

# Samer Metri, MD

📍 San Diego, CA

## Education

### George Washington University, School of Medicine and Health Sciences

2019 – 2023

Doctor of Medicine

Honors: Alpha Omega Alpha

### University of California, Irvine

2014 – 2018

Bachelor of Science, Genetics

## Employment

### Kaiser Permanente, *Emergency Medicine Resident PGY2*

2023 – present

San Diego, CA

- Medically evaluated and managed two to three patients per hour in the emergency department while collaborating with specialists, nurses, and social workers to deliver quality patient care
- Performed critical procedures such as endotracheal intubations, central venous catheter placements, arterial line placements, and chest tube insertions
- Provided one-on-one mentorship to medical students, enhancing their clinical and procedural skills through hands-on instruction, targeted feedback, and personalized guidance

### Care Medical Transportation, Inc, *Emergency Medical Technician*

2019

San Diego, CA

- Responded to emergencies to assess patients, perform basic life support measures ranging from dressing wounds to CPR, and transport patients to nearby hospitals for continued care

## Leadership

### Stop the Bleed, *Course Instructor*

2024 – present

San Diego, CA

- Instructed the American College of Surgeons Stop the Bleed course at La Jolla High School and KP Doc for a Day, teaching middle and high school students how to control bleeding in critically injured people using tourniquets and wound packing techniques

### KPEM Residency DEI Committee, *Member*

2023 – present

San Diego, CA

- Collaborated with committee members to evaluate applicants for the DEI scholarship, with the goal of promoting diversity and inclusion in medicine and providing funding for an away rotation
- Contributed to ongoing DEI efforts by attending regular meetings, offering insights and feedback, and supporting social events that foster an inclusive environment

### DC COVID Connect, *Lead Website Developer and Content Editor*

2021 – 2022

Washington, DC

- Co-developed a website and mobile application that served as a central hub for the latest pandemic updates and resources
- Partnered with physicians at Children's National Hospital to spread awareness of the website, gaining thousands of viewers during the peak of the pandemic
- Managed the website's content to ensure the accuracy and relevance of shared information

### GW SMHS, *Emergency Medicine Interest Group, Vice President*

2020 – 2021

Washington, DC

- Co-coordinated the shadowing program, connecting first and second-year medical students with emergency medicine providers for shadowing and mentorship opportunities
- Managed the group's podcast and website through Wordpress, aimed at providing students with research and volunteer opportunities as well as career path guidance

### Bread for the City, *Program Coordinator*

2020

Washington, DC

- Directed a student-run COVID-19 community testing site located in an underserved district of DC to provide residents with accessible walk-up testing
- Recruited medical students from local universities (GW University and Howard University) and onboarded them with the clinic's electronic medical record system
- Taught students how to perform nasopharyngeal swabs and oversaw the scheduling process to ensure that testing sessions were properly staffed

