

Education

Yale School of Medicine, New Haven, Connecticut
Addiction Psychiatry Residency Program

July 2020 – June 2021 (Expected)

Maimonides Medical Center, Brooklyn, New York
Psychiatry Residency

July 2016 – June 2020 (Expected)

University of Minnesota, Twin Cities, Minnesota
Master of Public Health (MPH) - Public Health Administration and Policy (PHAP)

September 2013 – August 2015

K. J. Somaiya Medical College and Research Center, Mumbai, India
Bachelor of Medicine, Bachelor of Surgery (MBBS/MD)

September 2006 – April 2012

D. G. Ruparel College of Arts, Science and Commerce, Mumbai, India
Higher Secondary Certificate (HSC) Diploma

July 2004 – June 2006

Employment

Maimonides Medical Center (MMC), Brooklyn, New York

Psychiatry Residency

July 2016 – June 2020 (Expected)

Chief Resident – Education and Research

April 2019 – April 2020

Fred Hutchinson Cancer Research Center, Seattle, Washington

Data Manager/Systems Analyst Programmer

October 2015 – May 2016

- Designed SAS code at the Statistical Center for HIV/AIDS Research and Prevention (SCHARP) for data analysis of clinical trials on new vaccine research.
- Liaised with overseas research teams to collect clinically relevant medical histories from vulnerable target populations in South Africa and Zambia.

HealthEast Roselawn Clinic, Minneapolis, Minnesota

Community Health Initiative Intern

January 2015 – August 2015

- Compiled translated patient education materials from fifteen comprehensive and nationally recognized sources.
- Laid the foundation of educational website for underserved Karen refugees in Minnesota.

National Marrow Donor Program/Be The Match, Minneapolis, Minnesota

Health Services Research Analyst/Project Manager

October 2013 – May 2015

- Provided data analysis research assistance (coding in SPSS/SAS) to the Center for Blood and Marrow Transplantation Research.
- Drafted and edited protocols, abstracts, reports, fact sheets and manuscripts for publication.
- Managed a research team of 20 for a project that led to identification of 40% prevalence of burnout and significant variations in moral distress across 6,000 health professionals across multiple disciplines.

Nucleus Hospital Clinics, Mumbai, India

Lead Medical Officer

May 2013 – August 2013

- Provided clinical consultation to 400 patients per month on average, managed three outpatient primary care clinics.
- Diagnosed and managed infectious, sexually transmitted, chronic and viral diseases in children and women from disadvantaged communities.

Jaslok Hospital and Research Center, Mumbai, India

General Duty Medical Officer

May 2012 – January 2013

- Provided post-surgery wound care in Cardiovascular Thoracic Surgery wards and Intensive Care Units.
- Managed chemotherapy sessions for 75 patients in Oncology units per guidelines given by attendings.

K. J. Somaiya Medical College and Research Center, Mumbai, India

Medical Intern

March 2011 – April 2012

- Clinical internship within multi-facility healthcare system in departments of Internal Medicine, Pediatrics, Psychiatry, General Surgery, Anesthesia, Obstetrics and Gynecology, Family Medicine and Public Health.

Honors and Awards

- **Nyapati Rao and Francis Lu International Medical Graduate (IMG) Fellowship Award for 2020** 2019
- **American Academy of Addiction Psychiatry's Regional Travel Scholarship** 2019
- **Scholarship Award for Academy for Emerging Leaders in Patient Safety: The Telluride Experience** 2019
- **First Place in Poster Presentation for Brooklyn Psychiatric Society Annual Competition** 2018
- **American Society of Clinical Psychopharmacology Fellowship Award for Clinical Trials Workshop** 2017
- **R.D. Sethna Scholarship** for graduate education 2013, 2014, 2015
- **Health Policy & Management Division Scholarship**, University of Minnesota 2013, 2014
- **Robert & Karen Veninga Donor Award** 2013, 2014
- **Aga Khan Foundation International Scholarship** 2013, 2014
- **Sir Ratan Tata Travel Grant** 2013
- Graduated **valedictorian** from K.J. Somaiya Medical College and Research Center 2012
- **J.R.D. Tata Scholarship** award to cover costs of medical education 2011, 2009, 2007
- **Honors in Pediatrics, Pharmacology, Biochemistry** awarded by Maharashtra University of Health Sciences 2011, 2009, 2007
- Ranked **1/50 in Orthopedics, Physiology** at University Medical Board Examinations 2011, 2007
- **Ranked 2 at HSC State Board Examinations** in Science stream (Physics, Chemistry, Biology) 2006
- **Ranked 4 at nation-wide Indian Certificate of Secondary Education (ICSE) Examinations** 2004

