

# Damanpreet K. Grewal MD, ABOM

[dkgrewal@stanford.edu](mailto:dkgrewal@stanford.edu)

## **EDUCATION**

08/2005 - 05/2009 Saint George's University School of Medicine  
M.D. - Medical Doctor  
Grenada, West Indies

08/2000 - 05/2004 University of California at Berkeley  
B.A. - Magna Cum Laude  
Molecular and Cellular Biology  
Berkeley, California

## **POSTGRADUATE TRAINING AND FELLOWSHIP APPOINTMENTS**

06/2020 – 12/2020 Obesity: Etiology, Prevention and Treatment course  
Comprehensive Weight Loss Center  
Institute of Human Nutrition  
Columbia University/Weill Cornell  
New York, NY

06/2013 - 06/2016 Instructor of Medicine  
Clinical Fellow,  
Division of Gastroenterology and Hepatology  
Allegheny Health Network Temple University  
Pittsburgh, PA

06/2010 – 06/2012 Medical Resident  
Department of Internal Medicine  
Allegheny Health Network Temple University  
Pittsburgh, PA

07/2009 – 06/2010 Medical Intern  
Allegheny Health Network Temple University  
Pittsburgh, PA

## **FACULTY APPOINTMENTS**

9/2016 - present Clinical Assistant Professor of Medicine  
Division of Gastroenterology and Hepatology  
Stanford University School of Medicine  
Stanford, CA

09/2012 – 05/2013 Attending in Hospital Medicine

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Division of Hospitalist Medicine Specialists  
Department of Internal Medicine  
Allegheny Health Network Temple University  
Pittsburgh, PA

## **LICENSURE**

American Board of Obesity Medicine	02/2021
American Board of Internal Medicine Gastroenterology	2016
American Board of Internal Medicine (ABIM)	2012-2022
Medical Board of California	12/2014-11/2020
ACLS	06/2019-06/2021
ECFMG Certification	06/2009

## **SPECIALTY CERTIFICATION, HONORS AND AWARDS**

Award of Honor	2019
Global Health Initiative, India	
Sahaita "A helping hand"	
Board member, Hand Hygiene Initiative Committee	2011-2012
Allegheny Health Network Temple University	
Resident board member	2010-2012
Graduate Medical Education committee	
Allegheny Health Network Temple University	
Dean's List	2005 - 2007
Saint George's University School of Medicine	
Cardiology Honors Program	2006
Saint George's University School of Medicine	
Honors Thesis - Cardiovascular Health among Asian Indians (CHAI) Study	2004
University of California at Berkeley	
Dean's List	2000-2004
University of California at Berkeley	
Howard Hughes Research Fellow	2003
Howard Hughes Medical Institute	
University of California at Berkeley	

## **RESEARCH, CLINICAL AND MEDICAL EDUCATION INTERESTS**

- Interested in health disparities amongst patients of different ethnic and socioeconomic backgrounds
- Medical decision making and clinical reasoning in medical education
- Teaching trainee's diagnostic hypothesis generation, refinement and verification

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## RESEARCH EXPERIENCE

04/2021 – present

Physicians Endoscopy Ergonomics Taskforce  
A3 Project Management  
Investigators: Sheila Agpoon, RN, MBA, BSN, CGRN,  
Monique H. Lambert, PhD, Damanpreet K Grewal,  
MD

To gain awareness of the need to achieve higher performance in patient care, research and education by applying problem solving methodology in creating improvements. Work with multidisciplinary project improvement team to acquire useful skills that can achieve reportable results – SMART goals.

📄

07/2020 - present

Ergonomic in Endoscopy: Practical interventions to mitigate risk of endoscopy-related injury  
Principal Investigator: Damanpreet K. Grewal, MD  
Co-investigator: Samer El-Dika MD

Survey based study to investigate factors that lead to increased RMI's and implement behaviors to mitigate these risks.

