

# CURRICULUM VITAE OF SANTOSH SHRESTHA, MD

## I. PROFESSIONAL AFFILIATION AND CONTACT INFORMATION

Psychiatry Residency Program  
Neuroscience Institute  
Southern Illinois University-School of Medicine  
Department of Psychiatry

Southern Illinois University School of Medicine  
Department of Psychiatry  
PO Box 19642  
Springfield, Illinois 62794-9642  
217-545-3935

## II. EDUCATION

ECT Training (University of Michigan) Psychiatry Residency, Southern Illinois University Springfield, IL	December 2011 June 2007-June 2011
College of Medical Sciences- Bharatpur (Kathmandu University) Chitwan, Nepal M.B.B.S.	August 1997- July 2002 (plus one year of internship Completed in Aug 2003) Date conferred: 12/11/2003
St. Xavier's Campus (Tribhuvan University) Kathmandu, Nepal ISc (Proficiency Certificate in Science)	1993-Nov 1995

## III. PROFESSIONAL EXPERIENCE

Assistant Professor of Clinical Psychiatry, Southern Illinois University-SOM	June 27, 2011-present
Program Director (Psychiatry Residency Program, SIU-SOM)	July 2014-present
Chair (Department of Psychiatry, Memorial Medical Center, Springfield, IL)	Oct. 2016-present
Chair (Department of Psychiatry, St. John's Hospital, Springfield, IL)	Jan 2015-Jan 2017
Medical Director (Department of Psychiatry, St. John's Hospital, Springfield, IL)	July 2013-Dec 2014
Associate Program Director (Psychiatry Residency Program, SIU-SOM)	Oct 2013-July 2014

#### **IV. RESEARCH AND CREATIVE ACTIVITY**

##### **A. Interests and Specialties**

Medical education, Borderline personality disorder, Developmental Disability, Health Economics

##### **B. Current Projects**

Role of supervision in resident development

Observational Study to Evaluate Potential Predictors of Relapse in Subjects with Major Depressive Disorder who have responded to Antidepressant Treatment (Orbit) Study- co-investigator

A Study of the Efficacy and Safety of Intranasal Esketamine in the Rapid Reduction of Symptoms of Major Depressive Disorder, in Adults at Imminent Risk for Suicide (ASPIRE)- co-investigator

The Experience of Chronic Pain and Its Treatment, PI with Clayton Parks, MD, co-investigator

Revision of Psychiatry Residency Psychotherapy and Research Curriculum

Revision of Psychiatry Residency Curriculum with focus on supervision, in training examination

Participation as Moderator in Clinical Competency Cases (CCC) for Standardized Patient Program at SIU-SOM, 2017

##### **C. Honors and Awards**

Faculty of the Year (2016) Department of Psychiatry, SIU-SOM

HMG Nepal Scholarship for M.B.B.S. (Graduated with distinction in Community Medicine and Anatomy)

##### **D. Papers and Presentations at Professional Meetings**

Flipped Classroom Pedagogy: Experiential Learning of Liberating Structures - K. Wolf, MD; J. Ripperger-Suhler, MD; Santosh Shrestha, MD (workshop ADDPRT 2017, accepted AAP 2017)

Using How We Learn to Learn How We Learn - K. Wolf, MD; J Ripperger-Suhler, MA, MD; Santosh Shrestha, MD (workshop ADDPRT 2017)

Case Report of a Caucasian Female Presenting with Takotsubo Cardiomyopathy Secondarily to Anxiety - Poster (APA 2016), M. Khan, MD, Santosh Shrestha, MD

Three Cases of Psychosis with Primary Hyperparathyroidism and Mild Hypercalcemia - Poster (AMP 2015) Kristin Lee, MD, Santosh Shrestha, MD

Self-injurious Behavior in Borderline Personality Disorder: A Trial of ECT - Poster (APA 2014) Sanket Dhat MD, Santosh Shrestha, MD

**V. PUBLICATIONS AND CREATIVE WORKS**

**A. Articles in Professional Journals**

Psychiatric Complications of Primary Hyperparathyroidism and Mild Hypercalcemia, AJP-16-11-1226.R2, K Parks, C Parks, O. Onwuameze, S Shrestha (accepted in The American Journal of Psychiatry)

**B. Creative Contributions**

Interviewer for Y1, Y2 and Y3 Clinical Competency Cases (CCC) for Standardized Patient Program at SIU-SOM- 2014, 2015 and 2016

**VI. TEACHING EXPERIENCE**

**A. Teaching Interests and Specialties**

Psychopharmacology, Psychopathology, Culture and Psychiatry, Emergency Psychiatry, Somatic Therapies, Sleep disorders, Borderline personality disorder

**B. Teaching Honors and Awards**

Faculty of the Year (2016) Department of Psychiatry SIU-SOM

**C. Other**

Within the department:

Co-director psychopharmacology I seminar (2011/2012/2014/2015, 2016)

Instructor in Seminar on Trauma and Abuse (2011 -present)

Director Seminar on Emergency Psychiatry (2014-Present)

Director Seminar on Sociocultural Issues (2015, 2016)

Co-Director Seminar on Psychopharmacology- II and CBT (2015, 2016)

Participated in Psych Patient day (2010, 2011, 2012, 2014)

Co-instructor in Seminar on Trauma and Abuse (2010)

Presented in Seminar on Developmental Disorder on “Behavioral Phenotype of Genetic disorder” and somatic therapies (2010/2012)

Presented in Seminar on Sleep wake disorder, Neurotransmitters (2015, 2016, 2017)

**VII. UNIVERSITY EXPERIENCE**

**A. Department Committees**

Chair, Education Policy committee (2014-present)

Member, Psychiatry Residency Admissions Committee (PRAC)/ Residency Research Committee (RRC)/ clinical competency committee, Annual Program Evaluation committee (2013-Present)

**B. College and University Committees and Councils**

Member, Grievance committee, Southern Illinois University, School of Medicine (2014/2015/2016)

**C. Other**

Member, Quincy Family Medicine program internal review committee (2016)

Chair, Decatur Family Medicine program internal review committee (2014)

**VIII. PROFESSIONAL SERVICE**

**A. Membership in Professional Associations**

American Psychiatric Association (Fellow)  
Illinois Psychiatric Association  
Nepal Medical Council  
General Medical Council, UK (limited registration 2005/2006)

**B. Offices Held and Honors Awarded in Professional Associations:**

Chair (Department of Psychiatry, Memorial Medical Center, Springfield, IL)	Oct 2016-present
Chair (Department of Psychiatry, St. John's Hospital, Springfield, IL)	Jan 2015-Jan 2017
Medical Director (Department of Psychiatry, St. John's Hospital, Springfield, IL)	July 2013-Dec 2014

**C. Papers and Presentations at Professional Meetings**

Speaker at The Illinois Mental Health Crisis Police and community response on Street and Clinical Assessment of Subjects Exhibiting Unstable Behavior (September 9th 2012)