

Saira Dar, MD, MBA, MEHP, ABAARM

Physician + Medical Educator | Los Angeles, CA

CAREER HIGHLIGHTS

- Dynamic and multilingual healthcare physician with a proven track record of success in managing teams and patients and driving patient satisfaction, spanning almost 20 years.
- Experienced in staff development, medical education, clinical supervision, performance monitoring, strategic leadership, budget management, and more.
- Well-tempered by a variety of fast-paced, pressure-sensitive environments, including a former directorship at a high-volume clinic that saw roughly 5,000 patients per month.
- Excellent interpersonal strengths which combine with advanced problem solving and analytical skills.
- Active in the community and comfortable building rapport and networking with a diverse range of stakeholders.
- Provided an array of ancillary services such as chronic disease management-based courses, behavioral health, pharmacy services, and social services.
- Designed, developed, and implemented clinical courses and provides current patients and the general public with various educational resources, including access to a personal blog and YouTube channel.
- Ranked the highest physician-patient satisfaction score while managing 12-15 clinicians.
- Recognized for contributions to the field, including a letter of appreciation from President Barack Obama.
- Published a book on diagnostic reasoning, *Clinical Mind Maps: Using the Epi-Logical Approach* (Nov 2019).
- Lectured and presented at numerous local, national, and international conferences post-2005.
- Holds a Doctor of Medicine as well as an MBA, MEHP, and ABAARM and numerous certifications and trainings.
- Board-Certified in Family Medicine and licensed to practice in the states of California, Hawaii and Texas.
- Currently envisions blending a unique combination of experience, skillset, and passion to obtain a challenging new medical or academic leadership role.

CORE PROFICIENCIES

- Family Medicine
- General Practice
- Integrative Medicine
- Genomic Medicine
- Anti-Aging
- Pediatrics
- Urgent Care
- Chronic Disease Mgmt.
- Nutrition & Diet
- Preventive Medicine
- Long term facility directorship
- Drug Detox
- Medical Education
- Clinical Supervision
- Performance Monitoring
- Quality Improvement
- Root Cause Analysis
- Diagnosis & Management
- Patient Satisfaction
- Hospice and end of life care
- Care Planning
- Strategic Leadership
- Crisis Management
- Budget Management
- Revenue Growth
- Team Management
- Communication
- Coaching & Mentoring
- Collaboration & Teamwork
- Time Management/Organization

PROFESSIONAL EXPERIENCE

- Program Director Gracelight Medicine Residency Program | Los Angeles | CA | May 2024 – present.
- Program Director VCME Family Medicine Residency Program | VCME | Modesto, CA | March 2022 – April 2024
- Contracted Member Family Physician | Scenic Faculty Medical Group | Modesto, CA | March 2022 – April 2024
- Personalized Medicine Physician – All Inclusive Medical Services, Sacramento, CA July 2023 – Present
- Telemedicine Supervising Physician, Circle Medical | TX, CA | November 2023 – Present
- Telemedicine Practicing Physician, Amwell | TX, CA | November 2023 – Present
- Physician/Medical Director | Skilled Nursing Facilities with AIMS | Modesto, CA | August 2022 – March 2023
- Supervising and Practicing Physician, Integrative and Functional Medicine | Forum Health | Modesto, CA | August 2022 – December 2023
- Telemedicine Provider, MD Live with Cigna | TX, FL, CA | Mar 2020 – November 2023
- Physician/Medical Consultant | Smart Health & Wellness Centers | McKinney, TX | Aug 2018 – March 2022
- Medical Director & Physician John Peter Smith Health Care System and JPS Family Medicine Residency | UNT Health Science Center at JPS locations | Ft. Worth, TX | Jul 2008 – Jan 2018
- Supervisor | Detox & Rehab Center MHMR | Tarrant County (Ft. Worth), TX | Jan 2015 – present
- Family Physician | Wagoner Medical Center | Kokomo, IN | Jul 2005 – Jun 2008

- Nursing Home Physician for 5 SNFs (Skilled Nursing Facilities) | Wagoner Medical Center | Kokomo, IN | Jul 2005 – Jun 2008
- Family Medicine Resident | Region Family & Community Medicine Program | St. Paul, MN | Jul 2002 – Jun 2005
- Research Assistant | Region Hospital | St. Paul, MN | Mar 2001 – Jun 2001
- Intern | Jinnah Hospital | Lahore, Pakistan | Jun 1998 – Jun 1999

TEACHING EXPERIENCE

- Residency Program Director | VCME Family Medicine Residency, Modesto, CA | March 2022 - Present
- Asst. Professor/Physician | University of North Texas Health Science Center | Ft. Worth, TX | Jul 2008 – July 2022
- Supervision, Nurse Practitioners, Physician Assistants, July 2012 – Present
- Lifestyle Medicine Curriculum in the Family Medicine Residency Program

EDUCATION & TRAINING

- Anti-Aging, Metabolic, & Functional Medicine (ABAARM) Fellowship | American Academy of Anti-Aging Medicine (A4M) | Orlando, FL | Sep 2017 – Dec 2018
- Master of Education in Health Professions (MEHP) | Johns Hopkins Univ. | Baltimore, MD | Sep 2015 – May 2018
- Master of Business Administration | UMass Isenberg School of Business | Amherst, MA | Jan 2013 – Nov 2014
- Lifestyle Medicine | American College of Lifestyle Medicine (ACLS) | | Sept 2022 – Presently Enrolled
- Faculty Development Fellowship | Waco Faculty Development Program | Waco, TX | Sep 2009 – Apr 2010
- Post Graduate Residency | Regions Family & Community Medicine | St. Paul, MN | Jun 2002 – Jun 2005
- Doctor of Medicine (MD) | Education Commission for Foreign Medical Graduates (ECFMG) | Jun 2002
- Medical School | Allama Iqbal Medical School | Lahore, Pakistan | Sep 1991 – Sep 1997
- Biology & Chemistry Undergraduate | Kinnaird College | Lahore, Pakistan | Sep 1990 – Sep 1992

LICENSES & CERTIFICATIONS

- Licensed Practitioner in the United States
- Board-Certified in Family Medicine
- Licensed to Practice in California & Texas
- Infant, Child & Adolescent Medicine Course
- Certification | Opioid Dependence Treatment
- Certification | Neonatal Resuscitation
- Certification | Basic Life Support
- Certification | Advanced Cardiac Life Support
- Certification | Pediatric Advanced Life Support
- Certification | Acute Trauma Life Support
- Educational Commission for Foreign Medical Graduates
- USMLE Step 1, USMLE Step 2, & USMLE Step 3

AWARDS & ACCOLADES

- UNTHSC Physician Excellence Award | Fort Worth, TX
- Physician of the Quarter | JPS Poly Clinic | Fort Worth, TX
- Congestive Heart Failure Award | JPS Community Medicine | Fort Worth, TX
- Dean's Recognition for Commitment to Medical Education | UNTHSC | Fort Worth, TX
- Fellow at Academy of Medical Educators | UNTHSC | Fort Worth, TX
- Letter of Appreciation from President Barack Obama | Washington, DC