

SAMEER MURALI MD MSHS

Obesity Medicine Physician

OBJECTIVE

To leverage my clinical, leadership, research, and personal experiences with obesity and weight management to design and implement effective, scalable, and feasible solutions to the obesity epidemic.

EDUCATION

UCLA Fielding School of Public Health, Los Angeles CA

2009 - 2011

NIH Research Service Award Primary Care Fellowship

Master of Science, Health Services Research

University of Texas Southwestern Medical Center, Dallas TX

2006 - 2009

Internal Medicine Residency

University of Texas Southwestern Medical Center, Dallas TX

2002 - 2006

Doctor of Medicine

Rice University, Houston TX

1997-2001

Bachelor of Arts, Biology

EXPERIENCE

11/2021-Current University of Texas Health Science Center at Houston

Associate Professor of Obesity Medicine, Department of Surgery, Division of Elective General Surgery

2016–2021: Southern California Permanente Medical Group (SCPMG)

Physician Lead of Bariatric Medicine and Surgical Services

Role:

Devise, champion and lead implementation of strategic goals to improve program quality, service, access, and safety:

- Serve as evidence-based content expert for
 - Clinical practice guidelines
 - Member and provider education
 - Member service complaints
 - Medical Technology Assessment Team (MTAT)
 - Tertiary Care Committee
- Partner with key program stakeholders
 - SCPMG Executive Leadership
 - Bariatric surgeons, contract providers, bariatricians, and primary care physicians
 - Area Department Administrators, labor, Center for Healthy Living (CHL), and Complete Care
 - Health Plan Regulatory Services



PROFILE

I am a 41-year-old SCPMG obesity medicine physician, father, husband, and lifelong student of human behavior. Having struggled with my own weight since childhood, I feel fortunate to practice a form of medicine that benefits my own health as well as that of my patients and my community.

CONTACT

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Hobbies:
Hiking
Instruments:
bamboo flute & tabla

Languages:
English
Spanish
Kannada
Hindi

- Division of Research and Evaluation
- Serve as clinical mentor for Area Bariatric RN Care Managers
- Assess and manage regional care delivery variability
- Monitor and manage quality, access, and safety metrics
- Lead Bariatric Surgery Steering Committee and regional Bariatric Champion meeting
- Report to Southern California Quality and Access Committees
- Develop multi-disciplinary partnerships, ex: FM, IM, GI, OB, Pediatrics, Addiction Medicine, Psychiatry, Plastic Surgery, Sleep Medicine
- Represent SCPMG at professional meetings

2020

- Launched redesigned Options Program
- Launched KPHC Bariatric Population Management Tool
- Launched surgical backlog tracking tool and access planning workflow in response to COVID-19 disruptions in elective surgeries
- Initiated Community Support and Accountability Network development using Human Centered Design methods
- Updated clinical indications for bariatric surgery
- Updated RN standardized post-op care protocol
- Partnered with Pediatrics and UCLA to establish care pathway for adolescent bariatric surgery
- Partnered with Addiction Medicine and Liver Transplant Program to pilot alcohol use disorder screening tools
- Partnered with NCAL, WA, NW, HI, GA bariatric teams to implement redesigned Options program and care pathways
- In partnership with SSD, launched KPHC reporting workbench

2019

- Launched CHL, labor (UNAC), and RN Care Manager partnership to standardize Care Manager workflow
- In partnership with SSD and RN Care Manager workgroup, lead design of KPHC reporting workbench
- Completed regional program variability survey
- Partnered with Tertiary Care Committee to revise bariatric surgery operational recommendations
- Contributed content related to adolescent bariatric surgery to Pediatric Weight Management Guideline
- Launched Quality Review Collaboratives for RN Care Managers

2018

- Introduced and established principles of codesign and Human Centered Design methodology in education and care pathways
- Revised post-operative dietary guidelines
- Developed and launched Quality Review Collaboratives for bariatricians
- Introduced quarterly "Lunch and Learn" meetings covering educational topics such as probiotics, dietary guidelines, pregnancy post-surgery, etc.
- Launched Bariatric Surgery Executive Committee
- Served as content expert for MTAT evaluating adolescent and robotic bariatric surgery
- Launched Care Transition Safety Net program, to prevent lapses in care transitions between surgery centers and home medical centers

- Sponsored trauma informed care training for clinicians and staff
- 2017
- Established surgeon Quality Review Collaborative – peer review process for quality improvement
 - Developed and launched online CME activity covering indications, risks, and benefits of bariatric surgery
 - Began process to redesign Options program using principles of codesign – designing with members, for members, built coalition of stakeholders including patients, CHL, Complete Care, bariatricians, bariatric surgeons, and staff

