

BIOGRAPHICAL SKETCH

Provide the following information for the Senior/key personnel and other significant contributors.
Follow this format for each person. **DO NOT EXCEED FIVE PAGES.**

NAME: Virali Shah MD, MBA | Tufts Ophthalmology Residency PGY3

eRA COMMONS USER NAME (credential, e.g., agency login): N/A

POSITION TITLE: Heed Fellowship

EDUCATION/TRAINING *(Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable. Add/delete rows as necessary.)*

INSTITUTION AND LOCATION	DEGREE <i>(if applicable)</i>	Start Date MM/YYYY	Completion Date MM/YYYY	FIELD OF STUDY
Union College, Schenectady, NY	BS	06/2015	06/2019	Bachelor of Science in Psychology and Biology, Leadership in Medicine Program
Clarkson University, Schenectady, NY	MBA	06/2015	06/2019	Masters in Business Administration and Management: Focus in Health Administration
Albany Medical College, Albany, NY	MD	06/2019	06/2023	Medical Degree
Tufts Medical Center/New England Eye Center, Boston, MA	Residency	06/2023	06/2027	Ophthalmology

A. Personal Statement

My career is centered on becoming an academic ophthalmologist who bridges clinical excellence, research innovation, and education. The Heed Resident Retreat represents a unique opportunity to further develop skills as an aspiring early-career leader, refine my research trajectory in ophthalmology, and engage with mentors dedicated to shaping the future of the field.

My leadership complements my academic work and reflects a commitment to academic ophthalmology as a platform for education, advocacy, and innovation. As a leader within the Massachusetts Society of Eye Physicians and Surgeons, I collaborate with academic ophthalmologists to advance mentorship, policy engagement, and trainee development. As an Advocacy Ambassador for the American Academy of Ophthalmology, I have participated in congressional advocacy on NIH/NEI funding, healthcare access, and policy reform. I also integrate medical humanities into academic medicine through narrative-based and visual training initiatives, reinforcing my belief that academic ophthalmology extends beyond research to encompass education, communication, and humanistic care.

In addition, as an academically driven ophthalmology trainee with a strong foundation in translational and clinical research, I have completed peer-reviewed publications and national presentations across multiple disciplines. I have authored 12+ peer-reviewed publications, including first-author work in *Orbit* (2025) examining apocrine-derived eyelid lesions, reflecting my commitment to oculoplastics and ophthalmic pathology. My ophthalmology-focused research also includes work on perioperative outcomes in dacryocystorhinostomy, retinopathy of prematurity management, and cellular responses to ocular melanoma radiotherapy. My earlier research in gastroenterology contributed to advancing high-resolution manometry techniques, resulting in multiple first-author publications and national presentations, culminating in an MD with Distinction in Research and a Research Excellence Award. This body of work reflects my ability to design clinically relevant studies, refine diagnostic paradigms, and translate findings into practice; these are skills that I now apply within ophthalmology. Beyond traditional publications, I also contribute to ophthalmic education and clinical discourse through invited online articles, such as *Ocular Surgery News* and *Review of Ophthalmology*.

B. Positions, Scientific Appointments and Honors

Leadership Positions:

- YO Executive Committee Leader: Massachusetts Society of Eye Physicians and Surgeons (July 2025-Present)
 - Meets monthly with academic ophthalmologists and trainees in Massachusetts to promote advocacy, education, mentorship, and service in ophthalmology through diverse event planning and institutional collaboration
 - Leads visual observation training sessions for ophthalmologists at Boston's Museum of Fine Arts
 - Most recent event: "Night at the Museum: A Celebration of Art, Visual Literacy, and Ophthalmology."
 - Plans and executes the annual MSEPS committee meeting
- Advocacy Ambassador for Mid-Year Forum: American Academy of Ophthalmology (April 2025)
 - Represented Massachusetts Society of Eye Physicians and Surgeons and AAO at Mid-Year Forum as an advocacy ambassador
 - Led congressional meetings to advocate for legislation that aims to improve the access, quality, and costs of healthcare for both ophthalmologists and our patients
 - Led two oral presentations on the following topics: medicare reimbursement, veteran affairs eye services, pediatric eye care, prior authorization process, and NEI/NIH research funding
- Representative of Ophthalmology: Resident Leadership Council of Tufts Medical Center (October 2024 - Present)
 - A core group of residents selected to represent different specialties meets monthly with the Executive Board of Tufts Medical Center to discuss topics, such as residency wellness, healthcare operations, hospital efficiency, and value-based medicine. Representatives serve as liaisons and communicate important information back to their respective residency. .
- Author and Director of Social Media: Diary of a Med Student: Non-Profit Organization (March 2021 – 2024)
 - A book that celebrates narrative medicine through a compilation of over 100 medical student stories
 - Authored one of the stories featured and created social media content and engagement for the book
 - Statistics: #1 New Healthcare Book Release on Amazon, sold over 1,000 book copies, sold at Amazon, Barnes and Nobles, Walmart, and Target.
 - Featured on KevinMD, Online MedEd, Johns Hopkins Book Review, VoyageLA, UCLA Health
 - <https://diaryofamedstudent.wixsite.com/book/>
- Chapter Leader and Regional Conference Board Member: American Medical Women's Association (August 2019 - 2023)
 - Co-hosted the Region 2 New York/New Jersey Regional Northeast Conference
 - Theme: Creativity, Risk Taking, and Thinking Beyond the White Coat
 - <https://www.amwanynjregion2.com/>
 - 200+ registrants, 8 speakers
 - Led two Physicians Against Human Trafficking workshops
 - Led the Women in White Coat Project: <https://www.amwa-doc.org/studioamwa/2017-white-coat-project/>

