

Jonathan Thomas Varghese

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EDUCATION/TRAINING

- 8/01/2022 – 7/31/2023 Fellowship, Interventional Pain, Mount Sinai West/Morningside
- 7/01/2018 – 6/30/2022 Residency, Anesthesiology, The Mount Sinai Hospital
- 6/01/2014 – 5/31/2018 Meharry Medical College School of Medicine
- 8/01/2010 – 5/31/2014 Binghamton University
Bachelor of Science in Neuroscience, magna cum laude

SCHOLARSHIPS/HONORS

- 2016 - 2017 Class of 2009 Scholarship
Dr. Margaret Reid Scholarship
Dr. Davis Thomas Scholarship
- 2015 - 2016 Myron T. Kelley Scholarship
Dr. Margaret Reid Scholarship
Dr. Davis Thomas Scholarship
- 2014 - 2017 Dean's List
- 2013 - 2014 Pentecostal Youth Fellowship of America Future Leader Scholarship

RESEARCH EXPERIENCES

- 2018- 2019 Mount Sinai Department of Anesthesiology and Pain Management
Acute and Chronic Pain Management following Urological Surgery. Book chapter in
Anesthesia for Urologic Surgery.
- 2015– 2016 New York University Spatial Epidemiology Lab
Lead Research Assistant for project titled “Ecological Momentary Assessment of
Neighborhood Conditions and Cardiovascular Health Behaviors in New York City Public
Housing Residents”
- Evaluated feasibility of collecting GPS linked survey data via Text-Message based
questionnaires from 30 Public Housing Residents

Collected 8000+ GPS linked survey answers on neighborhood safety, neighborhood perceptions and access to healthy food options with an 85% response rate.

Mentor: Dustin T. Duncan, ScD

2012– 2014

SUNY Upstate Patient Education and Recruitment Center

Assisted in enrolling patients in Southern Tier Health Information Exchange

Analyzed patient comments, emails and phone calls to identify specific barriers to healthcare

Mentor: Ralitsa Akins MD

PUBLICATIONS

Varghese, J; Shehabbar, M. Acute and Chronic Pain Management following Urological Surgery.” Book chapter in Anesthesia for Urologic Surgery.

POSTER PRESENTATIONS/ABSTRACTS

Contrast Spread After Erector Spinae Plane Block- A Cadaveric Study. Jung Kim, Kathryn Breidenbach, Trong Nguyen, Jonathan Varghese. ASRA 21st Annual Pain Medicine Meeting, Orlando, FL, November 19th, 2022.

Understanding Neighborhood Conditions and Cardiovascular Health Behaviors Among Low-Income Smartphone Users: A Feasibility Study. Jonathan Varghese, Dustin Duncan, Thomas Kirchner, Heather Cole-Lewis, Thayane Moreria, Brian Elbel. Meharry Student Research Day, Nashville, TN, April 12, 2016.

LEADERSHIP

2016- 2018

Anesthesiology Interest Group President

Organized “away rotation boot camps” which included intubation and central line workshops, and mentoring opportunities with Meharry and Vanderbilt anesthesiologists.

2015– 2016

Physical Medicine and Rehabilitation Interest Group Vice-President

Recruited executive board members and successfully drafted grants for club projects to reactivate interest group

2015 – 2016

American Medical Student Association Recruitment Coordinator

Advertised AMSA events throughout the year by working with class executive boards and faculty

Organized and recruited volunteers for National Primary care week, an annual week of activities and forums promoting the role of primary care in solving our nation’s health disparities.

2013- 2014

Teach For America Rising Leaders Fellow

Created a 6-week science enrichment program for underserved 4th graders at Johnson City Elementary School that included science lessons and demonstrations with professors and

graduate students from Binghamton University's Biology, Neuroscience and Evolutionary Studies Departments.

Organized a science fair for underachieving 4th graders resulting in 50 participants and 25 unique projects.

WORK EXPERIENCE

2019- 2022 **Instructor** Mount Sinai Human Emulation, Education, and Evaluation Lab for Patient Safety and Professional Study

Led simulation workshops and lectures for medical students on various Anesthesiology topics such as Pre-Op Evaluation, Difficult Airway and Epidural Placement.

2016 – 2018 **Step 1 Tutor**, Center for Educational Development and Support

VOLUNTEER EXPERIENCE

2020 Sunshine Project, "Becoming An Anesthesiologist"
Web- Lecture Series and Mentorship Program for High School students interested in Anesthesiology and Medicine.

2019 American Medical Student Association "Day in the Life of An Anesthesia Resident"
Lecture Series
Presentation for Medical Students at AMSA Northeast Convention

2014 - 2015 12 South Community Clinic
Provided free health services to minority and underserved patients in the student run clinic including triage, blood draws, flu shot, patient education and medical exams. Volunteered 1 – 2 Thursdays a month.

2013 - 2014 American Cancer Society Road to Recovery Driver
Drove patients from rural, elderly and underserved communities to and from cancer treatments