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Education and Training

Allegheny General Hospital – Allegheny Health Network
Fellowship Program: Pulmonary and Critical Care Medicine

July 2017 – August 2020

Allegheny Health Network
Residency Program: Internal Medicine

July 2014 – June 2017

Drexel University College of Medicine
Degree: Doctor of Medicine

August 2010 – May 2014

University of Nevada, Las Vegas
Degree: Bachelors of Science, Cum Laude
Major: Biochemistry B.S.
Major: Biological Sciences B.S.
Minor: Chinese language

January 2006 – May 2010

University of California, Irvine
Major: Biology

August 2004 – September 2005

Board Certification

Internal Medicine	2017
Pulmonary Medicine	2019
Critical Care Medicine	2020
NeuroCritical Care Medicine	2022

Employment

Physician – Pulmonary & Critical Care Medicine,
- Neurocritical Medicine

August 2020 - Present

Allegheny Health Network

Active Medical License: MD464963

Positions, Memberships & Administrative Services

National

NeuroCritical Care Society	2023 – Present
Society of Critical Care Medicine	2021 - Present
American Thoracic Society	2018- Present
American College of Chest Physicians	2018- Present
American Medical Associates	2017- Present
Fellow of the American College of Chest Physicians	August 2023 - Present
Associate Professor of Medicine, Drexel University College of Medicine	2023 - Present

Regional

Co-Chair – Women in Healthcare Committee – Allegheny County Medical Society	2024 – Present
Women in Healthcare committee – Allegheny County Medical Society.	2023 – Present
Allegheny County Medical Society	2021 – Present
Pennsylvania Medical Society	2021 - Present

Local:

Co-Medical Director Neurological ICU	October 2023 - September 2024
• Allegheny General Hospital	
Quality Director Neurological ICU	September 2024 – Present
• Allegheny General Hospital	
Medicine Institute Quality Improvement Committee Present	March 2023 – Sept 2024
Division Representative – Medicine Institute DEI Committee	March 2022 - Sept 2024
Co-Director Allegheny Health Network Pulmonary, Critical Care, Allergy, And Sleep Medicine Symposium	April 2022
Medical Executive Committee Member	January 2022 – Present
• Allegheny General Hospital	
Post-COVID Syndrome Clinic Physician	February 2021 – Sept 2024
• Allegheny Health Network Division of Pulmonary and Critical Care Medicine	
Program Director – COPD Care Transformation	January 2021 – October 2023
• Allegheny Health Network Division of Pulmonary and Critical Care Medicine	
Key Clinical Faculty	August 2020 – Sept 2024

- Medicine Institute – Division of Pulmonary & Critical Care Medicine Fellowship Program

Subspecialty Education Coordinator

August 2020 – Sept 2024

- Medicine Institute – Department of Internal Medicine – Internal Medicine Residency Program

Chief Fellow – Pulmonary & Critical Care Medicine

July 2019 – August 2020

- Medicine Institute – Division of Pulmonary & Critical Care Medicine Fellowship Program

