

## **Aishwarya (Sunny) Sharma, DO**

### **RESIDENCY**

MetroHealth Medical Center/Case Western Reserve University Family Medicine, Cleveland, OH

### **MEDICAL SCHOOL**

Ohio University Heritage College of Osteopathic Medicine, Warrensville Heights, OH

Dr. Sharma counts receiving the Translating Osteopathic Understanding into Community Health (TOUCH) Platinum Award for having the largest number of volunteer hours at her university (more than 300 hours in community service) as one of her top professional accomplishments. She is also honored to be a National Health Service Corps (NHSC) Scholar, highlighting her commitment to underserved populations. Professionally, her interests include providing inclusive care, including medication-assisted treatment (MAT) and Promoting Recognition of Identity, Dignity, and Equality (PRIDE) care for patients to better develop a strong clinical skill set to care for the diverse array of patients seen in family medicine. Following residency, Sharma is looking forward to repaying her commitment to the NHSC Student to Service Program by working in an underserved region and caring for vulnerable populations. Her personal interests include spending time with her family, especially her one-year-old son. She also enjoys volunteering and feels that investing in her community is one way to show her patients that their success reflects her success.

### **Awards and Recognition**

2021-Present	Case Western Reserve University (CWRU) Women in Leadership Certificate Program Scholarship Recipient
2020-Present	National Health Service Corps Scholar
2020	American College of Osteopathic Family Physicians (ACOFP) Osteopathic Family Medicine Student Award
2020	Cleveland Academy of Osteopathic Medicine Student Advocate Award Winner
2019	Association of Indian Physicians of Northern Ohio (AIPNO) Research Showcase First Prize for Quality Improvement
2019	Academy of Medicine Education Foundation Scholarship Recipient
2018	TOUCH Award Platinum Level Recognition for 250+ Volunteer Hours

### **Offices and Appointments**

2021-Present	Elected education chief, MetroHealth/CWRU
2021-Present	Family medicine representative, GMEC at MetroHealth
2020-Present	Executive committee member, Cleveland Academy of Osteopathic Medicine
2020-2021	Resident member, ABFM Resident Workgroup
2019-2020	Member, American College of Osteopathic Family Physicians
2017-2018	Vice president/Co-founder, Humanism in Medicine Club
2017-2018	President, Student Osteopathic Medical Association (SOMA)

## **Community and Public Services**

2022	CWRU First Generation/Low-income Medical Mentor
2020-2021	Doctors on the Streets (DOTS) Program
2016-2019	OU Medical Mentoring Early Acceptance Program/Aspiring Doctors Pipeline Program Mentor
2017	Fundraising coordinator, Student National Medical Association
2016-2017	Red Cross liaison, South Pointe Hospital Blood Drive
2016-2019	Warrensville Heights Annual Trunk-Or-Treat
2009-Present	Academic tutor, Multi-subject

## **Personal Statement from Dr. Aishwarya Sharma**

I can vividly remember the day I knew medicine was my calling. I was five years old, waiting in a small, underfunded, and overly crowded hospital in Jodhpur, India, after one of my father's angry rampages. My mother had suffered three broken ribs, my sister had a concussion, and I had several bruises. A physician in a colorful silk saree came toward us to discuss the diagnoses. I saw her gently put her arm on my mother, immediately easing her concerns, and through this action, I felt the immense power of human interaction within medicine. This moment will forever be eternalized in my memory as the flame which ignited my desire for medicine. I have nurtured this flame for the past two decades, letting it serve as the guiding light behind all my accomplishments.

During medical school, I struggled to find my place within medicine. Every medical experience I encountered, I enjoyed. Every rotation I had, I loved. Having worked as an emergency room scribe for three years before beginning my training, I appreciated treating high-acuity cases but craved continuity of care. I familiarized myself with a broad scope of specialties to further solidify my passion. In my heart, I placed the most significant importance on being able to provide impactful care to a wide range of patients. I was enraptured by the tactile precision of surgery and the intricate nuances of dermatology. Each organ-based specialty, from neurology and cardiology to nephrology, further fueled my curiosity about the human body. During my inpatient rotations, I was humbled by the multifaceted cases I contributed and grateful for every successful discharge. The more I progressed, the more I fell in love with full-scope medicine, which is why I chose to pursue a residency in family medicine.