Leadership activities

- Member of **APA Reference Committee #2: Advancing Psychiatric Knowledge and Research** 2019-2020
- Nominated **RFM Trustee Elect to APA** (nationwide) 2019-2020
- **Chief Resident** – Department of Psychiatry, Maimonides Medical Center 2019-2020
- **Co-Chair, Psychiatry Research Initiative (PRI)** 2019-2020
- **Resident Fellow Member (RFM) Alternate Rep to APA Assembly Rules Committee** 2019-2020
- **Member of APA Assembly Awards Committee** 2019-2020
- **Editor** for Maimonides Medical Center's hospital-wide quarterly newsletter "**Maimo Wire**" 2019-2020
- **RFM Deputy Representative (Year 1) and Representative (Year 2) of Area 2 (New York State) to APA** 2018-2020
- **Committee of Interns and Residents (CIR) Delegate** for Maimonides Medical Center (elected) 2018-2019
- **Department Representative on Interdepartmental Quality Improvement project** – Designed algorithm to establish MMC Code White protocol 2017-2019
- **Resident Representative for Clinical Informatics Workgroup** – Improving clinical documentation, systems communication and workflow efficiency 2017-2018
- **Senior Editor** for Department of Psychiatry's Quarterly Newsletter "**Analyze This**" 2017-2018
- **PGY-2, 3 and 4 representative** of Psychiatry Department at MMC **Resident Quality Council** through the CIR 2017-present
- **Lead for organizing training** for utilization of dictation software for documentation by residents in Psychiatry Emergency Room rotations. 2017

Publications and Presentations

Book Chapters

- Blessing E, **Virani S**, Rotrosen J. (2019) **Chapter 8: Clinical Trials for Opioid Use Disorders**. *Handbook of Experimental Pharmacology*.
- **Virani S**, Konety S. (2016) **Coronary Artery Disease in Women**. *Handbook on Coronary Artery Disease* (pp. 71-85). JP Medical Publishers.

Peer Reviewed Articles/Op-Eds (Published)

- Brainch N, **Virani S**, Torres F, Bodic M, Zaveri D. (2019) **A Case of Psychosis and Dissociation in a 38-Year-Old Woman**. *Psychiatr. Ann.* 2019; 49(8):369-372. doi: 10.3928/00485713-20190716-01.
- Mitra S, **Virani S**. (2019) **Implementation of Marijuana Legalization in New York**. *Psychiatr. Serv.* doi: 10.1176/appi.ps.201900030. PMID: 31056005; aired on podcast series for Psychiatric Services – Episode 24, May 2019.
- Sharma P, **Virani S**, Mitra S, et al. (2019) **Trends of tobacco consumption among women admitted to and visiting the psychiatric inpatient unit of a tertiary care center in Mumbai: a cross-sectional study**. *Prim Care Companion CNS Disord.* 2019;21(3):18m02422. PMID: 31087823
- Brainch N, **Virani S**, Atiwannapat P, et al. (2019) **Is the Concept of Pseudoneurotic Schizophrenia Still Valid? A Case Series and Revisiting the Topic**. *Cureus* 11(3): e4227. doi:10.7759/cureus.4227 PMID: 31123649

