

Sowmika Rao

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dr.sowmikarao@gmail.com

EDUCATION

- Medical School: MNR Medical College, Hyderabad, India
MBBS, 05/2011
- Residency: Michigan State University, Internal Medicine
07/2017 – 07/2020
- ABIM Certified, 01/2021

WORK EXPERIENCE

- 09/2020 - Present

Michigan State University – Lansing, MI

Assistant Professor of Medicine

Inpatient medicine service coverage with resident supervision and teaching, outpatient clinic, clinical skills teaching, scholarly activity/research and institutional service.

- 07/2017 – 07/2020

Michigan State University – Lansing, MI

Resident Physician, Internal Medicine Residency

Initial assessment of the patient and actively participated in all aspects of patient care, including initial history and physical, diagnostic and therapeutic planning, procedures, and interaction with patient's family. Responsible for supervising both interns and students, to be familiar with patients, and to be the principal resource for the attending for day-by-day patient data. Decisions regarding change in plans, discharge or problems were discussed with the attending physician of record. Responsible for maintaining hospital Medical Records and meeting credentialing requirements appropriate to their post graduate level.

- 05/2016 – 03/2017

The Heartbeat Clinic, Medical City Hospital – Dallas, TX

Clinical Extern/Research Assistant

As a clinical extern in an established and busy Cardiology clinic, I am presently involved in history-taking and interpretation of investigative data and discussion of the

management plan of a broad variety of Cardiac patients. This experience helped me improve my ability to communicate sensitively and effectively with patients and their families. Entering patients' history, results of laboratory studies and other information has also helped me learn valuable documentation skills in electronic medical records systems. Being part of the research as well as clinical team working on patients with postural tachycardia syndrome (POTS), I was able to utilize the translation of research findings into clinical use. I gained invaluable knowledge in methodology, study design and I look forward to drawing on this research experience as I pursue other topics that I care about.

RESEARCH EXPERIENCE

05/2016 – 02/2017

The Heartbeat Clinic, Medical City Hospital – Dallas, TX

Being part of one of the few teams in the nation conducting research on understanding the physiology and treatment of patients with postural tachycardia syndrome (POTS) has given me immense gratification. We worked on furthering the understanding of the physiology of POTS as well as the effectiveness of novel treatments. We have been rewarded with acceptance of our work at several national meetings and

07/2016 – 02/2017

Under the guidance of Dr. Theodore Simon and Dr. William Rea – Dallas, TX

Working at the Environmental Health Group of Dallas, we conducted a retrospective analysis about the most effective way of detecting environmental toxin levels in patients and the clinical effects on patients at various levels.

POSTER PRESENTATIONS

Rao, S, MD., Hassanein, M, MD., Laird-Fick, H, MD. *The Ketogenic Diet: A Rare Cause of Metabolic Acidosis*. Poster presented at: 13th Annual Mid-Michigan Regional Research Day, Michigan State University; East Lansing, MI, USA.

Rao, S, MD., Rai, M, MD., Nemaakayala, D, MD. *Low Reticulocyte Index in the Setting of Autoimmune Hemolytic Anemia (AIHA)*. Poster presented at: 13th Annual Mid-Michigan Regional Research Day, Michigan State University; East Lansing, MI, USA.

Kandola, S, MD., Rai, M, MD., Rao, S, MD., Marinas, E, MD. *Alveolar Rhabdomyosarcoma Presenting as a Lung Mass: An Uncommon Manifestation*. Poster presented at: 13th Annual Mid-Michigan Regional Research Day, Michigan State University; East Lansing, MI, USA.

Rao, S, MD., Mistry, H, MD., Mubashir, M, MD., Butt, A, MD., Eziukwu, S, MD., Suleman, A, MD, FHRS, FSCAI., Wilson, R, MD.. (November, 2016). *A case study on the usefulness of Autonomic test screening in Lyme disease*. Poster presented at:

Annual Lyme Disease Conference, International Lyme and Associated Diseases Society; Philadelphia, PA, USA.

Bhattarai, A, MD., Reddy, P, MD., Khan, A, MBBS., Rao, S, MD., Mistry, H, MD., Suleman, A, MD, FHRS, FSCAI. (September, 2016). *Ivabradine: A potential treatment in Postural Orthostatic Tachycardia Syndrome (POTS)*. Poster presented at: 7th Annual California Heart Rhythm Symposium, Heart Rhythm Society.; San Francisco, CA, USA.

Mistry, H, MD., Rao, S, MD., Butt, A, MD., Hamid, S, MD., Eziukwu, S, MD., Suleman, A, MD, FHRS, FSCAI., Bard, J, MD. (November, 2016). *Nutcracker Syndrome of Left Renal Vein in Postural Orthostatic Tachycardia Syndrome (POTS)*. Poster presented at: 27th International Symposium on the Autonomic Nervous System, American Autonomic Society; San Diego, CA, USA.

JOURNAL ARTICLES/ABSTRACTS

Kandola, Samanjit K, MD., Rai, Manoj P, MD., Rao, Sowmika L, MD., Marinas, Edwin B, MD. *Alveolar Rhabdomyosarcoma Presenting as a Lung Mass: An Uncommon Manifestation*. BMJ Case Reports 2018; doi: 10.1136/bcr-2018-224986.

PEER REVIEWED JOURNAL ARTICLES/ABSTRACTS

Atti V, Mujer MTP, Shrotriya S, Rao S, Abela GS, Rayamajhi S, National ACP and MI ACP. Surgical left atrial appendage occlusion during cardiac surgery: a meta-analysis

Bhattarai, A, MD., Reddy, P MD., Khan, A, MBBS., Rao, S, MD., Mistry, H, MD., Suleman, A, MD, FHRS, FSCAI. *Ivabradine: A potential treatment in Postural Orthostatic Tachycardia Syndrome (POTS)*. California Rythm symposium. 2016, Sep; Pub Status: In-Press.

Mistry, H, MD., Rao, S, MD., Butt, A, MD., Hamid, S, MD., Eziukwu, S, MD., Suleman, A, MD, FHRS, FSCAI, Bard, J, MD. *Nutcracker Syndrome of Left Renal Vein in Postural Orthostatic Tachycardia Syndrome (POTS)*.. 27th International Symposium on the Autonomic Nervous System, American Autonomic Society. 2016, Aug; Pub Status: In-Press.

HOBBIES AND INTERESTS

I enjoy cooking, listening to music and spending time with my family and friends. I also love long drives, travelling and exploring the outdoors.

LANGUAGE FLUENCY (OTHER THAN ENGLISH)

Fluent in Hindi and Telugu.