Patient Safety Committee Member

July 2018 – August 2020

- Allegheny General Hospital

Critical Care Committee Member

July 2018 – August 2020

- Allegheny General Hospital

Scholarly Activity

Peer Reviewed Publications

1. Bchech G, Bangash S, Noonan J, Gill A, Rothman R, Abalos CC, Betancourth AC, Young M, Bhanot N. P-232. Reduction in Catheter-associated Urinary Tract Infections (CAUTIs) Post-Implementation of External Urethral Catheters (EUC) in the Intensive Care Units at a Quaternary Medical Center. In Open Forum Infectious Diseases 2025 Feb (Vol. 12, No. Supplement_1, pp. ofae631-436). US: Oxford University Press.
2. Marshall, T., Dysert, K., Young, M., & DuMont, T. (2025). Pathophysiology of Sepsis. *Critical Care Nursing Quarterly*, 48(2), 88-92.
3. Saini, V., Abalos, C., Dysert, K., Altenbaugh, M., DuMont, T., Young, M., & Ghosh, S. (2023). Navigating a Career in Medicine as a Woman. *Critical Care Nursing Quarterly*, 46(4), 354-361.
4. Nasrullah, A., Azharuddin, S., Young, M., Kejas, A. and Dumont, T., 2022. Endocrine Emergencies in the Medical Intensive Care Unit. *Critical Care Nursing Quarterly*, 45(3), pp.266-284.
5. Ashraf O, Young M, Malik KJ, Cheema T. Systemic Complications of COVID-19. *Crit Care Nurs Q*. 2020 Oct/Dec;43(4) 390-399
6. Nasrullah A., Javed A, Tariq U, Young M, Moez Z, Balaan M. Purpura Fulminans: a Rare but Fierce Presentation of Pneumococcal Sepsis. *Eur J Case Rep Intern Med*. 2019 Dec 30; 7(1):001373
7. Ashraf O, DiSilvio B, Young M, Ghosh S, Cheema T. Surgical Intervention for COPD. *Crit Care Nurs Q*. 2021 Jan/Mar;44(1)49-60.
8. Gordon A, Young M, Biher E, Cheema T. COPD Maintenance Pharmacotherapy. *Crit Care Nurs Q*. 2021 Jan/Mar;44(1):19-25.
9. Baqdunes MW, Leap J, Young M, Kaura A, Cheema T. Acute Exacerbation of Chronic Obstructive Pulmonary Disease. *Crit Care Nurse Q*. 2021 Jan/Mar;44(1):74-90.
10. Virani A, Baltaji S, Young M, DuMont T, Cheema T. Chronic Obstructive Pulmonary Disease: Diagnosis and GOLD Classification. *Crit Care Nurs Q*. 2021 Jan/Mar;44(1):9-18.
11. Young M, Villgran V, Ledgerwood C, Schmetzer A, Cheema T. Developing a Multidisciplinary Approach to the COPD Care Pathway. *Crit Care Nurs Q*. 2021 Jan/Mar;44(1)121-127.

12. Cheema TJ, Young M, Rabold E, Barbieri AN, Baldwin N, Steen VD. Patient and Physician Perspectives on Systemic Sclerosis-Associated Interstitial Lung Disease. *Clin Med Insights Circ Respir Pulm Med*. 2020;14:1179548420913281.
13. Jho, D., Young, M., Xu, C., & Richter, B. (2019). Pott's Puffy Abscess: Moniker Change from Historical Misnomer of Pott's Puffy Tumor. *Interdisciplinary Neurosurgery: Advanced Techniques and Case Management*. 2019; 20:100643
14. Nasrullah N, Young, M., Balaan, M. Purpura Fulminans: A Rare but Fierce Presentation of Pneumococcal Sepsis! *European Journal of Case Reports in Internal Medicine*
15. Young, M., DiSilvio, B., Rao, S., Balaan, M. (2019) Mechanical Ventilation in ARDS. *Critical Care Nursing Quarterly*, 42 (4): 392-399.
16. DiSilvio, B., Young, M., Gordon A., Malik, K., Singh, A., Cheema, T. (2019). Complications and Outcomes of Acute Respiratory Distress Syndrome. *Critical Care Nursing Quarterly*, 42(4): 349-361.
17. Alhassan, S., Bihler, E., Patel, K., Lavudi, S., Young, M., & Balaan, M. (2018). Assessment of the current D-dimer cutoff point in pulmonary embolism workup at a single institution: Retrospective study. *Journal of postgraduate medicine*, 64(3): 150-154.
18. Arshad, H., Young, M., & Rali, P. (2017). A Rare Case of Aortatrial Fistula from Streptococcal Endocarditis. *Case reports in pulmonology*, 2017
19. Ma, K., Alhassan, S., Sharara, R., Young, M., Singh, A. C., & Bihler, E. (2017). Prophylaxis for Venous Thromboembolism. *Critical care nursing quarterly*:40(3), 219-229.
20. Arshad, H., Young, M., & Rali, P. (2017). Leiomyosarcoma of the Innominate Vein: A Smooth Muscle Criminal. *Connecticut medicine*, 81(1), 27-29.
21. Arshad, H., Young, M., Adurty, R., & Singh, A. C. (2016). Acute pneumothorax. *Critical care nursing quarterly*, 39(2), 176-189.

