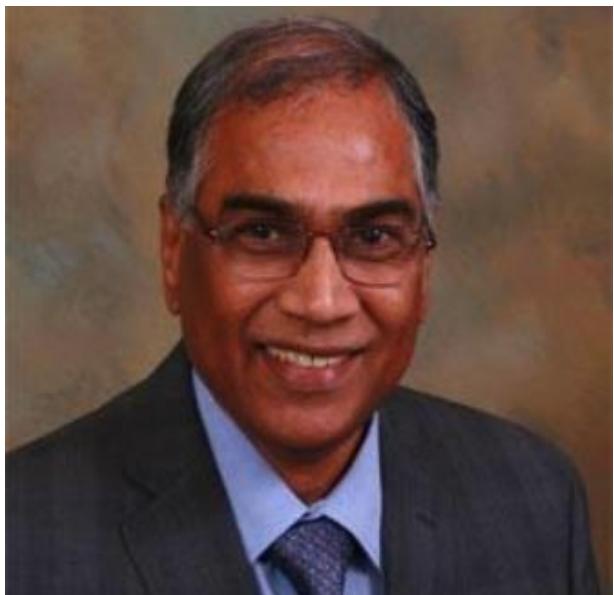


## Chapter Member Spotlight



**Name:** Damodara Rajasekhar, MD, FAAP

**Practice location:** Apple Valley, CA

**Number of years in practice:** 25 years in California

Damodara Rajasekhar, MD, FAAP is a pediatrician in solo practice from Apple Valley, CA. He also provides neonatal ICU care in Victorville, CA. He is board certified in Pediatrics and Neonatal-Perinatal medicine. He is a member of the Board of Trustees at California Medical Association (CMA), Chair-Elect of CALPAC (political arm of CMA), and President of American Academy of Pediatrics District IX Chapter 2.

Dr. Rajasekhar believes in physician-patient relationship as a key factor in providing good health care for patients. He also believes in the need for physician leadership to advocate for high-quality patient care. He is passionate about promoting payment models that will sustain physician practices, which in turn will increase access to care for patients, and always works to promote betterment of the medical profession.

### **What do you do before work that sets the tone for your day?**

I watch the morning news to stay up to date with world events and enjoy breakfast with my wife prior to heading into the work day.

### **What are some challenges or struggles that you face at work?**

Solo private practice exposed me to numerous challenges that go beyond day-to-day medical practice, including staying up to date with changes in regulations and compliance (HIPAA, OSHA, JC etc.), and understanding how to financially run a medical practice while providing care to patients.

### **How do you work through or overcome your challenges or struggles?**

I was able to overcome these challenges by joining organized medicine, which exposed me to a wealth of knowledge. I learn about upcoming regulatory changes which may influence the practice of medicine and can make adjustments that would be otherwise difficult. After being a member of the medical executive committee, I had the opportunity to serve as the chief of medical staff at a local hospital. It was an honor to serve as the President of San Bernardino

County Medical Society and also to serve as the Chair of Organized medical staff section at California Medical Association in the past.

**After work, what do you do for your own wellness?**

Each evening I try to facetime with at least one of my two kids or four grandkids, who currently live in Northern California and New Jersey. The sunsets in the Mojave Desert are beautiful, so each evening my wife and I take a walk around the neighborhood and enjoy the sunset together after dinner.

**From what/whom does your inspiration or motivation stem?**

I've practiced pediatrics around the globe from India, Middle East, UK, to various regions in the U.S., including Connecticut, Massachusetts, Kentucky, and California. I've found that treating children in diverse settings has been fairly similar from a clinical perspective. However, I've noticed the way pediatricians (and primary care physicians) are viewed here in the U.S. is very different compared to other parts of the world. This has motivated me to explore ways to improve the financial stability for pediatricians, which in turn improves access to care for children.

**Wellness Tip: What is the one thing you would recommend to our readership to do each day to take care of oneself?**

In spite of our busy schedule, we need to have some blocked time for relaxation. Personal time and family time are very important. Family time should be spent when everyone is awake and interested to talk to each other.

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