

# CURRICULUM VITAE

September 2021

**NAME:** Brandi Karnes, M.D.

**CITIZENSHIP:** U.S.A.

## UNDERGRADUATE EDUCATION:

08/2009 - 05/2013 The University of Texas at Austin  
Bachelor of Science in Human Biology: Genetics and Biotechnology, with honors  
Business Foundations Certificate, University Honors

## GRADUATE EDUCATION:

08/2013 - 05/2017 The University of Texas Health Science Center at Houston  
John P. and Katherine G. McGovern Medical School, Doctor of Medicine

## POSTGRADUATE TRAINING:

07/2017 - 06/2021 University of Texas Health Science Center at Houston McGovern Medical School at  
UTHealth, Psychiatry Residency, Clinician Educator Track  
07/2020 - 06/2021 University of Texas Health Science Center at Houston McGovern Medical School at  
UTHealth, Chief Resident of Wellness, Psychiatry Residency

## ACADEMIC APPOINTMENTS:

07/2021 Assistant Professor, Faillace Department of Psychiatry & Behavioral Sciences, Inpatient  
attending at the Harris County Psychiatric Center  
McGovern Medical School  
The University of Texas Health Science Center at Houston

## PROFESSIONAL ORGANIZATIONS:

2019 - present American Psychiatric Association  
2019 - present Texas Society of Psychiatric Physicians

## HONORS AND AWARDS:

2012, 2015 St. David's Medical Center Healthcare Volunteer Scholarship, awarded to approximately  
20 recipients annually.  
2016 National PHiP Scholarship, awarded to 3 recipients annually.  
2018 - 2019 Physician Educators Certificate Program  
An 8 month program through the Office of Educational Programs to develop  
and improve teaching, presenting, engagement, and feedback skills. Required 3  
observed presentations, development and revision of personal learning  
theory.  
2019 Kenneth Krajewski Award for Excellence in Medical Student Education  
Awarded by the Department of Psychiatry & Behavioral Sciences  
to one resident annually.  
2019 AADPRT George Ginsberg Fellowship Award  
Awarded by AADPRT for excellence in clinician education to 5 national applicants  
annually. Must be nominated by the residency program director.  
2020 Outstanding Achievement Adult Psychiatry PRITE PGY3  
Awarded to the resident with the highest PRITE score for each PGY class.

2021 Cynthia W. Santos Best Clinician Educator  
Awarded by the Department of Psychiatry & Behavioral Sciences to two residents annually.

**SERVICE ON THE DEPARTMENT OF PSYCHIATRY COMMITTEES:**

2018 - present McGovern Psychiatry Wellness Committee  
Developed residency wide programs to foster wellness and decrease physician burn out at both the individual and structural level in collaboration with the Residency Training Office.

2020 - present McGovern Psychiatry Resident Recruitment Task Force  
Created and implemented a new standardized applicant scoring system, developed novel interview day how-to guide and applicant informational brochure, and collaborated to foster holistic applicant review and recruitment for incoming psychiatric residents.

2020 - present McGovern Psychiatry Curriculum Committee  
Collaborated with residents and faculty to direct didactic curriculum improvement based on resident feedback and academic needs.

2020 - present McGovern Psychiatry Diversity and Inclusion Council  
Founding member of departmental specific council targeting diversity and inclusion goals. Member of Education, Training, and Outreach subcommittee and Mentoring, Recruitment, and Retention subcommittee.

**SERVICE ON MCGOVERN COMMITTEES:**

2019 - 2021 House Staff Senate  
Collaborate with representatives from multiple McGovern residency specialties to advocate, discuss and enact change for resident needs across hospital systems.

2020 - 2021 House Staff Executive Council Diversity and Inclusion Representative  
Surveyed residents, reviewed academic literature, and made GME level recommendations for improving trainee diversity and inclusion.

2020 - present UTH Diversity, Equity, and Inclusion Council  
Nominated member to inaugural task force to identify, address, and promote diversity and inclusion across all 6 UT Health Schools.

2021 - present UTH Diversity, Equity, and Inclusion Council - Secretary  
Elected to leadership position within the council to aid with information recording, distribution, and to ensure council goals are being met.

**FACULTY EDUCATION:**

2021 Billing and Coding Workshop  
Collaborated with the compliance department to create an interactive workshop to facilitate faculty transition to independent billing and coding.