Presentations

Poster Presentations

1. Rosa, B., Gutierrez, L., Anderson, A., Xu, C., & Young, M. (2024). A SOLID CASE OF DUELING EMBOLI: A PATIENT WITH TWO EMBOLIC SOURCES. *CHEST*, 166(4), A6020-A6021.
2. Marshall, T. C., Rosa, B., Young, M., & Leap, J. (2023). Pulmonary Langerhans Cell Histiocytosis with bone involvement: A mimicker of metastatic malignancy. . *CHEST*, 164(4), A3160-A3161. Nasrullah A, DiSilvio B, Bakalov V, Young M, Faruq M, Ledgerwood C, Thirumala R (2020). Evaluation of time frame to Diagnostic Bronchoscopy in Patients with Suspected Lung Malignancy at a Tertiary Care Institution. *Chest*, 158(4), A1939.
3. Rovnan, H., & Young, M. (2021). Pulmonary Nodules in Crohn's Disease. *Chest*, 160(4), A2084.
4. Rovnan, H., Young, M., & Bihler, E. (2021). Is it Sarcoidosis or TB? *Chest*, 160(4), A328.
5. Rovnan H, Young M, Alhajhusain A, Arshad H. (2020). For once It's not the Mold's Fault: A Case of Pulmonary Leukostasis in Mantle Cell Lymphoma. *Chest*, 158(4)A1968-A1969.
6. Young M, Esplin N, Xu C, Yu A, Cerejo R, Arshad H. (2020). An Unusual Suspect: A Case of Delayed Cerebral Infarcts from Vasospasm After a Ruptured Arteriovenous Malformation. *Chest*, 158(4)A727.
7. Young M., Kapottos, M., Hertel, J., Dumont, T. Patient and family satisfaction in the Medical ICU. American Thoracic Society. May 2020
8. Young M., Rao S., & Adurty, R. Utilization of HVNI in the ICU. American Thoracic Society. May 2020

