

## Curriculum Vitae

VARAKALA, SAI PRASHANTHI (SAI PRASHANTHI)

She/Her/Hers

AAMC ID: 16428456

**Present Mailing Address**

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**Permanent Mailing Address**

Sri Vigneshwara Residency  
Bandlaguda Jagir  
Hyderabad 500086 India  
+91 7731856722

**Medical Education**

Osmania Medical College, India

08/2017 - 03/2024

M.B.,B.S., 04/2024

**Postgraduate Training**

None

**Honors & Awards**

- No Alpha Omega Alpha (AOA) chapter at my school
- No Gold Humanism Honor Society (GHHS) chapter at my school
- Distinction in ENT  
Academic Excellence - Distinctions are awarded to students with extra-ordinary academic achievement in a given subject.  
Received: Jul, 2021
- Distinction in Microbiology  
Academic Excellence - Distinctions are awarded to students with extra-ordinary academic achievement in a given subject.  
Received: Jan, 2020
- Distinction in Pathology  
Academic Excellence - Distinctions are awarded to students with extra-ordinary academic achievement in a given subject.  
Received: Jan, 2020
- Distinction in Pharmacology  
Academic Excellence - Distinctions are awarded to students with extra-ordinary academic achievement in a given subject.  
Received: Jan, 2020
- Distinction in Social and Preventive Medicine

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Academic Excellence - Distinctions are awarded to students with extra-ordinary academic achievement in a given subject.

Received: Jul, 2021

**Professional Memberships**

- American Association of Physicians of Indian Origin
- Telangana State Medical Council

**Hobbies & Interests**

- SKETCHING: In my free time, I sketch, a creative space i thoroughly embrace.
- PHOTOGRAPHY: I enjoy photography as it allows me to capture intricate details and perspectives. My Portfolio: <https://prashanthiv1112.github.io/portfolio/>
- BADMINTON: This hobby allows me to stay active.

**Certifications****Other Certifications:**

ACLS, AHA CERTIFIED: Jun, 2024 - Jun, 2026

BASIC LIFE SUPPORT - AHA CERTIFIED: Jun, 2024 - Jun, 2026

CPR, AED AND FIRST AID, NHCPS: Aug, 2024 - Aug, 2026

Point-of-Care Ultrasound (POCUS) Fundamentals Certificate: Sep, 2025

**Experiences****Clinical Observer (Inpatient Setting)**

Centinela Hospital Medical Center

08/2025 - 09/2025

Education/training

Los Angeles, CA

- Over a 4 week rotation, gained invaluable experience by observing night-to-day team handoffs, pre-rounding on patients, joining attending rounds, navigated Med Tech EMR software and presenting cases with active participation in discussions.
- Observed catheterizations, interpreted EKG's.
- Engaged in structured didactic sessions held twice weekly, enhancing understanding of clinical reasoning.
- Shadowed the Code Blue Team during critical events and observed the coordination of Rapid Response activations in real time.
- Represented Centinela Hospital at Inglewood City Hall community events, volunteering to provide blood pressure and blood glucose screenings to general public.

**Most Meaningful:**

This experience gave me a solid understanding of the rhythm of residency while sharpening skills essential for my future role. It also strengthened my curiosity, deepened my commitment to patient care, and reinforced my desire to provide attentive and compassionate care.

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**Clinical Observer (Inpatient Setting)**

West Anaheim Medical Center

07/2025 - 07/2025

Education/training

Anaheim, CA

- Engaged in comprehensive patient assessments for 1–2 cases daily, including history-taking, observing physical examination, and case presentation to attendings, while participating in holistic care from admission through discharge.
- Presented inpatient updates during morning conferences and actively engaged in morning reports.
- Assisted residents with EMR(Epic) documentation.
- Delivered a case presentation on COPD exacerbation, enhancing clinical knowledge.
- Observed code blue responses and participated in mock code drills, learning critical care workflow and team collaboration.
- Attended didactics, contributing to active discussion and learning.

Most Meaningful:

Apart from gaining insight into a resident's life, I was inspired by my attendings' humility and dedication. Despite patient load, their deep understanding of each case showcased a perfect blend of compassion and expertise, a standard I strive to emulate as I progress in my medical career.

**Clinical Intern**

Osmania General Hospital &amp; affiliated hospitals

08/2022 - 03/2024

Work

Hyderabad, India

- Worked in diverse settings (outpatient, inpatient, emergency, ICU) with exposure to all major specialties & sub-specialties.
- Responsibilities included taking detailed history, performing examination and order investigations, prescribing treatment & do follow-ups under supervision of attending.
- Assisted in medical and surgical procedures, such as emergency intubation, central lines, dilation & curettage, urinary catheterization, IV access, ascitic and pleural taps, wound suturing, normal vaginal deliveries, and episiotomy repair.
- Two months of experience in rural health settings, participating in community outreach, including immunization drives & blood donation camps.
- One month hands-on experience managing COVID cases.

