

# ARUN S. RAO, M.D., AGSF, FACP

Pennington, NJ

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## EDUCATION

- **M.D.** Rutgers- Robert Wood Johnson Medical School, Piscataway, NJ 1993-1997
- **B.S. (with distinction)** The University of Michigan, Ann Arbor, MI 1989-1993

## MEDICAL TRAINING

- **Geriatric Medicine Fellowship:** The University of Michigan Medical School, Ann Arbor, MI 2000-2002
- **Internal Medicine Residency:** Rutgers- Robert Wood Johnson Medical School, New Brunswick, NJ 1997-2002

## ADDITIONAL TRAINING

- **Stanford University Faculty Development Program in Health Literacy & Ethnogeriatrics** 2009
- **Harvard Macy Program for Physician Educators** 2004
- **Educating Physicians in End-of-Life Care (EPEC)** 2003

## WORK EXPERIENCE

- **Geriatrics Planning & Solutions, Inc., Pennington, NJ, CEO & Owner** 2023- present
  - Direct-pay geriatrics house call practice providing
    - Primary care & medical care management
    - Comprehensive geriatrics assessments & consultations
    - Palliative care
    - Dementia care & support
    - Capacity evaluations
    - Pre-facility entrance evaluations
  - Extensive collaboration with community based resources for homecare
- **Penn Medicine Princeton Health, Plainsboro, NJ** June 2020- April 2024
  - **Medical Director, Quality Analytics & Clinical Effectiveness**
    - Oversaw inpatient mortality, readmissions, documentation improvement, & patient safety
      - Led team to reduce Vizient-based inpatient mortality ratio from > 1.00 to < 0.75
      - Improved hospital's performance on key sepsis metrics (mortality, bundle adherence)
      - Drove efforts leading to CMS 5-Star & Leapfrog Grade A ratings
      - Achieved recognition for Princeton as an Age-Friendly Health System through the Institute for Healthcare Improvement
      - Increased understanding of Princeton's performance on BPCI-A metrics & programs
  - **Medical Director of Care Coordination**
    - Oversaw Physician Advisors
    - Maintained a successful denials management program
    - Achieved physician query response rates consistently > 97%
    - Increased awareness of documentation improvement leading to improved capture of CCs & MCCs
    - Fostered collaboration with and awareness of hospital & system CDI/HIM teams and their work
    - Led team in reorganizing Princeton's post-acute care network of skilled nursing facilities
  - **Inpatient Clinical Geriatrics Consultant**
    - Built a successful inpatients consult service with robust performance within 1 year
    - Valued member of clinical care teams, providing insight & guidance to patients, families, providers & staff

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- **Erickson Living, Seabrook Village, Tinton Falls, NJ- Medical Director** Oct 2018-April 2020
  - Oversaw a team of providers including physicians & nurse practitioners
  - Built a successful practice at the ambulatory care, house call, assisted living, skilled nursing rehabilitation & long-term care sites
  - Valued member of the Executive Team, providing guidance & direction for strategic initiatives
  - Frequently requested by residents for education on medical & geriatrics topics
  - Led efforts in infection control during outbreaks, including during the beginning of the COVID-19 pandemic
- **LIFE St. Mary, Trevoise, PA, Medical Director & Primary Care Physician** Jan 2012-Sept 2018
  - Program for All-Inclusive Care of the Elderly (PACE) site
  - Clinical care to members at the day center; hospital; home; skilled nursing (rehabilitation & long-term care)
  - Member of interdisciplinary & executive teams
  - Representative to Trinity Health PACE
  - Medical leadership to the program
    - Documentation improvement to optimize HCC captures & categorization
    - Successfully transitioned the program to a nation-wide pharmacy benefit manager
    - Led efforts at infection control during outbreaks
    - Emergency situations
    - Establishing and maintaining relationships with contracted providers and specialists
- **St. Peter's University Hospital, New Brunswick, NJ** Oct 2010-Dec 2011
  - **Chief, Division of Geriatrics & Medical Director**, The Margaret McLaughlin McCarrick Care Center, Somerset, NJ
  - Built & maintained successful practices at the ambulatory care center, hospital, skilled nursing facility
  - Oversaw a team of providers, including physicians, nurse practitioners, social workers
  - Education of medical students & residents rotating through geriatrics
- **Weill Cornell Medical College, New York, NY** Jul 2002-Sep 2010
  - **Assistant Professor of Medicine**, Division of Geriatrics,
  - **Medical Director**, Gruss-Lipper House Call Program
  - **Associate Director**, Geriatric Medicine Fellowship Program
  - **Attending Physician**, Department of Medicine, Weill Cornell Medical College/NYPH
    - Built & maintained successful practices- ambulatory care, hospital, & house calls
    - Co-directed the fellowship training program- recruitment, education, mentoring
    - Education of medical students, residents, & fellows
    - Research, publication, & presentations in aging, ethnicity, & end-of-life care
- **Medco Health Solutions, Franklin Park, NJ** 2008-2012
  - Consultant, Pharmacy and Therapeutics Committee
  - Provided medical insight & guidance during formulary development and reviews