9. Nasrullah N, Young, M., Balaan, M. Purpura Fulminans: A Rare but Fierce Presentation of Pneumococcal Sepsis! American Thoracic Society. May 2020
10. Faruqi, M. A., DiSilvio, B., Young, M., Malik K., & Bajwa, O. (2019) The Double Whammy. Treatment challenges in coexisting hepatopulmonary syndrome and idiopathic pulmonary fibrosis. *Chest*, 156 (4), A2060-A2061.
11. Rao, S., Young, M., & Cheema, T. (2019). Femoral Central Venous Catheters: Are they the bane of the Intensivist?. *Chest*, 156 (4), A1591.
12. Nasrullah, A., Young, M., Tariq, U., & Balaan M. (2019). Purpura Fulminans: A rare but fierce presentation of Pneumococcal sepsis. *Chest*, 156 (4), A2063.
13. Young, M., Leap, J., Ledgerwood, C., & Alhajhusain, A. (2019). The British Invasion: A rare care of Mycobacterium malmoeense Infection in a Landscaper. In A57. NTM: Case Reports (pp. A2021-A2021). American Thoracic Society.
14. Young, M., Rabold, E., DiSilvio, B., Xu, C., & Cheema, T. J (2019). The Thrombus that Stumped Us – A Rare Case of Symptomatic Post-Lobectomy Pulmonary Artery Stump Thrombosis that Appeared as Hilar Adenopathy. In D62. Thoracic Oncology Case Reports II (pp. A6940-A6940). American Thoracic Society.
15. Young, M., Baltaji, S., & Thirumala, R.D. (2019) The Monster That Burst – When A Mature Teratoma Presents As Pleuritic Chest Pain. In D61. Thoracic Oncology Case Reports I (pp. A6933-A6933). American Thoracic Society.
16. McQuade, D., Young, M., & Cheema, T.J. (2019) You're Never Too Old! – A delayed diagnosis of microscopic polyangiitis in an atypical population. In C33. Case Reports in Autoimmune and Inflammatory Lung Diseases (ppA4583-A4583). American Thoracic Society.
17. DiSilvio B.E., Young, M., & Bihler, E. (2019) Pump the Brakes: A Case of Etanercept-Induced Accelerated Pulmonary Nodulosis. In B40. Autoimmune Lung Disease Case Reports (pp. A3098-A3098) American. Thoracic Society.
18. Ashraf, O., Thirumala R.D., Young, M. (2019). Diagnostic accuracy of navigational bronchoscopy for the diagnosis of solitary pulmonary nodules. In A72. Advances in Interventional Pulmonary (pp. A2362-A2362). American Thoracic Society
19. Fasanya, A., Young, M., & Cheema, T. (2018). 729: When the history matters: A case of an atypical presentation of Myasthenia Gravis. *Critical Care Medicine*, 46(1), 351.
20. Young, M., Dumont, T., & Singh, A. (2017). It's Not the Lung! When a Neuromuscular Disease Presented as Recurrent Episodes of Shortness of Breath. *Chest*, 152(4), A917.
21. Young, M., Sharara, R., Townsend, C., Fasanya, A., Gandhi, V., & Malik, K. (2017). A Case of Macrophage Activation Syndrome Complicating Severe Systemic Lupus Erythematosus. *Chest*, 152(4), A895.
22. Arshad, H., R. Adurty, and M. Young. "A Rare Case Of Small Cell Lung Cancer (sclc) Presenting As An Endobronchial Lesion." *Am J Respir Crit Care Med* 195 (2017): A6629.
23. Beg, M., Arshad, H., & Young, M. (2017). A Rare Case Of Lymphangitic Carcinomatosis From Adenocarcinoma Of The Lung Presenting As ARDS. *Am J Respir Crit Care Med*, 195, A5880.
24. Arif, H., Young, M., Alhassan, S., Bihler, E., & Beg, M. (2017). A Case Of Recurrent Chylothorax In Renal Cell Carcinoma. *Am J Respir Crit Care Med*, 195, A3480.
25. Arshad, H., & Young, M. (2016). 1937: The Crazy Pavings That Can Drive You Crazy. *Critical Care Medicine*, 44(12), 559.
26. Arshad, H., Young, M., & Adurty, R. (2016). Is It the Chicken or the Egg? A Case of Pancreatic Cancer Diagnosed on Biopsy of the Pulmonary Nodules. *Chest*, 150(4), 681A.
27. Arshad, H., Young, M., Beg, M., & Adurty, R. (2016). Ground Glass Pulmonary Opacities Following Nivolumab Therapy. *Chest*, 150(4), 500A.

28. Arshad, H., Young, M., & Adurty, R. (2016). A Rare Case of PET Scan Positive Amyloidosis in Sjögren Syndrome. *Chest*, 150(4), 991A.
29. Arshad, H., Young, M., & Adurty, R. (2016). Obstructive Jaundice: The Sarcoidosis Way. *Chest*, 150(4), 250A.
30. Arshad, H., Young, M., & Adurty, R. (2016, January). From Throat To The Heart, Until It Ripped Apart. American Journal of Respiratory and critical Care Medicine (Vol. 193). 25 Broadway, 18 FL, New York, NY 10004 USA: Amer Thoracic Soc.
31. Arshad, H., Young, M., Rali, P., & Adurty, R. (2016). C81 Unusual presentations of lung cancer: Case reports: When Lightning Strikes Twice. A Case Of Dual Diagnosis Of Non Hodgkin Lymphoma And Small Cell Cancer Of Esophagus. *American Journal of Respiratory and Critical Care Medicine*, 193, 1.
32. Arshad, H., Young, M., Rali, P., & Adurty, R. (2016). C80 Thoracic Oncology: Case Reports: Of The Innominate Vein; A Smooth Muscle Criminal. *American Journal of Respiratory and Critical Care Medicine*, 193, 1.
33. Patel, K., Lavudi, S., Young, M., Bihler, E., Balaan, M., & Alhassan, S. (2016). D-Dimer Cut-Off Value Adjustment In The Workup Of Pulmonary Embolism: Initiative Quality Improvement. *Am J Respir Crit Care Med*, 193, A5704.
34. Arshad, H., Young, M., & Cheema, T. (2016). Don't Trust a Patient By It's Images: Atypical CT Scan Findings for Chronic Eosinophilic Pneumonia. *Chest*, 149(4).
35. Arshad, H., Adurty, R., & Young, M. (2016). The Job Syndrome Doing a Lethal Job. *Chest*, 149(4), A136.
36. Arshad, H., Young, M., & Cheema, T. (2015). Persistence Makes a Diagnosis Perfect; A Case of HSV PCR Negative Herpes Simplex Encephalitis. *Chest*, 148(4), 375A.