- **Virani S, Bona A, Bodic M, et al. (2019) Management of severe agitation in the emergency department of a community hospital in Brooklyn, New York: establishing “code white.”** *Prim Care Companion CNS Disord.* 2019;21(1):18102348.
PMID: 30806998
- **Virani S. (2019) Fulfillment within Success: A physician’s dilemma.** *Current Psychiatry.* 18(1):e1
- **Ahmed S, Virani S, Kotapati VP, et al. Efficacy and Safety of Varenicline for Smoking Cessation in Schizophrenia: A Meta-Analysis.** *Frontiers in Psychiatry.* 2018; 9:428. doi: 10.3928/00485713-20180816-03.
PMID: 30283363
- **Virani S, Brainch N, Albuquerque C, et al. (2018) Exploring the Role of Ketamine in Maintaining the Antidepressant Response.** *Psychiatr. Ann.* 2018; 48(9):437-446. doi: 10.3928/00485713-20180816-03.
- **Patel R, Virani S, Saeed H, et al. (2018) Gender Differences and Comorbidities in U.S. Adults with Bipolar Disorder.** *Brain Sciences* 8(9):168. doi: 10.3390/brainsci8090168.
PMID: 30200460
- **Virani S, Sobotka J, Brainch N, Bazzi L. (2018) Violence associated with Somatic Delusions.** *Cureus* 0(8): e3186. doi: 10.7759/cureus.3186.
PMID: 30364849
- **Virani S, Daya G N., Brainch N, et al. (2018) Persistent Psychosis due to Single Dose of Ecstasy.** *Cureus* 10(7): e3058. doi:10.7759/cureus.3058.
PMID: 30280055
- **Virani S, Aoun E, Torres F, et al. (2018) Decoding New York State’s Prescription Monitoring Program.** *Psychiatr. Serv. State Mental Health Policy.* doi: 10.1176/appi.ps.201800143.
PMID: 29921192
- **Brainch N, Virani S, Bazzi L. (2018) DCS: A Novel Antidepressant to be explored?** *Psychiatr. Ann.* 2018; 48(4):193-198. doi:10.3928/00485713-20180308-01.
- **Neumann JL*, Mau LW*, Virani S, et al. (2017) Burnout, Moral Distress, Work-Life Balance, and Career Satisfaction among Hematopoietic Cell Transplantation Professionals.** *Biol Blood Marrow Transplant.* doi: 10.1016/j.bbmt.2017.11.015.
PMID: 29196079
*Both authors contributed equally to work
- **Ahmed S, Virani S. (2017) Stimulant Overprescribing, Abuse and Diversion.** *Am J Psychiatry. Residents Journal* 12(9):11-12.
- **Ahmed S, Hussain M, Virani S, Dar S, Sreeram V, et al. (2015) Suicide: A Complex Phenomenon, Risk Assessment, a Dilemma of Emergency Room Physicians.** *J Addict Res Ther.* 245. doi:10.4172/2155-6105.1000245.
- **Virani S. (2014) Opioid Abuse in pregnant Native American women in rural Minnesota – Op-ed Bemidji Pioneer.**

Articles Accepted/Under Review

- **Virani S, Xia T, Brainch N, Mitra S, Ahmed S, Mutasiigwa H, Chaudhari G, Zaveri D. (2019) Improving quality of care and well-being of Chinese-speaking patients in acute inpatient psychiatric settings.** *International Journal of Social Psychiatry.* (Accepted)
- **Virani S, Bazzi L, Hoge S. (2019) Legal and ethical issues of pregnancy management in schizophrenia.** ViewPoint. *JAMA Psychiatry.* (Under review)
- **Virani S, Mitra S. (2019) Kratom and Neonatal Abstinence Syndrome: A nascent association.** *Journal of Psychoactive Drugs.* (Under review)

Oral Presentations/Workshop/Panel Discussions

- **Avoiding the Chill Pill: Verbal De-escalation training for psychiatric residents in a Simulated Lab setting:** Accepted for *General session at the 176th Annual Meeting of the American Psychiatric Association (APA), Philadelphia, PA.* Date of presentation: April 28, 2020.
Panel Members: Sanya Virani MD, MPH, Colter Boita DO, Keeva Madden MBChB, Maria Bodic MD, Anetta Raysin DO.
- **Evolving Composition of the Psychiatry Residency Trainee Workforce: Analysis of matching trends of International Medical Graduates:** Accepted for *Workshop Session at the 49th American Association of Directors of Psychiatric Residency Training Annual Meeting, Dallas, TX.* Date of presentation: March 7, 2020. **Panel Members: Sanya Virani MD, MPH, Souparno Mitra MD, Robert Cotes MD, Vishal Madaan MD, Jessica Kovach MD.**
- **Legal and ethical issues of pregnancy management in schizophrenia: The dilemma of affording autonomy versus beneficence – Workshop session at the 174th Annual Meeting of the American Psychiatric Association (APA), New York, NY.** Date of presentation: May 9, 2018.
Panel Members: Sanya Virani MD, MPH, Yassir Mahgoub MD, Lama Bazzi MD, Elie Aoun MD, Steven Hoge MD.
- **Virani S. The Price of a Career: Burnout and Moral Distress in Hematopoietic Cell Transplantation Health Professionals – Oral presentation at the Annual Minnesota Health Services Research Conference 2015, Minneapolis, MN.**