**RESIDENT EDUCATION:**

2018 - present Wellness Didactic Curriculum Leader  
Developed, created, and delivered a twelve-part monthly didactic series, presented to the entire residency class, that cultivated wellness discussions and targets for organizational improvement in collaboration with the Associate Program Director. Incorporated aspects of cultural care and identity.

- 2019 - 2020 PGY1 Psychopharmacology Curriculum Development  
Working with an attending to expand the course load to include recommended readings from recognized psychopharmacologic texts and incorporate more interactive elements of learning such as worksheets and flipped classroom activities to create a more active learning environment than traditional passive lectures.
- 2020 Psychiatry Intern EMR Introduction  
Created and delivered an introduction to the psychiatric hospital's EMR system to the incoming interns with hands-on experience for trainees.
- 2020, 2021 Medicine Didactic Series on Gun Violence  
Collaborated to create and deliver mock-patient interviews to highlight the importance of monitoring for psychiatric illnesses, gun safety, and dangerousness for primary care residents.
- 2020 PGY1 Module Curriculum  
Developed and implemented a novel module based curriculum for the psychiatry PGY1 class incorporating neuroscience and pathophysiology to DSM and psychopharmacology lectures in a cohesive structure to improve resident foundational learning.
- 2020 Narrative Psychiatry Curriculum  
Facilitated a four-part narrative psychiatry certificate program to improve resident humanistic understanding of the experience of our patients, challenging bias and stigma, in collaboration with program leadership.
- 2021 Microaggressions in Medicine Workshop  
Inter-specialty collaboration to provide four interactive harassment and bystander training workshops to Internal Medicine residents during their PGY2 Ambulatory Didactic Curriculum.
- 2021 Implicit Bias Workshop  
Facilitated a 1-hour interactive workshop on recognizing and addressing bias in the workplace to psychiatry residents of all training levels.

**MEDICAL STUDENT EDUCATION:**

- 2017 - 2018 Medical Student Education Lecture Committee: Academic Liaison  
Presented departmentally planned lectures over general orientation and Interviewing/Listening Skills, two sessions every 5-6 weeks, in coordination with the Psychiatry Clerkship Director.
- 2017 - 2018 Medical Student Education High-Yield Lecture Series  
Organized and delivered weekly high-yield review sessions with interactive teaching modalities for medical students on their psychiatric clerkship.
- 2019, 2020, 2021 Coping with Stress and Mental Health in Medical School  
Invited presenter. Created and delivered a presentation on symptoms and statistics of mental health conditions in medical school to the entire MS1 class. Facilitated medical student panel Q&A. Lead faculty member beginning in 2021.
- 2019 Ethics Small Group Co-Facilitator  
Co-facilitated topic discussion on technology and ethics to a medical student small group as part of the medical school ethics curriculum with an attending mentor.
- 2019, 2021 Professionalism Small Group Facilitator  
Lead a medical student small group on identifying professional obligations, how these obligations have changed, and how to navigate the challenges throughout training and practice. Organized through the medical school ethics department.

- 2020 Resiliency in Residency Panel  
Selected as the psychiatry residency representative on a panel for resiliency in the MS4 curriculum on transitioning to residency. Collaborated with other specialties to promote mental health and well-being in residency.
- 2020 Women In Medicine Panel  
Invited panelist for the MS1 retreat to discuss difficulties and adaptation for women in medicine.
- 2020 Imposter Syndrome Workshop  
Invited panelist on an informational workshop discussing imposter syndrome experiences and mitigating techniques to the MS1 class, sponsored by the Organization of Student Representatives.
- 2020 MS2 Psychiatric Interviewing Video Series  
Collaborated with a team of residents to produce a series of videos teaching psychiatric interviewing skills to 1st and 2nd year medical students. Wrote, edited scripts, and acted for the videos as a mock-patient who was a medical student experiencing depression. Content is being used in lectures to ~240 MS1s and also offered as online asynchronous content for the MS1s and MS2s.
- 2020 SIGN/P Book Club Facilitator  
Collaborated with SIGN/P leadership to develop a book club session dedicated to reflecting on bias and fostering support for students by reading and discussing *Black Man in a White Coat* by Damon Tweedy, MD.
- 2021 Summer Health Professions Education Program: Coping with Stress and Mental Health  
Facilitated a one hour seminar on mental health in the health professions fields for underrepresented students.