Oral presentation

1. Arshad, H., Young, M., & Adurty, R. (2016). Human Metapneumovirus: A Rare Case of Adult Pneumonitis. *Chest*, 150(4), 139A.

Lectures and Presentations

Fellowship Presentations

- Post-ICU rotation conference
 - Presented various topics from other subspecialty ICU's (Trauma, Surgical, Cardiovascular, and Neurological)
- Pulmonary Case Conference
 - Reviewed and presented pulmonary cases in regards to clinical management and recommendations.
- Combined critical Care Case conference
 - Presented cases and associated topics in a multidisciplinary conference with the departments of Infectious Disease, Nephrology, Cardiology, and Pulmonary
- Journal Club
 - Reviewed and discussed different major research publications relevant to clinical practice towards the improvement and betterment of patient care.
- Pulmonary Physiology
 - Reviewed respiratory physiology in didactic setting
- Morbidity and Mortality

- Discussed various cases from the medical-ICU and reviewed areas for improvement regarding patient care from a system to practice flaws
- Critical Care Mega Case
 - Created evolving patient cases with major critical care topics with presentation and management

Residency Presentation

- Neurology Residency topic presentations
 - Orientation June 2024 – Introduction to the Neuro-ICU
 - October 2024 – Respiratory Failure
 - November 2024 – Brain-Heart Interaction

Regional Presentations/Guest Professor lectures

- Neuroscience Nursing Lunch & Learn (Nursing CE offered) – Allegheny Health Network
 - January 2025 – Hemodynamic Shock management
 - March 2025 – Respiratory Failure in Neurological Injury
- Medical Grand Rounds – Allegheny Health Network Medicine Institute – November 2023
 - COPD Diagnosis and Management, Updates from GOLD 2023
- Guest Professor presentation – Forbes Regional Hospital Family Medicine Residency program
 - Asthma - March 2023
 - Chronic Cough – March 2023
- Guest Professor topic discussion
 - AHN LifeFlight – difficult pulmonary case reviews February 2023
- Allegheny Health network Pulmonary and Critical Care Symposium (05/2023)
 - Topic Presentation – GOLD 2023 guidelines
- Pulmonology for Primary Care Providers Symposium (November 2022)
 - Topic Presentation – Chronic cough
- Allegheny Health Network Pulmonary, Critical Care, Allergy, And Sleep Medicine Symposium (04/2022) – In-person program
 - Co-director
 - Topic presentation – COPD Care Transformation program
- Allegheny Health Network Inaugural Pulmonary, Critical Care, Allergy, And Sleep Medicine Symposium (04/2021) – Virtual program
 - Topic: COPD Program, In-patient Care
 - Topic: COVID-19 Overview/What we have learned
- Topic: COPD 2020
 - Virtual presentation on COPD regarding diagnosis, management, and treatment to the primary care physicians and providers of the Jefferson Hospital region.
- Topic: COVID
 - Town hall discussion on the management of patients with COVID-19 to providers within the Allegheny Health Network
 - Virtual presentation on COVID-19 and its effects on health to health care educators of Grove City area and other health facilities in Mercer County.
 - Medical Frontiers (10/26/20) – Guest physician for the evening am KDKA radio show hosted by Dr. Gerald Pifer. Segment discussed current updates on COVID-19

