

# SARALA M. KAL

## EDUCATION

Kaiser Permanente Los Angeles Medical Center-Nephrology Fellowship	July 2024-Present
Arrowhead Regional Medical Center (ARMC)-Internal Medicine Residency	October 2021-June 2024
UHS Southern California Medical Education Consortium-Internal Medicine Residency	July 2021-September 2021
St. George's University School of Medicine-Doctor of Medicine	August 2017-May 2021
Georgetown University-Master of Science in Biotechnology	August 2013-May 2014
University of California, Berkeley-Bachelor of Arts, Integrative Biology: Human Physiology	August 2009-May 2013

## PUBLICATIONS

- *In review*: **Kal S**, Johnson S, Hyungjin BK, Asymptomatic rheumatic mitral stenosis in pregnancy managed via cesarean delivery.
- *In review*: **Kal S**, Hu J, Williams SO, Hyungjin BK, *Enterococcus Faecalis* Bacterial Endocarditis leading to Mitral-Aortic Intervalvular Fibrosa Perforation.
- *In review*: **Kal S**, Fischer N, Sultan K, Bholat Y, Knutzen G, Khan Z, Saadat S, Oxaliplatin-Induced Hepatic Sinusoidal Obstruction Syndrome in a Patient with Metastatic Colorectal Cancer.
- *In review*: **Kal S**, Sultan K, Vo D, A Case of Leptomenigeal Carcinomatosis with extremely elevated opening pressure.
- Sultan K, **Kal S**, Issagholian L, et al. (October 30, 2023) The Effect of Glycemic Control on Morbidity and Mortality in Critically Ill COVID-19 Patients. *Cureus* 15(10): e47991. doi:10.7759/cureus.47991
- **Kal S**, Shabbir T, Gupta S, et al. (February 17, 2023) An Incidental Finding of Takotsubo Cardiomyopathy in a Trauma Case. *Cureus* 15(2): e35106. doi:10.7759/cureus.35106
- **Kal S**, Beland A, Hasan M (November 28, 2022) West Nile Neuroinvasive Disease Treated with High Dose-Corticosteroids. *Cureus* 14 (11): e31971.doi:10.7759/cureus.31971
- Sultan K., **Kal S.**, Wasson, A., & Farmand, F. (2023). Incidental splenic marginal zone lymphoma with extreme macrocytosis after hydroxyurea use: A case report. *Cureus*. <https://doi.org/10.7759/cureus.33462>
- Savla P; Toor H; Podkovik S; Mak J; **Kal S**; Soliman C; Ku A; Majeed G; Miulli DE; "A Reassessment of Weaning Parameters in Patients With Spontaneous Intracerebral Hemorrhage." *Cureus*, U.S. National Library of Medicine, 6 Jan. 2021, [pubmed.ncbi.nlm.nih.gov/33564535/](https://pubmed.ncbi.nlm.nih.gov/33564535/).
- **Kal, Sarala**, and Clinton Fellow. "Sarala Kal, AIF Clinton Fellow." *News India Times*, 11 Apr. 2017, <https://www.newsindiatimes.com/my-journey-from-manhattan-to-madanapalle/>.
- Dana CM, Dotson-Fagerstrom A, Roche CM, **Kal SM**, Chokhawala HA, Blanch HW, Clark DS. "The importance of pyroglutamate in cellulase Cel7A." *Biotechnology and Bioengineering* 2013 Dec 30. doi: 10.1002/bit.25178.
- Dana CM, Saija P, **Kal SM**, Bryan MB, Blanch HW, Clark DS. "Biased clique shuffling reveals stabilizing mutations in cellulase Cel7A." *Biotechnology and Bioengineering* 2012 Nov;109(11):2710-9. doi: 10.1002/bit.24708. Epub 2012 Sep 14.