12/2019 – 8/2020

Cost Savings Reinvestment Program: transfusions in cirrhosis  
Investigators: Branden Tarlow, MD, PhD, Aparna Goel, MD, Damanpreet K Grewal, MD

Cost savings initiate to support value equation by reducing unnecessary transfusions for cirrhotic Patients.

03/2011 – 06/2012

Influencing Hand Hygiene Rates Using An Electronic Hand Hygiene Tracking Device.  
Principal Investigator: Andrew Sahud, MD  
Co-investigators: Nitin Bhanot MD, MPH, Diane Vido MS, Juhi Moon MD, Damanpreet Grewal MD.  
Allegheny Health Network Temple University  
Pittsburgh, PA

A prospective study to investigate innovative means to improving hand hygiene behavior amongst healthcare providers by using behavioral feedback and reduce healthcare acquired infections

01/2004 - 05/2004

Parent's perception of safety and its influence on their children's physical activity levels.  
Principal Investigator: Susan L. Ivey, MD, MHSA

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Center for Family & Community Health  
University of California at Berkeley  
Berkeley, CA

A series of qualitative research seminars on conducting focus groups to gather information. Prepared written reports documenting steps for conducting focus groups to investigate the research topic. Documented and transcribed focus group discussions for content analysis.

06/2001 - 05/2004

Cardiovascular Health among Asian Indians Study.  
Principal Investigator: Susan L. Ivey, MD, MHSA  
University of California at Berkeley  
Berkeley, CA

Developed a survey questionnaire in English and Punjabi based on issues concerning community members addressed during focus groups assessing CV disease risk factors. Conducted participant interviews in person and over the phone for a sample size of more than 300. Transferred data from surveys to data management software for analysis using SAS. Organized meetings to analyze and critique the data with research team. Presented our findings at national meetings, local libraries and health fairs to disseminate health educational materials and encourage healthy behaviors amongst the community members. Publish on the viability of community-based research projects.

### **TEACHING EXPERIENCE AND CLINICAL RESPONSIBILITIES**

2016 - present

Attending physician

Digestive Health Clinic and Inpatient Gastroenterology Service  
Stanford University Medical Center  
Stanford University School of Medicine

- Deliver patient care in busy outpatient clinical practice and inpatient gastroenterology consult service
- Perform endoscopic procedures including upper endoscopies, colonoscopies, flexible sigmoidoscopies, and percutaneous gastrostomy tube placement
- Mentor gastroenterology fellows in endoscopy
- Mentor gastroenterology fellows and medical residents on inpatient and outpatient gastroenterology services
- DDCC presentations

07/2020 - present

Ergonomics in Endoscopy Lecture series Director  
Gastroenterology and Hepatology Fellowship  
Stanford University School of Medicine

- Provide series of lectures on ergonomics in endoscopy

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- Implement techniques to mitigate endoscopy related injury by working one-on-one with fellows during their endoscopy rotation
- Work with OT to establish a clinical curriculum to provide educational materials
- Developed handout with stretches to be implemented during microbreaks

08/2020 -

Ambulatory Medicine clerkship: Med313  
Stanford University School of Medicine  
Stanford, CA

- Teach medical students' basics of common gastrointestinal diseases and management
- Precept medical students as a mentor on various topics within gastrointestinal and liver diseases

09/2020

Board Review Course Moderator  
Stanford Gastroenterology and Hepatology Board Review Course 2020  
Stanford University School of Medicine  
Stanford, CA

- Facilitated board review sessions on disorder of the Gallbladder, Bile ducts and Pancreas, and Disorders of the Small Bowel and Nutrition over a course of 2-days

2013-2016

Medicine teaching fellow  
Inpatient Gastroenterology and Hepatology Service  
Allegheny Health Network Temple University  
Pittsburgh, PA

- Taught medical residents and students on inpatient gastroenterology service

### **CAREER DEVELOPMENT**

01/2021 – 09/2021

Making SPACE Leadership Program  
Wellness, Mindfulness and Meaning-Making in Leadership  
Department of Medicine  
Stanford University School of Medicine