#### **MENTORING ACTIVITIES:**

- 2017 - present Student Interest Group in Neurology and Psychiatry  
Provide mentorship to Medical Students expressing an interest in psychiatry.

#### **COMMUNITY OUTREACH:**

- 2017 HCC Depression Screening  
Scored and interpreted depression screens in community college population with recommendations and referrals to improve access and awareness of mental health care.
- 2019, 2020 Poverty Simulation  
Acted as resource provider in a simulated impoverished community to foster medical student understanding and empathy.
- 2021 Kids Meals  
Co-program volunteering with the Anesthesia department to make packed lunches for Houston area children in need.

#### **QUALITY IMPROVEMENT:**

- 2020 Allscripts Update  
Performed a comprehensive review of our outpatient EMR to improve functionality for providers of all levels.
- 2020 Second-Generation Antipsychotic LAI Pathway  
Collaborated with HCPC and The Harris Center to identify methods to streamline SGA LAI use and administration to improve patient adherence and outcomes.

## **PUBLICATIONS:**

### **Abstracts:**

1. **Karnes, B.**, Salem, H., “Case Report: Bimodal Presentation of Anti-NMDA-R Encephalitis”, poster presented at the International Society for Affective Disorder (ISAD) Annual Meeting, Houston, Texas, September 2018.
2. **Karnes, B.**, Helminiak, A., “Minding the Gap: Bridging the Gap in Wellness with an Experiential Mindfulness Workshop” presented at the House Staff Research Day Annual Meeting, Houston, Texas, May 2019.
3. **Karnes, B.**, Andrews, E., Salem, H., Ruiz, A.C., Hernandez, S.K., Cao, F., Pigott, T.A., “Co-Occurring Bipolar Disorder and Borderline Personality: State or Trait?” poster presented at the American Psychiatric Association (APA) Annual Meeting, San Francisco, California, May 2019.
4. Ruiz, A.C., **Karnes, B.**, Salem, H., Gabe, M., Kimm, T., Hernandez, S., Lane, S., Pigott, T.A., “Exploring the Comorbidity of Borderline Personality Disorder and Major Depressive Disorder as a Predictor of Length of Stay in an Inpatient Population” poster presented at the American Psychiatric Association (APA) Annual Meeting, San Francisco, California, May 2019.
5. Helminiak, A., **Karnes, B.**, “Minding the Gap: Bridging Wellness with Immersive Experiences” presented at the Association for Academic Psychiatry (AAP) Annual Meeting, September 2019.
6. Pham, C., **Karnes, B.**, Ursua, J., Laney, J., Johnson, E., Zeni, C. “Pronoun Confusion, a Case Report: Legal and Ethical Implications of Inpatient Pediatric Transgender Management” poster accepted at the American Psychiatric Association (APA) Annual Meeting, Philadelphia, Pennsylvania, April 2020.
7. Sanches, M., Helminiak, A., John, V., **Karnes, B.** “Resident’s stigma towards bipolar disorder: a pilot study utilizing narrative medicine and a video vignette” electronic poster accepted at the UT System Shine Academy Innovations Conference, Houston, Texas, February 2021.
8. **Karnes, B.**, Helminiak, A. “Stress Reduction: Using Mindfulness as a Tool in Resident Education” electronic poster presented at the American Psychiatric Association (APA) Annual Meeting, Virtual, May 2021.
9. **Karnes, B.**, Jackson, R. Camkurt, M. “Composition of Psychosis: Limbic Encephalitis Presenting as Treatment Resistant Schizoaffective Disorder” electronic poster presented at the American Psychiatric Association (APA) Annual Meeting, Virtual, May 2021.
10. **Karnes, B.**, Hinman, H., Helminiak, A. “Mindfulness and Burnout: Bridging the Gap for Skeptical Residents” electronic poster presented at the Association for Academic Psychiatry (AAP) Annual Conference, Virtual, September 2021.
11. Shull, J., **Karnes, B.**, Helminiak, A. “Are Your Residents Working Out? Education on Physical Activity and Resident Wellness” electronic poster presented at the Association for Academic Psychiatry (AAP) Annual Conference, Virtual, September 2021.