- 2016
- Led and implemented SCPMG response to Kaiser v Gallimore class-action lawsuit
 - Completed regional program variability survey:
 - Gained understanding of, identified, and prioritized improvement opportunities
 - Developed strategies for improvement based on local area program models and successful practices
 - Partnered with local bariatric surgery/CHL physician, administrative champions, and staff to implement improvement strategies
 - Served content expert for MTAT evaluating endoscopic revisional procedures
 - Updated clinical data in Options curriculum while establishing comprehensive redesign plan

2011-Current: San Bernardino County (SBC) Medical Service Area Adult Weight Management (AWM) and Bariatric Surgery Physician Lead

Role:

- Serve as evidence-based content expert
- Partner with CHL Department Administrator in overseeing Center for Healthy Living Department
- Manage AWM Clinical Strategic Goal performance
- Partner with area providers to integrate CHL programming into care pathways
- Partner with regional AWM champions
- Advance the practice of Obesity Medicine

- 2020
- SBC Grand Rounds Presentation: 'Obesity: Health Care's Climate Change'
 - Launched 'Medication assisted weight management' diagnosis code in KPHC, enabling tracking of medical weight management practice and outcomes
 - Partnered with Regional Equity, Inclusion, and Diversity co-Lead to examine disparities in weight management services and recommend changes to weight management Clinical Strategic Goals
 - Participated in regional meetings with Physician HR exploring division status for Obesity Medicine

- 2019
- Partnered with SCPMG Executive Team to establish new regional strategic vision for 2020
 - Spearheaded regional efforts to approve SCPMG recognition of Obesity Medicine as a subspecialty board

- Conducted weight management needs survey
- 2018
- SBC Grand Rounds Presentation: 'Obesity: Etiology and Treatment'
- 2017
- Partnered with GI Department to increase utilization of weight management programming for NAFLD patients
 - American Gastroenterological Association annual meeting presentation: 'KP and SCPMG - An integrated and population-based approach to weight management'
- 2015
- Served as content expert on California Technology Assessment Forum 'Controversies in Obesity Management'
 - Served content expert for on MTAT evaluating bariatric surgery
 - SBC Grand Rounds Presentation: 'Weight Management – practical tools for the clinician'
- 2014
- SBC Grand Rounds Presentation: 'Introducing Obesity, the Disease'
- 2012
- Kaiser Permanente 14th Interregional Symposium Presentation: 'Pathophysiology of Obesity'

2011-Current: SBC Metabolic and Bariatric Medicine Physician

Role:

- Behavioral and medical weight management
- Evaluate eligibility and medically optimize surgical candidates
- Manage postoperative medical complications and weight regain
- SBC SCPMG Internal Medicine Residency Faculty
- Loma Linda University Family Medicine and Preventative Medicine Preceptor

2011-Current

- Greater than 26,000 weight management patient encounters

ACCOMPLISHMENTS

2020

- SBC Physician Exceptional Contribution Award
- Senior Author "[Obesity and mortality among patients diagnosed with COVID-19: results from an integrated health care organization.](#)" *Annals of Internal Medicine*, 59 citations
- Featured on ABC Channel 7 News: '[Obesity expert provides tips for children to avoid unhealthy weight gain](#)', aired September 28, 2020
- Launched YouTube Channel: '[Dr Murali Weighs in](#)'

2019

- First author: "[Interpretation of Vitamin B12 Status After a Roux-en-Y Gastric Bypass.](#)" *JAMA*
- Obesity Help National Conference Speaker: '[Maintenance – Not an Elusive Dream](#)'

2018

- Human Centered Design certification from KP Improvement Institute

2017

- Co-investigator NIH R01 Grant: Effectiveness of Gastric Bypass versus Gastric Sleeve for Cardiovascular Disease (ENGAGE CVD) cohort study
- 2016
- Co-investigator NIH R01 Grant: The Bariatric Experience Long Term Study
 - Obesity Help National Conference Speaker: '[Weight Regain – Mind and Body](#)'
- 2015
- TED TALK: '[How to make hard things easier and lose weight too](#)': >114,000 views
 - First author: "[Long-term survival following bariatric surgery in the VA health system.](#)" JAMA
- 2014
- SCPMG Partner
- 2010
- Stein/Oppenheimer Endowment Award Recipient

PUBLICATIONS – 642 CITATIONS

Obesity and Weight Management

Tartof, Sara Y...**Murali, Sameer B (senior author)**. "Obesity and mortality among patients diagnosed with COVID-19: results from an integrated health care organization." *Annals of Internal Medicine* 173.10 (2020): 773-781. **158 citations**

Murali, Sameer B. "Knowledge Gaps in Long-Term Phentermine Use: Making the Case for Maintenance/Response to" Knowledge Gaps in Long-Term Phentermine Use." *Obesity* 27.8 (2019): 1219-1220.