12/2020 – 02/2021

The Obesity Society Review Course  
American Board of Obesity Medicine

12/2020

Leveraging the Power of Coaching: Helping Others Excel

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WellMD Leadership Workshop  
Physician Wellness Academic Consortium  
Stanford University School of Medicine  
Stanford, CA

12/2020                    Harnessing EQ to impact Others  
WellMD Leadership Workshop  
Physician Wellness Academic Consortium  
Stanford University School of Medicine  
Stanford, CA

07/2020 - 08/2020   Collaborative Alliance for Pancreatic Education and Research (CAPER)  
4th Annual Pancreas Academy Series

07/2020 – 09/2020   Teaching Workshop for Clinical Faculty  
Teaching and Mentoring Academy  
Dean's Office Stanford Faculty Development Center  
Stanford Medicine Teaching and Mentoring Academy  
Stanford University School of Medicine  
Stanford, CA

12/2019 & 12/2020   Advancing Communication Excellence at Stanford  
Optimize patient experience using Ask-Respond-Tell loops  
Stanford University School of Medicine  
Stanford, CA

### **PROFESSIONAL COMMITTEE APPOINTMENTS**

09/2020 – 09/2023   Patient Safety Committee Core-member  
Establish, support, and provide oversight for an integrated  
interdisciplinary patient safety program  
SHC/LPCH Medical Staff Organization  
Stanford Health Care  
Stanford, CA

2019 - present           Ergonomics Taskforce Committee Core-member  
Division of Gastroenterology and Hepatology  
Department of Medicine  
Stanford University School of Medicine  
Stanford, CA

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2018 - present Fellowship Interview Committee Member  
Division of Gastroenterology and Hepatology  
Stanford University School of Medicine  
Stanford, CA

## **PROFESSIONAL ASSOCIATIONS**

2019 - present Member, Stanford Center for Innovation in Global Health  
2016 - present Member, American Gastroenterological Association  
2017 - present Member, American College of Gastroenterology  
2018 - present Member, American Society for Gastrointestinal Endoscopy  
2018 - present Member, Crohn's and Colitis Foundation of America  
2009 - 2012 Member, American College of Physicians

## **EXPERIENCE**

04/2012 - 05/2013 Planning Committee Board Member  
Crohn's and Colitis Foundation of America  
Pittsburgh, PA  
- Worked with a team of professionals to organize fund-raising events for IBD research  
- Organized educational outreach programs in the community for newly diagnosed individuals

07/2010 - 06/2012 Board-Member  
Graduate Medical Education & Evaluation Subcommittee  
Allegheny Health Network Temple University  
Pittsburgh, PA  
- Monthly sessions to evaluate residency and fellowship curriculums to ensure they meet graduate medical education training requirements  
- Addressed resident and fellow concerns regarding their respective programs  
- Reviewed residency and fellowship program evaluations and implemented ways to improve educational experience for trainees

04/2008 - 04/2008 Medical student trainee  
Walter Reed Army Medical Center,  
Bethesda, MD  
- Annual workshop training in regional block landmarks  
- Assisted with event organization and cadaver dissections for hands-on workshop  
- Participated in a series of lectures on history of regional anesthesia and its use in military overseas

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- 08/2005 - 05/2007 Member  
American Medical Student Association  
Grenada, WI  
- Weekend visits to local clinics for free health-care screenings for diabetes and hypertension
- 07/ 2002 - 05/2004 Planning Committee Board Member  
South Asian Public Health Association - San Francisco Chapter  
San Francisco, CA  
- Organized meetings for the chapter in various locations throughout bay area to discuss different public health issues affecting the south Asian communities  
- Worked with board members to develop research projects to address health disparities among the south Asian community
- 06/ 2002 - 05/2004 Medical Intern  
Rotacare Free Medical and Dental clinic  
San Leandro, CA  
- Internship at a free, inner-city medical clinic providing healthcare services to uninsured children and adults  
- Performed histories and physical-exams under the direct supervision of a physician
- 08/ 2001 - 05/2004 Peer Adviser  
Molecular & Cell Biology Undergrad Affairs Office  
University of California at Berkeley  
Berkeley, CA  
- As a student ambassador, helped incoming freshmen students adjust to the new environment while offering advice on the various majors within the department  
- Facilitated meetings between students and advisors