Poster Presentations

- Mitra S, **Virani S**, Gallo Ruiz M. **Witnessing a Mirage in the City: A Unique Case of Dehydration Related Psychosis**. Poster accepted for presentation at the 176th Annual Meeting of the APA, April 26, 2020, Philadelphia, PA.
- **Virani S**, Blessing E, Rotrosen J. **What is current and new in the management of Opioid Use Disorders?** Poster accepted for presentation at the Annual AAAP conference, December 5, 2019, San Diego, CA.
- Mitra S, **Virani S**. **Is maternal Kratom use associated with Neonatal Abstinence Syndrome: A review**. Poster accepted for presentation at the Annual AAAP conference, December 5, 2019, San Diego, CA.
- **Virani S**, Mitra S. **The Implementation of Marijuana Legalization in New York**. Poster presented at the 175th Annual Meeting of the APA, May 20, 2019, San Francisco, CA.
- Ahmed S, **Virani S**, Kotapati VP. **Efficacy and Safety of Varenicline for Smoking Cessation in Schizophrenia**. Poster presented at the IPS: The Mental Health Services Conference, October 6, 2018, Chicago, IL.
- **Virani S**, Bona A, Gohel A, Rothberger N, Brady J, Bodic M, Torres F, Strayer R. **Management of severe agitation in the Emergency Department: Establishing Code White** – Poster presented at the Annual Meeting of the APA, May 8, 2018, New York, NY.
- **Virani S**, Bazzi L, Bodic M, Jacob T. **Exploring the Role of Ketamine in Maintaining the Antidepressant Response: The Journey thus far** – Poster presented at the Annual Meeting of the APA, May 8, 2018, New York, NY.
- Fey B, Elmi S, Uy R, Sivia I, Lugo E, Albuquerque C, **Virani S**, Nemzow S, Tran D, Malavade K, Jacob T. **Differential Expression of PAI in Psychotic Spectrum Disorders: A Case-control Study**. Poster presented at the Annual Meeting of the APA, May 8, 2018, New York, NY.
- Brainch N, Atiwannapat P, **Virani S**, Mahgoub Y. **Is the concept of Pseudoneurotic Schizophrenia still valid? – Case series** – Poster presented at the Annual Meeting of the APA, May 7, 2018, New York, NY.
- Brainch N, **Virani S**, Bodic M, Torres F, Zaveri D. (2018) **Schizophrenia with dissociative episodes versus Dissociative Identity Disorder? - Case Challenge**. – Poster presented at the Annual Meeting of the APA, May 6, 2018, New York, NY.
- Xia T, **Virani S**, Brainch N, et al. **Improving quality of care and well-being of Chinese-speaking patients in acute inpatient psychiatric settings** – Poster presented at the Annual Meeting of the APA, May 6, 2018, New York, NY.
- **Virani S**, Bhargava M, Hartman J, Bazzi L. **Violence Risk Assessment in Delusional Disorder, Somatic Type** – Poster presented at the Annual Meeting of the American Academy of Psychiatry and the Law, October 26, 2017, Denver, CO.
- **Virani S**, Ahmed S. **The Making of ADHD Nation** – Poster presented at the IPS: The Mental Health Services Conference, October 20, 2017, New Orleans, LA.
- Hussain M, Dar S, **Virani S**, et al. **Nicotine addiction in Schizophrenia: An Unmet Public Health Burden** – Poster presented at Stress Management Summit 2015, Philadelphia, PA.
- Hussain M, Singh S, **Virani S**, et al. **Transcranial Direct Current Stimulation for Major Depressive Disorder in HIV population** – Poster presented at Neurological Disorders Summit 2015, San Francisco, CA.
- **Virani S**, Denzen EM, Majhail N, et al. **Hematopoietic Cell Transplantation Multidisciplinary Care Teams: Burnout, Moral Distress and Career Satisfaction** – Poster presented at American Society for Blood and Marrow Transplantation Conference 2015, San Francisco, CA.
- **Virani S**, Garcia DH, Svetaz MV. **Reducing mental health disparities in Latino families** – Poster presented at the Family Medicine Experience: Annual Meeting of American Academy of Family Physicians 2015, Denver, CO.