Murali, Sameer B. "[Americ-it is: The Real Epidemic.](#)" www.obesityhelp.com; posted July 1, 2019; accessed January 3, 2021

Murali, Sameer B. "[Why Weight? Why Not Health?](#)" www.obesityhelp.com; posted August 31, 2016; accessed January 3, 2021

Tsai, Adam G... **Murali, Sameer B**, et al. "Investing in Obesity Treatment: Kaiser Permanente's Approach to Chronic Disease Management." *Current obesity reports* 5.3 (2016): 307-311.

Bariatric Surgery

Coleman, Karen J...**Murali, Sameer B**, et al. "Understanding the Bariatric Patient Perspective in the National Patient-Centered Clinical Research Network (PCORnet) Bariatric Study." *Obesity Surgery* (2020): 1-11.

Coleman, Karen J...**Murali, Sameer B**, et al. "Effectiveness of gastric bypass versus gastric sleeve for cardiovascular disease: protocol and baseline results for a comparative effectiveness study." *JMIR Research Protocols* 9.4 (2020): e14936.

Moore, Darren...**Murali Sameer B**, et al. "Motivation for Bariatric Surgery among African American patients in an integrated healthcare system." *Surgery for Obesity and Related Diseases* 15.10 (2019): S166.

Fedorcka, Peter N, **Murali, Sameer B**, and Rajaratnam David R. "Abdominal Pain and Vomiting in a Pregnant Woman Who Has Had a Gastric Bypass Procedure." *JAMA* 321.10 (2019): 998-999.

Arterburn, David...**Murali, Sameer B**, et al. "Comparative effectiveness and safety of bariatric procedures for weight loss: a PCORnet cohort study." *Annals of Internal Medicine* 169.11 (2018): 741-750.

Coleman, Karen... **Murali, Sameer B**, et al. "A Comprehensive Stakeholder Engagement Plan for the Patient Centered Outcomes Research Network (PCORnet) Bariatric Study." *Surgery for Obesity and Related Diseases* 12.7 (2016): S194-S195.

Murali, Sameer B. "Long-term survival following bariatric surgery in the VA health system." *JAMA* 313.14 (2015): 1473-1474.

Clinical Nutrition

Murali, Sameer B. "Treatment of Iron Deficiency After Gastric Bypass—Reply." *JAMA* 323.4 (2020): 377-377.

Murali, Sameer B. "Interpretation of Vitamin B12 Status After a Roux-en-Y Gastric Bypass." *JAMA* 322.9 (2019): 887-888.

Guth, Eve S, **Murali, Sameer B.** "Revisiting your diet after weight loss surgery." *JAMA* 317.10 (2017): 1090-1090.

Murali, Sameer B, et al. "Internet-based tools to assess diet and provide feedback in chronic kidney disease stage IV: a pilot study." *Journal of Renal Nutrition* 23.2 (2013): e33-e42.

Murali, Sameer B, et al. "Comparing dietary determinants of serum vitamin D status among African-Americans and Caucasians." *Open Journal of Epidemiology* 2012 (2012).

Noori, Nazanin...**Murali, Sameer B,** et al. "Dietary omega-3 fatty acid, ratio of omega-6 to omega-3 intake, inflammation, and survival in long-term hemodialysis patients." *American journal of kidney diseases* 58.2 (2011): 248-256.

Kalantar-Zadeh, Kamyar...**Murali, Sameer B,** et al. "Design and development of a dialysis food frequency questionnaire." *Journal of renal nutrition* 21.3 (2011): 257-262.

Noori, Nazanin...**Murali, Sameer B,** et al. "Mid-arm muscle circumference and quality of life and survival in maintenance hemodialysis patients." *Clinical Journal of the American Society of Nephrology* 5.12 (2010): 2258-2268.

Noori, Nazanin...**Murali, Sameer B,** et al. "Dietary potassium intake and mortality in long-term hemodialysis patients." *American journal of kidney diseases* 56.2 (2010): 338-347.

Bross, Rachele...**Murali, Sameer B,** et al. "Dietary assessment of individuals with chronic kidney disease." *Seminars in dialysis*. Vol. 23. No. 4. Oxford, UK: Blackwell Publishing Ltd, 2010.

LICENSURE AND CERTIFICATION

- 2011 American Board of Internal Medicine
- 2011 American Board of Obesity Medicine

PROFESSIONAL DEVELOPMENT

- 2019 Behavior Design Boot Camp – Stanford University
- 2018 Human Centered Design Certification – KP Improvement Institute
- 2017 Gamification - Wharton School, University of Pennsylvania and Coursera
- 2012 SCPMG University Leadership 101

PROFESSIONAL AFFILIATIONS

- The Obesity Medicine Association
- American Society of Metabolic and Bariatric Surgeons
- Obesity Action Coalition

SERVICE

Jurupa Valley Bariatric Support Group

- 2016-2020: guest speaker

Al-Shifa Free Clinic

- 2011-2016: outpatient care and designed weight management education program for Spanish speakers

Chinmaya Mission Los Angeles

- 2010-2015: 12th grade Sunday School teacher
- 2018-current: Kindergarten Sunday School teacher