Honors:

- MD with Distinction in Research: Albany Medical College (April 2023)
 - Thesis Defense Title: "A Recommended Tailored Approach to Selecting Provocative Maneuvers in Inconclusive Cases of Esophageal Motility Disorders: A Comparative Analysis of Multiple Rapid Swallows and Apple Viscous Swallows."

- Research Excellence Award: Albany Medical College (April 2023)
 - Awarded by faculty for an outstanding commitment to academic research during medical school
- 1st Place Poster Presentation: New York Chapter of American College of Physicians, Regional Conference (May 2023).
 - Poster Title: “Narrative Dance Medicine: Improving Learner Awareness of Cultural Communication.”
- Alpha Omega Alpha Honors Society: Albany Medical College, Albany, NY (September 2022)
 - Selected by faculty and advisors on basis of competitive academic and extracurricular engagement
- Scholastic Excellence: Albany Medical College, Albany, NY (August 2022)
 - Top 15% of Third Year Class, MS3
 - Top 15% of First Year Class, MS1
- Keys Family Award: Albany Medical College, Albany, NY (April 2022)
 - Awarded by faculty and advisors for demonstrating an interest in the arts and humanities and their incorporation into medicine
- Levon Bedrosian Alumni Scholarship: Albany Medical College, Albany, NY (June 2020-July 2021)
 - Awarded by faculty and advisors for demonstration of high ethical and moral standards

C. Contributions to Science

Original Peer-Reviewed Research Publications:

- **Shah V**, Resnik AB, Azzam DB, Starks VS, Callahan AE, Vagefi MR, Laver NV. Cutaneous apocrine-derived eyelid lesions: a series. *Orbit*. 2025 Dec;44(6):840-849.
- Nguyen P, **Shah V**, Wu A, Nigam A. Resection of a giant hepatic hemangioma resolves coagulopathy in an adult. *ACS Case Reviews in Surgery*. 2024;4(7):58-63.
- **Shah VD**, Grube JG, Reichert L. Subglottic stenosis after endonasal resection for juvenile nasopharyngeal angiofibroma. *Cureus Journal of Medical Science*. 2023;15(8):e43922. doi:10.7759/cureus.43922
- **Shah V**, Mignucci A, Turshudzhyan A, Yodice M, Tadros M. Advancing high-resolution manometry: evaluating the use of multiple rapid swallows versus apple viscous swallows in clinical practice. *Esophagus*. 2022 Jul;19(3):493-499.
- **Shah V**, Turshudzhyan A, Mignucci A, Tadros M. The supportive role of provocative maneuvers and impedance clearance in detecting ineffective esophageal motility. *Gastroenterology Res*. 2022 Oct;15(5):225-231.
- Wladis EJ, **Shah V**, De A. Does time of administration of intravenous ketorolac impact pain-related outcomes in dacryocystorhinostomy? *Orbit*. 2023 Apr;42(2):161-165.
- Lajoie JE, Pacheco RR, **Shah V**, Tauber KA, Binenbaum G, Barry GP. A comparison of primary laser versus laser after anti-vascular endothelial growth factor for type 1 retinopathy of prematurity. *J AAPOS*. 2022 Aug;26(4):191.e1-191.e4.
- Preece J, Metkus J, **Shah V**, Mortensen M. The integrated management of cervical hyperostosis in patients with dyspnea and dysphagia to reduce risk of airway compromise: a case series.” *Journal of Clinical and Medical Images, Case Reports*. 2022 Sept;2(5)
- Tageldin O, **Shah V**, Neeharika K, Lee H, Tadros M, Litynski J. Esophagus: Management of Occult Gastrointestinal Bleeding. *Clinical Gastroenterology: Chapter 5*. Springer Nature
- Yodice M, Mignucci A, **Shah V**, Ashley C, Tadros M. Preoperative physiological esophageal assessment for anti-reflux surgery: A guide for surgeons on high-resolution manometry and pH testing. *World J Gastroenterol*. 2021 Apr 28;27(16):1751-1769.
- Tadros M, Tran V, **Shah V**, Yodice M. Patterns of esophageal dysmotility elicited by multiple rapid swallows. *Esophagus*. 2021 Apr;18(2):353-361.
- Darivemula S, **Shah V**, Amanjee K. Pregnancy Is Like Nature: Cultural Arts to Navigate the Unexpected Cesarean Delivery. *Acad Med*. 2021 Oct 1;96(10):1407.