## POSTER PRESENTATIONS & CONFERENCES

American College of Physicians, National Abstract Competition	April 18 <sup>th</sup> 2024
• The Effect of Glycemic Control on Morbidity and Mortality in Critically Ill COVID-19 patients"	
American College of Cardiology	April 6 <sup>th</sup> 2024
• A rare cause of chest pain: incidental finding of Ebstein Anomaly	
American Heart Association	November 12 <sup>th</sup> 2023
• Atypical cause of embolic stroke; intracardiac metastasis of mixed germ cell tumor	
American College of Physicians Southern California Regions I, II, III	October 7 <sup>th</sup> 2023
• A Case of Leptomenigeal Carcinomatosis with extremely elevated opening pressure	
City of Hope Academic Excellence Day	May 25 <sup>th</sup> 2023
• A Case of Leptomenigeal Carcinomatosis with extremely elevated opening pressure	
ARMC Research and Scholarly Activity Symposium	May 19 <sup>th</sup> 2023
• Association between degree of glycemic control and length of stay in the ICU in critically ill COVID-19 patients	
CUSM Research and Scholarly Activity Symposium	April 28 <sup>th</sup> 2023
• Internal Medicine Residents' Comfort with Medical Management of Mental Health Disorders	
California Thoracic Society	March 2023
• A case of Mitral-aortic Intervalvular Fibrosa Perforation	
Medical Oncology Association of Southern California, "Spotlight on Hematology"	January 2023
• Incidental splenic marginal zone lymphoma with extreme macrocytosis after hydroxyurea use	

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## RESEARCH EXPERIENCE

<b>Arrowhead Regional Medical Center, Cardiology</b> <i>Project:</i> Analysis of readmission rates and optimal guideline directed medical therapy for heart failure in patients admitted to ARMC	<b>November 2022-Present</b>
<b>Arrowhead Regional Medical Center, Ambulatory Clinic QI Research</b> <i>Project:</i> Improving Primary Care Providers' Knowledge and Comfort in Providing Mental Health Care	<b>March 2022-Present</b>
<b>Arrowhead Regional Medical Center, Pulmonary Critical Care Medicine</b> <i>Project:</i> Association between degree of Glycemic Control and Length of Stay in the ICU in Critically Ill COVID-19 Patients	<b>January 2022-March 2023</b>
<b>Arrowhead Regional Medical Center Department of Neurosurgery</b> <i>Project:</i> Understanding the most common risk factors and causes of traumatic brain injury in the patient population of the Inland Empire	<b>January 2019-January 2021</b>
<b>Georgetown University Lombardi Comprehensive Cancer Center</b> <i>Project:</i> Using genetically engineered mice & xenograft mouse models as pre-clinical tools for breast cancer.	<b>September 2013-May 2014</b>
<b>University of California, Berkeley Department of Chemical Engineering, Energy Bioscience Institute</b> <i>Project:</i> To enhance the conversion of lignocellulose to biofuels	<b>August 2011-May 2013</b>
<b>Children's Hospital Los Angeles Infectious Diseases Research Assistant</b> <i>Project:</i> Microbial Pathogenesis; analyzing CD64 N-glycosylation mutation sites on surface of macrophages to prevent E-coli bacterial entry	<b>May 2011-August 2011</b>

## PROFESSIONAL CERTIFICATIONS/MEMBERSHIPS

<b>Advanced Cardiovascular Life Support Provider-American Heart Association</b>	<b>February 2023-February 2025</b>
<b>Basic Life Support Provider-American Heart Association</b>	<b>February 2023-February 2025</b>
<b>Drug Enforcement Administration</b>	<b>August 2022-December 2023</b>
<b>American College of Physicians, Member</b>	<b>June 2021-Present</b>
<b>American College of Cardiology, Member</b>	<b>July 2022-Present</b>
<ul style="list-style-type: none"><li>2023 Women's Cohort, Internal Medicine Cardiology Program</li></ul>	
<b>Telephone &amp; Telemedicine in Clinical Medicine, Harvard Medical School</b> <ul style="list-style-type: none"><li>Review distinction between Telehealth platforms &amp; illustrate areas of risk to improve clinical outcome</li></ul>	<b>May 2020</b>
<b>Improving Health &amp; Healthcare Worldwide (IHI)</b> <ul style="list-style-type: none"><li>Patient Centered Care: Introduction to Patient-Centered Care, Key Dimensions of Patient &amp; Family Centered Care, Incorporating Mindfulness into Clinical Practice, Seeing Care Through the Eyes of Patients and Families, Basic Skills for Conversations about End-of-Life Care</li><li>Triple Aim for Populations: Introduction to the Triple Aim for Populations, Improving Health Equity, Increasing Value &amp; Reducing Waste at the Point of Care</li></ul>	<b>March 2020-September 2020</b>
<b>Immigrant and Refugee Health Course, Department of Medicine at University of Minnesota</b> <ul style="list-style-type: none"><li>Describe best practices for cross-cultural communication with immigrant and refugee patients</li></ul>	<b>March 2020-September 2020</b>
<b>Medical Spanish</b> <ul style="list-style-type: none"><li>Spanish course specifically designed for physicians to question patients about symptoms &amp; conduct physical exams</li></ul>	<b>October 2020</b>