- COVID Myth Busters – Care for You via Sewickley Academy. – organization comprised of high school students from Sewickley Academy. Gave an overview on COVID-19 from inpatient to outpatient perspective with a follow-up question and answer session on different myths regarding COVID-19.
- Topic: Vaping 2020
 - As representatives for the Pulmonary & Critical Care Medicine Division for Allegheny Health Network, created and presented a power point presentation of vaping, including a description of the history, the composition, the device, and the systemic effects of the chemicals used in vaping to local middle school and high school students of Hampton School.
 - Presented virtually with the health educators of Mercer County, including Super Intendents, Principals, and teachers of the various schools in the area.
 - Title – Vaping, A Teen Epidemic - Video recording with Dr. DiSilvio to be broadcasted and presented to various middle and high schools partnered with Allegheny Health Network
 - Medical Frontiers (10/18/21) – Guest physician for the evening am KDKA radio show hosted by Dr. Gerald Pifer. Segment discussed the dangers of vaping in recognition of October being Healthy Lung Month.

Education with Trainees

Critical Care fellowship Core Curriculum

- Assisted with drafting the core curriculum for all critical care track fellows (Pulmonary & Critical Care, Nephrology & Critical Care, and Infectious Disease & Critical Care) during their rotation in the Medical ICU. This included descriptions of their roles, expectations, and requirements as the fellow in the medical ICU.

Sub-specialty education coordinator for Internal Medicine Residency program

- Drafted and developed didactic lectures covering major disease pathologies and associated recommendations for therapy and management encountered in the medical ICU. Topics covered include: Acute respiratory failure and causes of hypoxemia, interpretation of Arterial Blood gas, ARDS, Sepsis, Cirrhosis, Acute Liver Failure, Overdose and toxidromes, Sedation and Analgesia. Summarized and provided outlines of major clinical trials covering the above topics. Deployed a medical ICU resident curriculum to incorporate a biweekly dedicated time for didactics of the above topics that are to be given by the fellows to the residents and supervised by an Attending.
- Attend journal court with AHN IM residency regarding various Pulmonary and Critical Care journal articles
- Mentorship for residents interested in a career in PCCM or CCM

Fellowship Faculty role

- Journal club – review of the literature and major clinical trials for medical management for patients in the Intensive Care Unit with Fellow trainees for presentation to other Fellow trainees and faculty members
- Participation with fellowship conferences regarding clinical practice and board related materials
- Mentorship – clinic and inpatient to fellows
- Dedicated lectures

- Natural History and Pathophysiology of COPD, Emphysema, and Chronic Bronchitis
- Progression of COPD
- GINA 2023 guidelines
- COPD – recognition, diagnosis, treatment, and management
- Management of acute exacerbations of chronic pulmonary diseases
- STAR simulation center instructor
- Cadaver lab center instructor
- Mega Case presentation 1 & 2

Grant Studies

Breathe PA grant - Comparison of Virtual Pulmonary Rehabilitation using iPads and telephonic coaching to In-Facility Pulmonary Rehabilitation for COPD patients.

- Comparison study of in person vs. virtual pulmonary rehab.
- Primary outcome – rate of completion and symptom improvement (20 each arm)

Additional Activities

Public Health Policy

- Written Testimonial and Virtual participation 10/24/2022 – Senate Environmental Resources and Energy Committee for the Commonwealth of Pennsylvania– SB1125 - Informational Briefing on Legionnaires’ Disease and Related Legislation
 - Panel expert, proponent of the enactment of state legislature regarding prevention of Legionnaires’ disease
- Written Op-Ed in Broad & Liberty (04/25/2022) – Without action, another healthcare risk looms in PA
- Written Op-Ed in Post-Gazette (3/15/2022) - Senate bill would protect Pa. from **Legionnaires** outbreaks.
- Written Testimonial (02/02/2022)– Senate Education, Health and Environmental Affairs Committee for the state of Maryland – proponent of SB302 – Legionnaires’ Disease Prevention Act

Public Health Education

- Vaping – Education, dangers, and myths
 - In partnership with AHN CHILL Program, Dr. DiSilvio and myself created a 4 part series at local schools to educate middle school and high school students (2 separate sessions) about vaping and the dangers of vaping. Afterwards, we participated in a smaller, interactive group session with selected student champions about vaping and prevention. The series finalized with an end of the year after school forum.
 - Program expansion planned for 2023-2024 academic year

Awards