### PUBLICATIONS

Ivey, MD, MHSA, SL; Patel, MPH, S; Kalra, MS, P; Greenlund, PhD, K; Srinivasan, PhD, S; **Grewal, BA, D**. Cardiovascular Health among Asian Indians: A community research project. Journal of Interprofessional Care. 2004 Nov; 18(4): 391-402. Cited in PubMed; PMID: 15801554.

**Grewal, MD, D**; Hardman, MD, B; Bhargava, MD, A. Cardiomyopathy: a rare but serious complication of Scleroderma. Poster finalist at the National Society of General Internal Medicine Meeting 2012, Orlando, Florida.



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**Grewal,MD, D;** Chahal,MD, D; Fishman,MD, R. A rare case of Multiple System Atrophy in a 28-year-old woman. Poster finalist at the National American College of Physicians Meeting 2011, San Diego, California.

**Grewal,MD, D;** Chahal,MD, D; Fishman,MD, R. A rare case of Multiple System Atrophy in a 28-year-old woman. Poster finalist at the National Society of General Internal Medicine Meeting 2011, Phoenix, Arizona.

Taherkhani,MD, S; **Grewal,MD, D;** Spencer,MD, A; Bajwa,MD, R. Hypertension in Neurofibromatosis Type 1. Poster finalist at the National Society of General Internal Medicine Meeting 2011, Phoenix, Arizona.

Taherkhani,MD, S; Smith,MD, T; Biederman,MD, R; **Grewal,MD, D;** Gabriel,DO, G. Disseminated Intra-ventricular Endocarditis (DIVE) Syndrome. Case report series.

Bilal MD, M; **Grewal MD, D;** Clarke MD, K. Pre-pylori Pseudomelanosis – “It can happen”. Digestive Disease Week 2015. May 2015.

Bilal MD, M; **Grewal MD, D;** Clarke MD, K. Pre Pylorus Pseudomelanosis - "It can happen". Digestive and Liver Disease 2015. DLD-15-79R1.

Zikos TA, Nguyen L, Kamal A, Fernandez-Becker N, Regalia K, Nandwani M, Sonu I, Garcia M, Okafor P, Neshatian L, **Grewal D,** Garcia P, Triadafilopoulos G, Clarke JO. Marijuana, Ondansetron, and Promethazine Are Perceived as Most Effective Treatments for Gastrointestinal Nausea. Dig Dis Sci. 2020; 10.1007/s10620-020-06195-5.

Quassim Alayo, **Daman Grewal,** Vijay Pottathil, Okafor PN. The impact of night-time emergency department presentation on lower GI bleed outcomes. Gastroenterology 158(6):S-752 · May 2020.

### **PRESENTATIONS**

Grewal, D. (2021, May). Gastroesophageal Reflux Disease. Practical Updates in Primary Care 2021 Virtual Series; May 13-15, 2021; Virtual.

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Grewal D, Beth A. (2020, April). Ergonomics in Endoscopy: Scientific findings and clinical application. Digestive Disease Clinical Conference. Division of Gastroenterology and Hepatology. Stanford University School of Medicine, Palo Alto, CA.

Grewal, MD, D. (2017, January). Journal Club: Imipramine for treatment of Esophageal Hypersensitivity and Functional Heartburn: A Randomized Placebo-Controlled Trial. Division of Gastroenterology and Hepatology. Stanford University School of Medicine, Palo Alto, CA.