## WORK EXPERIENCE

<b>Private Tutor</b> <ul style="list-style-type: none"><li>Tutor high school/college students in <i>Mathematics, Biology, and Chemistry</i></li></ul>	<b>2007-Present</b>
<b>William J. Clinton Fellowship for Service in India-Public Health Fellow, Madanapalle, Andhra Pradesh</b> <ul style="list-style-type: none"><li>Placed at the NGO PORD (People's Organization for Rural Development) in Madanapalle, Andhra Pradesh.</li><li>Developed and followed through on Public Health Initiative to teach community women in tribal areas, slums, and villages about water &amp; sanitation hygiene and healthy practices for adolescent girls and women of reproductive age.</li></ul>	<b>September 2016-June 2017</b>
<b>Memorial Sloan Kettering Cancer Center -Research Associate, New York, NY</b> <ul style="list-style-type: none"><li>Developing a non-invasive clinical assay for the identification of all GR isoform up-regulation in Enzalutamide/Abiraterone-treated patients to predict resistance &amp; guide GR-directed therapy.</li><li><i>Skills:</i> CRISPR/Cas9 genome editing, culturing patient biopsy specimens as organoids</li></ul>	<b>June 2015-July 2016</b>
<b>Dr. Chainulu's Hospital &amp; Anusha Critical Care Center- Clinical Assistant, Rajabmundry, Andhra Pradesh</b> <ul style="list-style-type: none"><li>Educated patients and families on diabetes prevention techniques.</li><li>Provided assistance in operating room for obstetric cases</li></ul>	<b>June 2014-October 2014</b>
<b>MedImmune, LLC: Gaithersburg Maryland- Clinical Testing Research Associate, Washington, DC</b> <ul style="list-style-type: none"><li>Performed ELISA (enzyme-linked immunosorbent assay) and ECL (electrochemiluminescence) methods according to standard operating procedures with high throughput for Phase 1 and Phase 2 drug studies.</li></ul>	<b>November 2014-June 2015</b>

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## EXTRACURRICULAR/VOLUNTEER ACTIVITIES

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<b>American College of Physicians (ACP) Southern California Regional Committee Leader</b>	June 2022-June 2024
<ul style="list-style-type: none"><li>Diversity/Equity and Inclusion</li><li>Medical School and Residency Representative</li></ul>	
<b>American College of Cardiology</b>	March 2023-March 2024
<ul style="list-style-type: none"><li>American College of Cardiology's 2023 Women's Cohort in the Internal Medicine Cardiology Program</li></ul>	
<b>California University of Science and Medicine Mentor</b>	January 2023-Present
<ul style="list-style-type: none"><li>Advise and mentor medical students who are eager to pursue a career in Internal Medicine</li></ul>	
<b>Minds Matter-Writing &amp; Critical Thinking Advisor</b>	August 2015-Present
<ul style="list-style-type: none"><li>Mentor high-achieving, low-income high school students develop writing &amp; critical thinking skills</li></ul>	
<b>COVID-19 LST Contributor</b>	September 2020-Present
<ul style="list-style-type: none"><li>COVID-19 LST is a group of medical students, PhDs, &amp; physicians keeping up with the latest research on SARS-CoV-2.</li></ul>	
<b>Mohan Dialysis Center-COVID19 Medical Volunteer</b>	March 2020-June 2020
<ul style="list-style-type: none"><li>Assisted nursing staff &amp; doctors with transporting patients, paperwork for proper protocol and training in PPE</li></ul>	
<b>Indian Classical Dancer and Instructor-Bharata Natyam</b>	July 2003-Present
<ul style="list-style-type: none"><li>Performed dance dramas across the United States as a member of <i>Shakti Dance Company</i>.</li><li>Dancer for <i>Prakeriti Dance Company</i>, performed in Washington, DC and New York.</li></ul>	

NOT YET REFINISHED