## Service

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<b>Mock Code Blue Quality Improvement Project, Resident PGY2</b> <ul style="list-style-type: none"><li>Coordinated with nurse leaders to create simulated code blue scenarios on hospital units, observing nurse responses and providing constructive feedback and areas of improvement</li><li>Designed pre and post surveys to collect data on the comfort levels of nurses responding</li></ul>	2024 – present San Diego, CA
<b>USA Boxing, Ringside Physician</b> <ul style="list-style-type: none"><li>Performed physical examinations pre-fight and post-fight to assess boxers' physical fitness and underlying medical conditions that would prevent them from the competition</li><li>Monitored boxers during the fight for signs of head trauma or severe injuries, evaluated seriousness, and determined if boxers were fit to continue fighting</li></ul>	2024 – present San Diego, CA
<b>KP School of Medicine, Transition to Residency, Speaker</b> <ul style="list-style-type: none"><li>Supported fourth year medical students by providing guidance on navigating intern year and residency and addressing common questions to facilitate a smooth transition into residency</li></ul>	2024 San Diego, CA
<b>Carlsbad 5000, Medical Staff</b> <ul style="list-style-type: none"><li>Conducted on-scene triage and treatment to runners with heat exhaustion, post-exercise syncope, chest pain, and sprained ligaments, while coordinating with local EMS to transport patients to nearby hospitals</li></ul>	2024 San Diego, CA
<b>KP School of Medicine, Emergency Medicine Interest Group, Panel Speaker</b> <ul style="list-style-type: none"><li>Participated in a Q&amp;A panel for medical students pursuing emergency medicine, offering advice about the application process and strategies to enhance competitiveness as applicants</li></ul>	2023 San Diego, CA
<b>GW SMHS, Teaching and Learning Knowledge and Skills (TALKS), Peer Instructor</b> <ul style="list-style-type: none"><li>Taught first and second-year medical students to perform physical exams, formulate broad differential diagnoses, and present patients</li><li>Attended seminars focused on enhancing teaching skills in order to better educate other medical students in the clinical setting and provide effective, constructive feedback</li><li>Participated in peer coaching sessions to expand my teaching techniques and provide fellow instructors with feedback and improvement suggestions</li></ul>	2022 – 2023 Washington, DC
<b>Prescribe it Forward, Mentor</b> <ul style="list-style-type: none"><li>Conducted one-on-one discussions with aspiring medical students to provide feedback on personal statements and resumes, and guided them through the application process</li><li>Advised pre-medical college students on community involvement and leadership opportunities to foster well-rounded applicants</li></ul>	2020 – 2023 Washington, DC
<b>GW SMHS, M.D. Program Office of Admission, Student Interviewer</b> <ul style="list-style-type: none"><li>Conducted interviews with applicants and submitted detailed feedback to the Office of Admissions</li><li>Oriented applicants to the medical program, concentration tracks, and students interest groups to familiarize them with the various involvement opportunities</li></ul>	2019 – 2023 Washington, DC
<b>Something in the Water Festival, Medical Staff</b> <ul style="list-style-type: none"><li>Evaluated attendees with a variety of complaints including dehydration, food poisoning, and multi-substance intoxication, to determine if they require emergent transport</li><li>Attended a mass casualty evacuation planning session with members from the Federal Emergency Management Agency (FEMA) and other government organizations</li></ul>	2022 Washington, DC
<b>DC Vaccination Events, Vaccine Administrator</b> <ul style="list-style-type: none"><li>Administered the influenza, Janssen, and Pfizer vaccines at mass vaccination events set up by the DC Department of Health and GW Hospital</li><li>Observed patients following vaccine administration to monitor and treat unexpected allergic reactions</li></ul>	2021 Washington, DC
<b>DC Medical Reserve Corps (MRC), Volunteer</b> <ul style="list-style-type: none"><li>Joined the Serve DC initiative to inform residents about COVID-19 vaccination availability and scheduling process by knocking on doors and distributing flyers</li><li>Educated local neighborhoods about the safety and efficacy of vaccines in an effort to correct miscommunication and combat vaccine hesitancy within the community</li></ul>	2021 Washington, DC
<b>COVID-19 Testing Sites, Medical Volunteer</b> <ul style="list-style-type: none"><li>Performed nasopharyngeal swabs at various drive-through COVID-19 testing sites set up by GW Hospital, United Medical Center (UMC), Children's National Hospital, and DC Department of Health</li></ul>	2020 Washington, DC

## Women's March, Medical Volunteer

2020

- Triaged patients at an on-site medical tent to treat minor injuries and arrange hospital transport for those requiring imaging studies or additional interventions
- Distributed supplies such as Liquid I.V. hydration packs, hand warmers, and thermal blankets

Washington, DC

## Publications

- **Metri S**, Gonzalez-Cobos C, Rose G. Response to commentary on ultrasound-guided interfascial plane block for shoulder pain: Technique, scope, and rationale. *Am J Emerg Med*. 2024 Nov 14;S0735-6757(24)00599-0. doi: 10.1016/j.ajem.2024.11.020. Epub ahead of print. PMID: 39572316.
- **Metri S**, Gonzalez-Cobos C, Rose G. Treatment of shoulder pain with ultrasound-guided interfascial plane block. *Am J Emerg Med*. 2024 Dec;86:189.e1-189.e3. doi: 10.1016/j.ajem.2024.10.022. Epub 2024 Oct 13. PMID: 39414482.
- **Metri S**, Shesser R, Pourmand A. Recurrent abdominal pain visits to the emergency department: A case report using the Central Sensitization Inventory. *Am J Emerg Med*. 2023 Jan;63:177.e1-177.e4. doi: 10.1016/j.ajem.2022.09.018. Epub 2022 Sep 15. PMID: 36150946.
- **Metri S**, Pourmand A, Beisenova K, Shesser R. The recognition of Central Sensitization Syndrome in the Emergency Department. *Am J Emerg Med*. 2022 Jul;57:166-168. doi: 10.1016/j.ajem.2021.11.048. Epub 2021 Dec 3. PMID: 34895952.
- Zolotov Y, **Metri S**, Calabria E, Kogan M. Medical cannabis education among healthcare trainees: A scoping review. *Complement Ther Med*. 2021 May;58:102675. doi: 10.1016/j.ctim.2021.102675. Epub 2021 Feb 2. PMID: 33539943.