Most Meaningful:

This experience challenged me to apply my medical school knowledge to patient-care decisions. Performing procedures and conducting daily rounds boosted my confidence in my clinical as well as teamwork skills.

**Medical Extern (Outpatient Setting)**

MacArthur Clinic

08/2025 - 08/2025

Education/training

Dallas, TX

- Completed a 4-week outpatient rotation, managing a daily caseload of 10–12 patients and gaining exposure to a wide range of acute and chronic conditions.
- Managed patients autonomously and performed tasks like taking vitals, history and physical exams.
- Presented cases and discussed differential diagnosis, utilizing the eClinicalWorks EMR for the SOAP notes, maintaining accurate documentation.
- Educated patients on annual screenings and vaccinations.
- Assisted in patient management through medication reconciliations, patient counseling on the smoking cessation, and lifestyle changes in managing chronic diseases.

**Quality Improvement Lead and Tele-Primary Care Physician**

Sanjeevani E-Clinic, a Nonprofit Organization

06/2025 - Present

Professional organization

Hyderabad, India

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**Quality Improvement Lead and Tele-Primary Care Physician**

- Quality improvement lead working to expand rural healthcare access in India via a 25¢/visit model.
- Partnered with the founder to streamline workflows and improve clinic systems.
- Teamed up with a senior coder to build and launch a basic cloud-based EMR.
- Delivered ~20 hours/week of webcam-based primary care consults.
- Created patient-facing visuals on chronic illnesses and led health education sessions.
- Trained nurses on clinical protocol standardization to improve care consistency.
- Managed digital marketing to raise clinic visibility & build referral networks.
- Strengthened the ability to lead across roles, solve problems in low-resource settings, and build systems that prioritize access and equity.

**Clinical Extern (Inpatient and Outpatient Setting)**

Houston Heart Care/HCA Houston Healthcare Clearlake  
Education/training

06/2025 - 06/2025  
Houston, TX

- Conducted thorough evaluations and presented 8–10 outpatient cases daily, enhancing clinical judgment.
- Used EMR eClinical Works to update SOAP notes, reviewed reports and participated in treatment discussions.
- Assisted in performing medical procedures, including Holter monitoring and stress EKG testing.
- Communicated with patients and families to explain procedures. Scrubbed in and observed cardiovascular interventions like PCI, TAVR, WATCHMAN performed by a multidisciplinary team.
- Engaged in hospital morning reports, gaining insight into case discussions and evidence-based management.

**Duty Medical Officer**

Government General Hospital  
Work

12/2024 - 05/2025  
Wanaparthi, India

- As a Medical Officer at General Hospital- handled 40-50 outpatients daily and ample inpatients, 24-hour on-call duties, and worked in the ER, Labor dept with attendings.
- Patient visits included annual health visits and screening for chronic medical conditions such as anemia, hypertension, diabetes and cataract.
- Educated patients and families about disease prevention and management, including hygiene practices and contraception choices.
- Ordered and interpreted labs, diagnosed diseases and created management plans tailored towards that specific population.
- Visited 'Anganwadi' centres, where women & children are given nutritional, educational and health support.
- Treated various acute cases like Poisoning, snake bites, Strokes.

**Clinical Extern (Inpatient and Outpatient Setting)**

AdventHealth Hospital  
Education/training

08/2024 - 08/2024  
Daytona Beach, FL

- Attended patient consultations in both inpatient and outpatient settings with my preceptor, obtained patient histories, and observed clinical examinations.
- Collaborated with the team to formulate assessments and management plans, reading up on latest guidelines in the process and documenting consultation notes in EMR(Epic).
- Researched relevant literature and presented it to Dr. Simhadri on patient conditions including a presentation on "Hereditary causes of kidney stones".
- Got familiar with the management protocols of chronic kidney disease(CKD), hypertension(HTN), and diabetic nephropathy.
- Gained insights into indications for peritoneal dialysis and hemodialysis.