12. Wable, G., **Karnes, B.**, Helminiak, A. "High-Yield Cultural Psychiatry Curriculum: A Mini-Series Feasibility Study" electronic poster presented at the Association for Academic Psychiatry (AAP) Annual Conference, Virtual, September 2021.

#### **Refereed Original Articles in Journals:**

1. Salem, H., Ruiz, A., Hernandez, S., Wahid, K., Cao, F., **Karnes, B.**, Beasley, S., Sanches, M., Ashtari, E., Pigott, T.A., "Borderline Personality Features in Bipolar Inpatients: Impact on Course and Machine Learning Model Use to Predict Rapid Re-Admission", *Journal of Psychiatric Practice*, Winner of the National Resident Paper Competition for 2018-2019, July 2019.
2. Salem, H., **Karnes, B.**, Keser, Z., Suarez-Cedeno, G., Naderi, N., "Bimodal Presentation of Anti-NMDAR Encephalitis", *Journal of Affective Disorders*, July 2019.

#### **Presentations:**

1. "Depression and Suicide Rates in the Healthcare Field", Psychiatry Case Conference, UT-HCPC, Houston, Texas, August 2016.
2. "Catatonia Overview and Refractory Treatment", Psychiatry Case Conference, UT-HCPC, Houston, Texas, September 2017.
3. "Synthetic Cannabinoid Induced Psychosis", Neurology Case Conference, UT-MSB, Houston, Texas, January 2018.
4. "Wellness in Residency ", Psychiatry Case Conference, UT-HCPC, Houston, Texas, July 2018.
5. "Psychiatric Manifestations of Burnout in Residency", invited presenter Neurology Case Conference Wellness Series, UT-MSB, Houston, Texas, August 2018.
6. "Bright Light Therapy as Augmentation for Bipolar Depression", Psychiatry Case Conference, UT-HCPC, Houston, Texas, February 2019.
7. "Huntington Disease Manifestation and Management", Geriatric Case Conference, UT-HCPC, Houston, Texas, June 2019.
8. "Catatonia: Underdiagnosis and Undertreatment", Internal Medicine Case Conference, delivered simultaneously to Memorial Hermann Hospital and broadcasted to LBJ Hospital, Houston, Texas, February 2020. Created the "MDCalc" for the Bush-Francis Catatonia Rating Scale in preparation for this presentation.
9. "Staying Sane and Being Safe: Self-care Strategies for Managing Mental Health during the COVID-19 Crisis", Invited panelist, Department of Psychiatry Grand Rounds, Houston, Texas, April 2020.

10. "Staying Sane and Being Safe: Self-care Strategies for Managing Mental Health during the COVID-19 Crisis", Invited panelist, Department of Psychiatry University Classified Staff Council Annual Workshop, Houston, Texas, June 2020.
11. "Courageous Conversations", invited speaker in partnership with the UTHealth McGovern Office of Diversity and Inclusion, The House Staff Association GME meeting, Houston, Texas, July 2020.
12. "Imposter Syndrome", Internal Medicine Grand Rounds, Houston, Texas, August 2020.
13. "Implicit Bias Training", Department of Psychiatry Conference, organized a special session with the McGovern Office of Diversity and Inclusion, Houston, Texas, September 2020.
14. "Graduate Medical Education: Diversity & Inclusion Virtual Open House", small-group facilitator, partnership with the McGovern Office of Diversity and Inclusion, Houston, Texas, October 2020.
15. "Somatic Delusions: Mr. R and HIV", Department of Psychology Case Conference, October 2020.
16. "Recognizing and Responding to Harassment", Department of Psychiatry Case Conference, Houston, Texas, December 2020.
17. "Narrative Medicine, Wellness, Stigma Towards Mental Illness, and the Use of Video Vignettes: An Experiential Workshop", AADPRT Spring Conference Workshop, Virtual, March 2021.
18. "Creativity in the age of burnout: A critical educational competency?" AAP Annual Meeting Workshop, Virtual, September 2021.
19. "Graduate Medical Education: Diversity & Inclusion Virtual Open House", small-group facilitator, partnership with the McGovern Office of Diversity and Inclusion, Houston, Texas, September 2021.