Grewal, MD, D; Thakkar, MD, S. (2015, August). Chronic Pancreatitis. EUS Core-lecture series. Department of Gastroenterology. Allegheny General Hospital, Temple University, Pittsburgh, PA.

Grewal, MD, D. Dhawan, MD, M. (2015, August). Esophageal Cancer: EMR vs. Esophagectomy. Thoracic Surgery lecture series. Department of Gastroenterology and Thoracic Surgery. Allegheny General Hospital, Temple University, Pittsburgh, PA.

Grewal, MD, D. (2015, April). Total Parenteral Nutrition. GI Core-curriculum lecture series. Department of Gastroenterology. Allegheny General Hospital, Temple University, Pittsburgh, PA.

Grewal, MD, D; Babich, MD, M. (2014, October). Drug Induced Liver Injury. GI Core-curriculum lecture series. Department of Gastroenterology. Allegheny General Hospital, Temple University, Pittsburgh, PA.

Grewal, MD, D; Sealey, MD, ML. (2012, April). Incidence of C.diff associated diarrhea and PPI use. Oral presentation at: Academic Day; Department of Medicine, Allegheny General Hospital, Temple University, Pittsburgh, PA.

Grewal, MD, D; Kapetanos, MD, A. (2011, November). Pre-procedure lab-work as part of evaluation for patients undergoing outpatient procedures. Oral Presentation at: Morbidity and Mortality Rounds; Department of Medicine/Patient Safety/Quality Control, Allegheny General Hospital, Temple University, Pittsburgh, PA.

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Grewal,MD, D; Sadashiv,MD, S. (2011, August). Esophageal Cancer: Incidence, Diagnosis and Treatment. Oral Presentation at: Oncology Morning Report, Department of Hematology/Oncology, Allegheny General Hospital, Temple University, Pittsburgh, PA.

Grewal,MD, D; Moturi,MD, H. (2011, January). Hashimoto's Hypothyroid Induced Myopathy. Oral Presentation at: Internal Medicine Morning Report; Department of Medicine, Allegheny General Hospital, Temple University, Pittsburgh, PA.

Grewal,MD, D; Bhashyam,MD, S; Benza,MD, R. (2010, October). Cocaine-induced coronary-artery vasospasm. Oral Presentation at: Coronary Care Unit Morning Report; Department of Medicine, Allegheny General Hospital Temple University, Pittsburgh, PA.

Grewal,MD, D. (2009, September). Gall-bladder Cancer. Oral Presentation at: Intern Report/Department of Medicine; Allegheny General Hospital, Temple University, Pittsburgh, PA.

Grewal,MD, D. (2008, April). Surgical options for management of Gall-bladder cancer. Oral Presentation at: Tumor Board/ Department of Surgery; Woodhull Hospital, New York, NY.

Grewal,MD, D. (2007, December). Metabolic syndrome in children. Oral Presentation at: Grand Rounds/Department of Pediatrics; Miami Children's Hospital, Miami, FL.

Grewal,MD, D; Brito,MD, M. (2008, May). Second-trimester Sonographic diagnosis of Fetal Aneuploidies. Oral Presentation at: Grand Rounds/Department of Ob/Gyn; Woodhull Hospital, New York, NY.

Grewal,MD, D; Petranker,MD, S. (2008, March). Temperature monitoring during general anesthesia. Oral Presentation at: Grand Rounds/Department of Anesthesia; Woodhull Hospital, New York, NY.

### **MENTORED TRAINEES**

2017 - 2020

Vasiliki Aivaliotis MD

Gastroenterology and Hepatology Fellow

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Stanford University

2018 - present      Branden Tarlow, MD, PhD  
Gastroenterology and Hepatology Fellow  
Stanford University

2018 - present      Edward Pham, MD, PhD  
Gastroenterology and Hepatology Fellow  
Stanford University

2020 – present      Aurelia Fu, MD  
Gastroenterology and Hepatology Fellow  
Stanford University

**LANGUANGE FLUENCY**

Punjabi