**Clinical Extern (Outpatient Setting)**

Zidon Internal Medicine  
Education/training

07/2024 - 07/2024  
Aubrey, TX

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**Clinical Extern (Outpatient Setting)**

- Completed a 4-week outpatient rotation, conducting comprehensive patient assessments, including obtaining detailed medical histories, performing physical exams, and formulating individualized treatment plans.
- Documented patient encounters and maintained accurate, comprehensive medical records using the eClinicalWorks EMR system.
- Gained hands-on experience with medical interventions for common conditions and actively managed chronic cases, such as diabetes, and hypertension.
- Delivered a presentation on weight loss trends and the efficacy of various pharmacological interventions in patients with multiple co-morbidities.
- Proposed differential diagnoses and collaborative treatment plans for complex cases presented in primary care.

**Organizing Committee Member/CPR Trainer**

OSMECON 2021 - An international undergraduate medical conference/OMC CARES

01/2022 - 04/2022

Other extracurricular activities/clubs

Hyderabad, India

- Organizer, OSMECON – Prestigious international undergraduate medical conference; led the abstract submission committee, overseeing timely and accurate review of all abstracts. directed a team of volunteers, managed task allocation, coordinated with sponsors to secure funding, oversaw delegate management, and contributed content for interactive Jeopardy-style events to enhance participant engagement.
- Volunteer & CPR Trainer, OMC CARES (Osmania Medical College – Community Awareness, Education and Service program) - Led “Hands on Heart” CPR awareness campaign; conducted outreach in malls, schools, and trained public, traffic police, transport staff, teachers, and students in CPR, promoted preventive health education.

**Publications****Peer Reviewed Journal Articles/Abstracts**

Chaparala SP, Pathak KD, Dugyala RR, Varakala Sai Prashanthi, Thomas J. . Leveraging Artificial Intelligence to Predict and Manage Complications in Patients With Multimorbidity: A Literature Review. *Cureus*. January 2025; 17(1):e77758. Cited in PubMed; PMID: 39981468.

Publication Status: *Published*.

Article URL: <https://pubmed.ncbi.nlm.nih.gov/39981468/>

Ghazala S, Sarah H, Chandini G, Tanzeela S, Deep P, Sai Prashanthi Varakala, Yukesh K, Venkata Avinash U, Mariam A, Binish E, Muhammad Sohail S. Effectiveness of Telecardiology Interventions on Reducing Hospital Readmissions in Elderly Heart Failure: Systematic Review and Meta-Analysis. *Cardiology and Cardiovascular Medicine*. September 2025; 9(N/A):368-379.

Publication Status: *Published*.

Article URL: <https://www.fortunejournals.com/abstract/effectiveness-of-telecardiology-interventions-on-reducing-hospital-readmissions-in-elderly-heart-failure-systematic-review-and-meta-6228.html>

Sharma U, Zahra A, Varakala Sai Prashanthi, Khan A. A Retrospective Study of Disparities in Mortality Due to Diabetes Mellitus Over a 22-Year Period in the United States . *Cureus*. August 2025; 17(8):e91137.

Publication Status: *Published*.

Article URL: <https://www.cureus.com/articles/359476-a-retrospective-study-of-disparities-in-mortality-due-to-diabetes-mellitus-over-a-22-year-period-in-the-united-states>

**Peer Reviewed Journal Articles/Abstracts (Other than Published)**

Chityala SR, Varakala Sai Prashanthi, Kaur O, Chaparala SP. The Emerging Role of Gene-Based Interventions in Transforming Sickle Cell Disease Care. *Annals of Medical Research and practice*. August 2025.

Publication Status: *Submitted*.

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Guntupalli Y, Vejandla B, Varakala Sai Prashanthi, Evans T, Ratan P. A Retrospective Epidemiological Study of Mesothelioma in the U.S. (1999–2020) Based on CDC WONDER Data. *Cureus*. August 2025.  
Publication Status: *Under Review*.

**Poster Presentation**

Chintala D, Varakala Sai Prashanthi, Shaik F. American College of Gastroenterology Conference 2025. Poster presented: *Mood Dysregulation in a Middle Aged Woman with Long Standing IBS : A Case Reflecting Gut-Brain-Microbiome Axis Disruption..*  
Phoenix, AZ, United States of America; 10/28/2025.

**Non-Peer Reviewed Online Publication**

Varakala Sai Prashanthi, Yashaswi Guntupalli. (2025, September 21). Pulmonary Hypertension: The Lung's pressure problem. <https://medyflix.com/blog/22e1a721-e98f-477a-af45-0a9f27a88569>  
Publication Status: *Published*.

Varakala Sai Prashanthi, Yashaswi Guntupalli. (2025, September 23). Why Frailty Matters More Than Age in Internal Medicine?. <https://medyflix.com/blog/a16ad230-638c-461b-a0e8-e9c8e4482be7>  
Publication Status: *Published*.

**Proficient Languages**

- English
- Hindi
- Telugu