imaging system, Citrix, Cerner, and Athena
- Highly adaptable to different work environments including varying program sizes and level of sophistication
- Successfully developed and coordinated multiple pilot programs within large health system to improve patient centered communication.

LEADERSHIP AND COMMUNITY SERVICE

- Medic- Student Run Free Clinics** 2009-2014
- Student doctor at Medic Community Clinic. This clinic is run by medical students under the supervision of physicians and provides free medical care to the homeless and uninsured
- UCLA PreMedical/PreDental Enrichment Program (PREP), Advisor, Mentor, TA** Summer, 2010
- Took leadership role in program that provides pre-medical and pre-dental students from disadvantaged backgrounds with a means of strengthening their ability and readiness to study medicine or dentistry
 - Mentored college students from similar backgrounds in preparing for a career in medicine, instructed an MCAT course, and advised students through the entire medical school application process
- Charles R. Drew University of Medicine and Science, Saturday Science Academy** 2007-2009
- Worked as a mentor and tutor in a pipeline program designed to help bridge the gap in education amongst students from minority and underserved populations
 - Instructor for science, careers in medicine, and emphasized the importance of healthy living. and most importantly, maintain focus on the positive aspects of life
- Harbor-UCLA Summer Urban Health Fellowship** Summer, 2008

- Constructed health fairs in the impoverished Wilmington community, while mentoring local high school students to increase underserved representation in higher institutions of learning and researched underserved populations access to healthcare

Tecate Mexico, CCM LSHP

Summer, 2007

- Organized a health fair to residents of the Tecate community and assisted physicians with blood glucose and anemia testing, BMI calculations, and patient counseling

Impact Newsletter, UCLA David Geffen School of Medicine

2007-2009

- Assistant editor and writer for a newsletter that seeks to inform minority students of their choices in education and increase their representation within the biomedical sciences

Downtown, Los Angeles

1998-2006

- Set-up and manage various businesses in Downtown, Los Angeles. This area of Los Angeles is 95% Hispanic and African-American, and underserved

PUBLICATIONS, ABSTRACTS, & PRESENTATIONS

Berenson R. J., Yellin O, Crowley J, Makary A, Gravenor D.S, Yang H, Upadhyaya G, Flinn I, Staszewski H, Tiffany N, Sanani S, Farber C, Morganstein N, Bolejack V, Nassir Y, Hilger J, **Sefaradi A**, Shamouelian A, Swift R. "Prognostic Factors and Jaw and Renal Complications Among Multiple Myeloma Patients." *Am J Hematol.* 2011 Jan 86(1):25-30

Sefaradi A, Bautista-Hayes M. "Breaking Barriers: How Underrepresented and Minority Students Prepare for the MCAT Verbal Reasoning Section." Poster presented at the 2009 WGEA-AAMC Western Regional Conference, University of New Mexico School of Medicine; Albuquerque, NM. 2009

Granados G, Heredia J, **Sefaradi A**, Mautner D, Mixon L, Ndubaku O, Lee L, Clauson A. Harbor-UCLA Department of Family Medicine: "Measurement of Intensity of Illness and Care at Los Angeles County Department of Health Services Outpatient Clinics." Poster presented at the 2008 Josiah Brown Research Fair at UCLA & Wilmington CA Community Health Summit; Los Angeles, CA. Aug 2008