Original Non-Peer-Reviewed Online Research Publications:

- **Shah V**, North V, Laver N (2025). Man presents with chronic dull pain in the left eye. *Ocular Surgery News*. December 25, 2025. <https://www.healio.com/news/ophthalmology/20251218/man-presents-with-chronic-dull-pain-in-left-eye>
- **Shah V**, Desai SJ (2025). Young adult presents with blurry vision. *Ocular Surgery News*. December 25, 2024. <https://www.healio.com/news/ophthalmology/20241219/young-adult-presents-with-blurry-vision>
- **Shah V**, Fell D (2025). Vogt-Koyanagi-Harada Syndrome: An update on the diagnostic and treatment insights you need to know. *Review of Ophthalmology*. March 21, 2025. <https://www.reviewofophthalmology.com/article/vogtkoyanagiharada-syndrome-an-update>

Original Oral Presentations:

- **Shah V**, Gasiorowski E, Ayman E, Ramsey D. "A Report of a Novel ABCA4 Mutation for a Hypomorphic, Late-Onset Case of Stargardt Disease." Grand Rounds. Department of Ophthalmology. Lahey Medical Center. January 2026. Burlington, MA.
- **Shah V**, Laver N. "From Stain to Story: An Eucleated Case of Necrotizing Sclerouveitis." Grand Rounds. Department of Ophthalmology. Tufts Medical Center and New England Eye Center. September 2025. Boston, MA.
- **Shah V**, Akrobetu D. "Lessons from AAO's Mid-Year Forum as an Advocacy Ambassador." Massachusetts Society of Eye Physicians and Surgeons (MSEPS) Annual Meeting. April 2025. New Bedford, MA.
- **Shah V**, Vuong L, Werner, A. "Is this Glaucoma? A Case Beyond the Optic Nerve." Grand Rounds. Department of Ophthalmology. Tufts Medical Center and New England Eye Center. February 2025. Boston, MA.
- **Shah V**, Desai S. "A Retina in Peril: A Scary Case of Detached Drama in a Patient with Knobloch Syndrome." Grand Rounds. Department of Ophthalmology. Tufts Medical Center and New England Eye Center. November 2024. Boston, MA.
- **Shah V**, Desai S. "Multi-Layered Retinal Hemorrhages: A Case of Leukemic Retinopathy in a Young Male." Grands Rounds. Department of Ophthalmology. Tufts Medical Center and New England Eye Center. February 2024. Boston, MA.
- **Shah V**. "Vagal Schwannomas." Grand Rounds. Department of Otolaryngology. Albany Medical Center. August 2022. Albany, NY.
- **Shah V**. "Ocular Myasthenia Gravis." Case Management Conference. Department of Ophthalmology. Albany Medical Center. July 2022. Albany, NY.
- Srivastava S, **Shah V**, and Darivemula S. "Addressing the Provider Biases and User Agency in Utilizing Women's Health Programming through Traditional Dance." Annual Performing Arts Medicine Conference. March 2022. Tampa, FL.
- Srivastava S, **Shah V**, Amanjee K, Darivemula S, Mason H. "Narrative Dance Medicine: Exploring the Use of Traditional Dance Choreography, Performance, and Observation to Educate Healthcare Trainees on Healthcare Equity, Social Determinants of Health, and Systemic Biases." 8th International Conference on Arts and Humanities. September 2021. Virtual.
- **Shah V**. "A Mixed Retrospective Study on High-Resolution Manometry and Provocative Maneuvers to Optimize Diagnosis of Esophageal Motility Disorders." AAPI National Winter Conference. National American Association of Physicians of Indian Origin. February 2021. Virtual.