Membership in Professional Organizations

- American Psychiatric Association
- American Academy of Psychiatry and the Law
- American Academy of Addiction Psychiatry
- American Medical Association
- Assembly Committee of Area Resident-Fellow Members
- New York State Psychiatric Association
- Brooklyn Psychiatric Society

Former Member of:

- **Minnesota Public Health Association**
- **American Diabetes Association**
- **American Academy of Family Physicians**

Voluntary activities

- Participant of **Psychoeducation project for Stress Management** – Community initiative to spread awareness and equip middle school children with basic skills to cope with stress of day-to-day activities. 2016
- Member of **Advanced Professional Degree Consulting Club at the University of Minnesota** – Developed pilot trials strategy and implanted business plan for deploying medication adherence devices with group of graduate school students. 2014-2015
- Assistant at **East Lake Clinic, Hennepin County Medical Center** – Evaluated mental and reproductive health outcomes for 250 adolescent patients and their parents using standardized scales, pre and post clinic interventions. 2014
- **Lead Medical Practitioner for Aga Khan Health Services, District Branch of South Mumbai** – Provided primary care clinical consultation and health education for geriatric populations in community. 2012-2013

Other projects

- **Resident Census Project sponsored by the Assembly Committee of Area-Resident Fellow (ACORF) Members Mentoring Program:** Collaboration with **Dr. Tristan Gorrindo** (Deputy Medical Director and Director of Division of Education, APA) and **Dr. Jessica Isom** to tabulate census data on resident demographic characteristics, trends, matching patterns in Psychiatry from 2012-2017.
Published on APA website: <https://www.psychiatry.org/File%20Library/Residents-MedicalStudents/Residents/APA-Resident-Census-2019.pdf>
- **Agitated Patient Simulation project** – Awarded hospital wide-grant to conduct training for all residents in Department of Psychiatry. This grant also supports the corresponding research arm of the project to study the effectiveness of simulation techniques for managing most common scenarios of agitation in patients.
- **Podcast series with Dr. Mitika Kanabar** (former Addiction Medicine fellow at Stanford University) to spread awareness about the basics of addiction as a disease, especially among Indian audiences in the native language.

Teaching

- Presentations/seminars to residents/medical students on the following topics:
 - Monthly Course on Psychopharmacology
 - Mood-stabilizing drugs – Stahl's Psychopharmacology
 - DSM-5 review of Personality disorders
 - Management of Agitation – noon conference for Internal Medicine Residency program
- Monthly Journal club and case conference presentations:
 - Peri and post-partum psychosis and management
 - Case of new onset mixed delusions in a middle aged undocumented immigrant
 - Value of routine Urine toxicology screens during psychiatric Emergency Room visits
- 1:1 mentorship provided to incoming students of School of Public Health at University of Minnesota as part of **Alumni Mentorship program**

Other Qualifications and Skills

- **Reviewer for Psychiatric Annals, Psychiatric Services, Academic Psychiatry**
- Formally trained in public speaking: **Awarded distinctions for 4 years at international Speech and Drama annual examinations conducted by the Trinity College of London.** Languages known: English, Hindi, Gujarati, elementary French, elementary Spanish.
- Proficient in use/application of **Microsoft Word/Excel, Visio, Project, PowerPoint, Access**, online survey software (**Survey Monkey, Survey Gizmo, Qualtrics**), **RefWorks, Endnote, Mendeley, Zotero, ArcGIS**
- Intermediate statistical coding proficiency in **SPSS, STATA, SQL, SAS, R**
- Experience in clinical and non-clinical research settings for **grant application writing and budgeting**