






RAJESH KALRA, M.D

Patient-Centric Physician | Healthcare Executive | Valued Leader

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 425 First Street #1306, San Francisco, CA 94105

AREAS OF EXPERTISE

- Patient Care
- Healthcare Management
- Healthcare Innovations
- Clinical Operations Management
- Leadership
- Change Management
- Business Acquisition
- Business Growth and Development
- Residential Assisted Living
- Senior Care

EDUCATION HISTORY

Bharati Vidyapeeth Deemed University Medical College, Pune, India
1997 - 2004

RELEVANT TRAININGS

Memory Care Training
RALA, Apr. 2023

California RCFE Administrator Training
Community Care Options, Apr. 2022

Residential Assisted Living Academy
RALA, Apr. 2022

University of South Florida, Tampa, Florida
Physical Medicine and Rehabilitation Residency Program
Chief Resident, Jul. 2006 - Jun. 2009

Atlanticare Regional Medical Center, Atlantic City, New Jersey
Internal Medicine Preliminary Residency Program
Intern, Jul. 2005 - Jun. 2006

PROFESSIONAL PROFILE

Board certified physician in Physical Medicine and Rehabilitation, Pain Management, Obesity Medicine, and Lifestyle Medicine. Chief of pain medicine for the largest medical group in the United States the last 13 years with expertise in all facets of clinical operations, patient care, healthcare administration, project management, business development, and thought leadership. Received multiple awards for his work in pain management and rehabilitation and is considered one of the pioneers in his field.

WORK EXPERIENCE

Pain Service Chief **Jul. 2009 - Present**
Kaiser Permanente, Union City, California
Greater Southern Alameda Area

- Leads a multidisciplinary team of pain management specialists in evaluating and managing a wide range of pain problems for the largest healthcare organization in the United States.

Chief Operating Officer **Jun. 2020 - Present**
Berkeley Lifestyle Dentistry
Berkeley, California

- Established a lifestyle dentistry practice, presiding over operational, financial, and administrative functions for the first board certified lifestyle medicine dental practice in the country.

PUBLICATIONS

- Nancy A. Melville. "Guideline Helps Taper Patients off High-Dose Opioids" Anesthesiology News, September 2014
- Nancy A. Melville. "Platelet Rich Plasma Gaining Traction with Some Pain Physicians" Anesthesiology News, August 2014
- Nancy A. Melville. "Proposed Opioid Reduction Guideline Reduces Depression, Pain" Medscape Medical News, September 2013
- Nancy A. Melville. "Opioid Alternatives Urged Postoperatively" Medscape Medical News, September 2013
- Nancy A. Melville. "SNRIs Show Inferiority to TCAs For Chronic Pain" Medscape Medical News, September 2012
- Kalra R, Clark M, Scholten J, Murphy J, Clements K. "Managing Pain among Returning Service Members" Federal Practitioner, October 2008. 25(10), 36-46.

KEY ACCOMPLISHMENTS

- 2022: Residential Care Facility for the Elderly Administrator Certification
- 2021: Board Certified in Obesity Medicine
- 2020: Board Certified in Lifestyle Medicine
- 2018: Board Certified in Pain Medicine
- 2014: Board Certified in Physical Medicine and Rehabilitation
- 2014: Ranked number 2/485 on Part 2 of the Physical Medicine and Rehabilitation Board Exam
- 2013: Ranked in top 1/3 on Part 1 of the Physical Medicine and Rehabilitation Board Exam
- 2011: Award of Excellence from the American Academy of Pain Management – "A Retrospective Review of Outcomes After Opioid Reduction"

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PROFESSIONAL AFFILIATIONS

- American Board of Obesity Medicine
- American College of Lifestyle Medicine
- American Board of Pain Medicine
- American Academy of Physical Medicine and Rehabilitation
- Residential Assisted Living Academy

RESEARCH EXPERIENCE

2011: *"The Treatment of Neuropathic Pain and Fibromyalgia: A Retrospective Study Comparing the Use of TCAs and SNRIs"*

Kaiser Permanente, Union City, California

2010: *"A Retrospective Review of Outcomes After Opioid Reduction"*

Kaiser Permanente, Union City, California

LEADERSHIP EXPERIENCE

2020 - Present: Physician Lead for the Virtual Multidisciplinary Pain Program, Kaiser Permanente, GSAA

2015 - Present: Pain Management Representative for the New Physician College, Kaiser Permanente, GSAA

2014 - Present: Lead of the Opioid Task Force and Opioid Safety Committee, Kaiser Permanente, GSAA

2012: Emerging Leaders Program, Kaiser Permanente, Northern California

2009 - Present: Drug Caution List Chair, Kaiser Permanente, GSAA

2009 - Present: Pain Management Education Chair, Kaiser Permanente, GSAA

2009 - Present: Second Level Northern California Member Service Reviewer, Kaiser Permanente, Northern California

2010 - Present: Pain Physician Mentor for Pharmacy Residency Program, Kaiser Permanente, GSAA

PRESENTATIONS

"GSAA Opioid Safety" Town Hall, Union City, California, February 24, 2023

"Pain Management and Lifestyle Interventions to Help Reach Your Goals" Lunch and Learn, Union City, California, January 19, 2020

"Pain Management in the GSAA" New Union City Physician Orientation, Union City, California, January 19, 2018

"Pain Management in the GSAA" New Fremont Physician Orientation, Fremont, California, August 23, 2017

"What Happens to Compassion during an Opioid Epidemic" Schwartz Rounds CME Conference, San Leandro, California, April 21, 2017

"The Pain Gap" 6th Annual Florence Stroud Black History Month Conference for the Bay Area Black Nurses Association, Oakland, California, February 18, 2017

"Pain Management: Don't be Scared" New Physicians College, Union City, California, January 31, 2017