## **Overcoming Obstacles**

When applying for residency, I narrowed my options to Northeast Ohio. This was the region that had saved my family and allowed us to thrive. When we first came to the United States, after escaping domestic violence at my father's hands, this community opened its arms to us. It empowered my mother to leave her abusive marriage and allowed us to find a safe haven finally. I knew I wanted to stay in this region and practice medicine for lower socioeconomic populations, as I once belonged to this group. Thinking back to my childhood, I am often awestruck at our many challenges. With \$100 in her pocket, my mother bravely took her two daughters and set out to create a life for us in the land of opportunity. I recall the difficult nights, the nights when there was not

enough food in the fridge, when the utilities were on the verge of being shut off because we could not afford the bills, and the nights when we huddled together and hoped for a better tomorrow. If it was not for the positive influences in my life, especially my mother, I am certain I, too, would have become a statistic like many individuals who encounter several adverse childhood experiences (ACEs). I felt a duty to give back to not only my family but my community for enveloping me in love and positivity. This pursuit led me to apply for the National Health Service Corps (NHSC) Students to Service Scholarship while in medical school. I held firm in my hope to help vulnerable populations and was ecstatic at the chance to give back.

### **My Unique Journey**

I am a worthy recipient of this award because I embody family medicine in its full capacity. In medical school, I served as the president of the Student Osteopathic Medical Association (SOMA), where I lobbied congressional leaders in Washington, D.C., to increase patient resources. As the vice president of the Humanism in Medicine Club, I organized a three-part infant mortality lecture series to better inform students about medical disparities. As the fundraising coordinator for the Student National Medical Association (SNMA), I collaborated with others to create cultural competency lectures and sponsored Medical-Student-For-A-Day, an event where several underprivileged students learned about medicine. As a student representative on the Curriculum Transformation Committee, I worked with administrators to develop a curriculum centered on professionalism, self-care, and empathy. My ardor for activism and service earned me the Translating Osteopathic Understanding into Community Health (TOUCH) Platinum Recognition Award for volunteering the largest number of volunteer hours at Ohio University Heritage College of Osteopathic Medicine.

Furthermore, I was selected as a member of Omega Beta Iota, the National Osteopathic Political Action Honor Society, and the Gold Humanism Honor Society for my commitment to professionalism, advocacy, and philanthropy. I continued to mentor scholars through the Aspiring Doctors Pipeline and Ohio University Mentoring Early Acceptance Program. I also helped sponsor the annual Warrensville Heights Trunk-Or-Treat event, providing school supplies to more than 400 children in Northeast Ohio, and served as a wish granter for the Make-A-Wish Foundation.

As a resident, I continue to learn about issues plaguing our society while serving as a leader within my community. I volunteer with Doctors on the Streets to provide basic care and medical support for those in need. I work to increase access to care for our homeless population while learning how to deliver adequate care in limited settings. Furthermore, I am a resident mentor for medical students, several of whom come from lower-income backgrounds. I am also the education chief for my residency program and work on creating meaningful learning opportunities for our residents.

Additionally, I serve as a member of the hospital's Wellness Committee. I create initiatives to increase positivity and reduce resident burnout through this role. I am an HOA executive officer and the family medicine representative on the Graduate Medical

Education Committee. In these roles, I work to advocate for family medicine residents at the hospital.

To further strengthen myself as a leader, I received a scholarship to the Case Western Women in Leadership Certificate Program, in which I am currently involved. Through this, I am also a member of the CWRU Women Faculty of the School of Medicine organization, where we endeavor to empower other female physicians and educators. I am especially proud of this role as a mother and hope to increase awareness of female physicians' challenges in medicine. When my son was born a year ago, I was terrified of what this would mean for me. However, I have found that being a mother, especially one that has been able to exclusively breastfeed her son throughout the most rigorous months of residency training, has empowered me to reach new heights.

I endeavor to increase awareness of our patients and access to care by being an advocate and remaining involved in community service opportunities. I have worked diligently to foster leadership in those around me and nurture the qualities of a good family physician. All these experiences have further developed one of my greatest assets: the ability to connect with individuals from all walks of life. Witnessing domestic violence, poverty, and child abuse at a young age has allowed me to empathize with others and taught me the importance of creating a solid foundation of support for my patients. As a family physician, I prioritize communication and shared decision making while combining research, education, and humanity to deliver hands-on inclusive care. Family medicine is a specialty that continues to grow, transforming medicine in innovative ways while still providing compassionate care to others. To me, it is the most incredible honor to be able to care for families and offer thoughtful medical services to individuals as they transition through each phase of their lives. I hope to continue contributing to the selfless mission of family medicine by using my cultural background, myriad experiences, and solid commitment to people as a guide. Thank you for the AAFP Award for Excellence in Graduate Medication Education.

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