Original Poster Presentations:

- **Shah V**, Azzam B D, Santoro J, Ernst J, Stemmer-Rachamimov A, Duker S J, Laver N. "Ocular Melanoma Radiotherapy Induces Programmed Cell Death but Does Not Arrest the Cell Cycle: Analysis of Enucleation Species." American Academy of Ophthalmology National Meeting. October 2025. Orlando, FL.
- **Shah V**, Resnik A. "An Eye on Sustainability at Tufts Medical Center: A Call to Action to Reduce Operating Room Waste." New England Ophthalmological Society's 796th Regional Meeting. June 2024. Boston, MA.
- Srivastava S, **Shah V**, Amanjee K, Darivemula S, Mason H, Geber M. "Narrative Dance Medicine: Improving Learner Awareness of Cultural Communication." New York Chapter of American College of Physicians National Meeting. May 2023. Virtual.
- **Shah V**, Reichert L, Grube J. "Acquired Subglottic Stenosis After Surgery in the Pediatric Population: A Unique Case of Juvenile Nasopharyngeal Angiofibroma." Society of Ear Nose and Throat Advancement in Children. December 2022. Virtual.
- Nguyen P, **Shah V**, Wu A, Nigam A. "Resection of Giant Hepatic Hemangioma Resolves Coagulopathy." Society of American Gastrointestinal and Endoscopic Surgeons Annual Meeting. March 2022. Denver, CO.
- Nguyen P, Schu W, Ruediger D, **Shah V**, Dinka L, Sherman S, Juneja A, Nigam A. "Unexpectedly Lower Incidence of Delayed Gastric Emptying in Retrocolic, Retrogastric Roux-en-Y Gastrojejunostomy Following Distal Gastrectomy: A Case Series." Society of Surgical Oncology National Conference. March 2022. Dallas, TX.
- **Shah V**, Mignucci A, Tadros M. "Viscous Swallows and Impedance Clearance Can Provide Additional Value in Assessing Ineffective Esophageal Motility and Preoperative Preparedness Compared to Multiple Rapid Swallows," American College of Gastroenterology National Meeting. October 2021. Las Vegas, NV.
- **Shah V**, Mignucci A, Tadros M. "A Parametric Comparison Among Wet Swallows, Viscous Swallows, and Multiple Rapid Swallows: Enhancing Diagnostic Criteria for Hypercontractile Esophagus, IEM, and EGJOO." American Foregut Society National Conference. September 2020. Virtual.
- Mignucci A, **Shah V**, Tadros M. "Comparative Analysis of Added Value Between Multiple Rapid Swallows and Apple Viscous Swallows in High-Resolution Manometry for Diagnosing Esophageal Motility Disorders." American College of Gastroenterology National Meeting. October 2020. Virtual.
- **Shah V**, Mignucci A, Tadros M. "Multiple Rapid Swallows Provider Greater Added Value Than Apple Viscous Swallows In High-Resolution Manometry for Esophageal Dysmotility." Medical Student Investigation Day at Albany Medical College. September, 2020.

- Mignucci A, **Shah V**, Tadros M. "Combining Swallow and Impedance Metrics to Advance The Protocol of Ineffective Esophageal Motility And Preoperative Preparedness." Medical Student Investigation Day at Albany Medical College. September 2020.
- **Shah V**, Darivemula S. "Performing Shared Decision Making: Using Classical Indian Dance to Understand ICU Patient-Provider Communication." Examined Life Conference. October 2020. Virtual.
- **Shah V**, Metwally M. "A Vaccination Study at a Group Practice Clinic in a Community-Based Setting to Assess the Importance of Vaccines for High-Risk Patients with Inflammatory Bowel Disease and Identify Solutions to Increase Compliance." Digestive Disease Week's National Gastroenterology Conference. May 2020. Virtual.
- **Shah V**, Metwally M. "A Clinic-Wide Vaccination Audit to Assess the Importance of Vaccinations for High-Risk Patients with Inflammatory Bowel Disease and Identify Solutions for Compliance." Medical Student Investigation Day at Albany Medical College. September 2019.

D. Scholastic Performance

Medical College:

- Scholastic Excellence (Top 15% First Year Class and Third Year Class)
- Alpha Omega Alpha (AOA) Member
- M.D. with Distinction in Research

MBA School:

- Summa cum laude
- GPA: 3.97

Undergraduate College:

- Leadership in Medicine Combined Degree Program
- Summa cum laude, Phi Beta Kappa, Psi Chi National Honors
- GPA: 3.93