## Presentations

<b>Management of Acute Asthma Exacerbations</b> , <i>KPEM Residency Conference</i>	2025
<b>EPIC Tips for Improving Documentation in the Emergency Department</b> , <i>KPEM Residency Conference</i>	2024
<b>Thoracostomy tube placement for treating hemothoraces</b> , <i>KPEM Morbidity and Mortality Conference</i>	2024
<b>Comparison of Nebulized Ketamine to Intravenous Subdissociative Dose Ketamine for Treating Acute Painful Conditions in the Emergency Department</b> , <i>KPEM Journal Club</i>	2024
<b>Primary Spontaneous Pneumothorax Management</b> , <i>KPEM Controversies in Critical Care</i>	2024
<b>Infantile Botulism</b> , <i>KPEM Residency Conference</i>	2024
<b>Video versus Direct Laryngoscopy for Tracheal Intubation of Critically Ill Adults</b> , <i>KPEM Journal Club</i>	2023

## Scholarship

<b>GW SMHS, Disaster Medicine Track Scholarly Project</b> , <i>Researcher</i>	2022 – 2023
<b>Advisor:</b> Dr. Katie Donnelly, M.D.	Washington DC
<b>Project:</b> Know Your Rights: Law Enforcement in the Emergency Department	
• Reviewed the legal and ethical environment regarding the rights of healthcare employees and patients while in the emergency department to advance the autonomy of both patients and providers	
• Researched current literature and public guidance published by healthcare facilities in Washington DC to understand current approaches to law enforcement interactions within the emergency department	
<b>GW University, Department of Emergency Medicine</b> , <i>Lead Researcher</i>	2022
<b>Advisor:</b> Dr. Ali Pourmand M.D.	Washington DC
<b>Project:</b> Recurrent Abdominal Pain Visits to the Emergency Department: A case report using the Central Sensitization Inventory	
• Highlighted a pattern of patients with chronic pain undergoing multiple advanced imaging studies and expanded on the role of the Central Sensitization Inventory in this patient population	
• Published a case report highlighting the potential use of the Central Sensitization Inventory in the emergency department to reduce repetitive imaging studies in patients with exacerbations of chronic pain conditions	
<b>GW University, Department of Emergency Medicine</b>	2021
<b>Advisor:</b> Dr. Ali Pourmand M.D.	Washington, DC
<b>Project:</b> The recognition of Central Sensitization Syndrome in the Emergency Department	
• Researched the possible applications of the Central Sensitization Inventory in the management of patients with chronic pain exacerbations	

- Published an article highlighting the use of the Central Sensitization Inventory in other specialties implementation in the emergency department

**GW University, Integrative Medicine Program**

2020 – 2021  
Washington, DC

**Advisor:** Dr. Mikhail Kogan M.D.

**Project:** Medical cannabis education among healthcare trainees

- Aimed to identify the extent of current education related to medical cannabis offered to healthcare trainees and analyzed their understanding of its potential uses and side-effects
- Published a scoping review highlighting healthcare trainees’ lack of formal education and training on the uses of medical cannabis

**Disaster Consult**

2020 – 2021  
Washington, DC

**Project:** Disaster Consult website

**Advisor:** Dr. Jordan Selzer M.D.

- Co-authored website content with fellow medical students and residents, focusing on the response and management of blast injuries in the emergency department
- Published multiple articles on Disaster Consult, a website aimed at curating and presenting decision-making guidelines to assist healthcare providers in responses to disasters

**Awards**

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**Save of the Month, Kaiser Permanente, Emergency Medicine Department**

- Awarded in: May 2024, November 2024

**Certificates**

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ACLS • ATLS • PALS • BLS • Stop The Bleed Instructor • IHI Open School, Basic Certificate in Quality and Safety

**Languages**

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**Arabic** — Native • **French** — Basic