

WINSTON RICHARD NARA, M.D.

EDUCATION

- 1998-1999 **New York Medical College** Valhalla, NY
- Fifth Pathway Program.
- 1987-1993 **Khartoum University Faculty of Medicine** Sudan
- Bachelor of Medicine and Surgery (MBBS)
 - **Distinction** in obstetrics and gynecology
- 1986-1987 **Khartoum University College of Sciences** Sudan
- Premedical Courses
 - **Distinctions** in English and Chemistry

PROFESSIONAL EXPERIENCE

- 7/2005-Present **Private Group Practice; Indiana Internal Medicine Consultants, Center for Respiratory & Sleep Medicine;** Indianapolis, IN
- 7/2002-6/2005 **State University of New York** Buffalo, NY
Pulmonary, Critical Care and Sleep Fellowship Training
- Three years of **multidisciplinary** training
 - **Clinical instruction** in medicine for residents and medical students
 - **Proficient** in arterial, venous access and monitoring procedures
 - **Skilled** in tracheobronchial, pleural **diagnostic** and **therapeutic** procedures
 - **Experienced** in PFTs, Cardiopulmonary Exercise and **Sleep studies**
 - Well versed in mechanical **ventilator management**
 - Experienced in managing **multiorgan failure** and **end of life issues**
 - **Managed** cancer, transplant and pulmonary hypertension patients
 - **Excellent rapport** with faculty, colleagues, hospital staff and medical students
- 1999-2002 **Mount Sinai School of Medicine** Jamaica, NY
Services at Queens Hospital Center.
Internal Medicine Residency Training
- Completed three full years.
- 1993-1994 **Omdurman Teaching Hospital** Sudan

Rotating Housemanship

- Trained in Medicine, Surgery, Obstetrics, Gynecology, pediatrics, dermatology and otolaryngology

PROFESSIONAL MEMBERSHIP

American Thoracic Society

American College of Chest Physicians

Society of Critical Care Medicine

American Medical Association

CERTIFICATIONS

2005 **Board Eligible** for American Board of Critical Care & Sleep

2004 **Board Certified** by American Board of Pulmonary Disease

2002 **Diplomat** of the American Board of Internal Medicine

1999 **Certified** by Education Commission for Foreign Medical Graduates

PUBLICATIONS

- **Nara W.** El-Solh A. Sleep disorders in the morbidly obese. *Sleep Review* May/June 2004.
- S.K. Agarwal, **W. Nara**, M.J. Mador. Predictors of Exercise Performance in Patients with COPD. *Am J Resp Crit Care Medicine*;169(7): A903, 2004 Apr.
- **Nara WR.** Chowdhury MZ. Fleischman JK. Rosner F. Hemorrhagic Tracheobronchitis with Streptococcal Toxic Shock Syndrome. *Hospital Physician* 2002 April;38(4): 43-46.
- **Nara W.** Ashley I. Rosner F. Thrombotic thrombocytopenic purpura associated with clopidogrel administration: case report and brief review. *Am J Med Sci.* 2001 Sep;322(3):170-2. Review.

RESEARCH

2/2004-Present Erie County Medical Center (**ECMC**) Buffalo, NY

- ***Pneumonia Studies*** looking at outcomes in various patient populations. Also applying various outcome prediction models to various patient populations.
- ***Obstructive Sleep Apnea***: Measurements of various oxidative stress and inflammatory markers and changes associated with various interventions. Two studies at VAMC and ECMC using two different interventions. Mentors: Jeffery Mador (**VAMC**), Ali Elsolh (**ECMC**).

8/2003-2/2004 Veteran Administration Medical Center (**VAMC**) Buffalo, NY

- ***COPD, Pulmonary Rehabilitation***: Studies to evaluate outcome of pulmonary rehabilitation in moderate to severe COPD in terms of physiologic and quality of life measures. Also to detect the parameters responsible for the different outcomes. Mentor: Jeffery Mador.