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## **BOARD CERTIFICATION/LICENSURE**

- American Board of Internal Medicine, Geriatric Medicine
  - Initial certification 2002
  - Recertified 2012, 2022
- American Board of Internal Medicine, Internal Medicine
  - Initial certification 2000
  - Recertified 2010, 2020
- NY State License 224458
- NJ State License 25MA06874200
- PA State License MD444017
- DEA BR6887220

## **PROFESSIONAL SOCIETY MEMBERSHIPS**

- American Geriatrics Society (AGS), Fellow
  - Former Member, Ethnogeriatrics Committee (2004-2010)
  - **Recipient of two AGS Outstanding Service to Committee Awards, 2009 & 2013**
- American College of Physicians, Fellow
- Dementia Society of America- Advisory Council Member 2023-present
- Aging Life Care Association- 2023, pending membership

## **GRANTS/AWARDS**

- **The American Geriatrics Society- Outstanding Service to Committee Award** 2009 & 2013
- **Weill Cornell Medical College- Excellence in Teaching Award** 2010
- **Bureau of Health Related Professions/HRSA- Geriatric Academic Career Awards** 2002-2010
- **Cornell Institute for Translational Research in Aging- Research Grant** 2008-2010

## **SELECTED PUBLICATIONS**

**Rao AS et al.** Section editor for “Culturally Effective Care & Health Literacy” chapter for the eBook- Geriatric Care by Design. May 2010.

**Rao AS, Deshpande OM, Jamoona C, Reid MC.** Elderly Indo-Caribbean Hindus and End-of-Life Care: A Community-Based Exploratory Study. Journal of the American Geriatrics Society 2008; 56: 1129-1133.

Periyakoil VJ, **Rao AS**, Sharma P. “Hindu American Elders” Doorway Thoughts: Cross-Cultural Health Care for Older Adults. Vol 3 Eds. Adler RA, Kamel HK. Sudbury, MA: Jones and Bartlett Publishers. May 2008.

**Rao AS.** “Subcontinent Elders” The Encyclopedia of Elder Care. Eds. Capezuti EA, Siegler EL, Mezey MD. New York: Springer Publishing Company, 2008. 750-752.

Deshpande O, Reid MC, **Rao AS.** Attitudes of Asian Indian Hindus Towards End-of-Life Care. J Am Geriatr Soc 2005; 53: 131-135.

Breckman R, Adelman R, Lachs M, Anderson M, Ansell P, Capello C, Chin D, Mole D, Pillemer K, Race J, **Rao AS**, Reid C, Rosenstiel D. A geriatrics psychosocial screening tool for use in primary care practice: Needs assessment and instrument development. The Gerontologist 2003; 43: 298.

**Rao A** and Bradley SF. *Clostridium difficile* in Older Adults and Residents of Long-Term Care Facilities. Annals of Long-Term Care 2003; 11: 42-47.

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**Rao AS**, Mody L, Bradley SF. Significance of Ceftazidime-resistant (CTZ-R) gram-negative bacilli (GNB) in long-term care facilities. Journal of the American Geriatrics Society 2002; 50(4, Supplement S1-S204): S113.

Harrison LB, Zelefsky MH, Pfister DG, Carper E, Raben A, Kraus DH, Strong EW, **Rao A**, Thaler H, Polyak T, Portenoy RK. Detailed Quality of Life Assessment in Patients Treated with Primary Radiation Therapy for Squamous Cell Cancer of the Base of Tongue. Head & Neck 1997; 19: 169-175.

## INTERESTS & LANGUAGES

- Languages spoken:
  - English, French, & Kannada- fluent
  - Marathi & Hindi- proficient
- Interests
  - Fitness/swimming
  - Cooking/baking
  - Traveling
  - French

## CONTACT INFORMATION

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