



Name: Anila Chaudhary, MD

Year in Residency: PGY3

Residency Program: UCLA Mattel Children's Hospital

Medical School: Johns Hopkins School of Medicine

Hometown: Upper Darby, Pennsylvania

A recent meaningful moment in residency: I recently took care of an adolescent patient with complex psychosocial issues, who is not typically comfortable opening up about her concerns with her providers. I spent time getting to know her, and she shared her candid concerns. I was able to identify several areas where I, as her doctor, could directly assist her in ways that had not been met previously. I felt the tangible effect of my

actions, empowering her with tools to stay healthy and succeed with her life and future. I feel grateful for the reminder she gave me, of the positive impact we can provide to people as they face health and non-health challenges in life.

Favorite rotation so far: My favorite rotation is my inpatient PICU experience at UCLA. I loved managing some of the most complex patients on our services and discovering the pathophysiology behind their presentations. It is truly an honor to take care of these children and to work with their families in the most dire situations. PICU also highlights the importance of teamwork and a strong support network to help one another through difficult cases.

Challenges thus far: Some of the challenges as a resident, and in a broader sense, a physician, come from not always being able to help in the ways that you wish you could or imagined you would. For example, I recently took care of a medically complex patient whose family confided in me their difficulties in obtaining resources and aid, given that both parents are undocumented immigrants. They spoke of the challenges they faced living in a small space that prevented them from installing essential equipment required for their wheelchair-dependent child. They expressed hesitancy even speaking of these obstacles in fear of retribution or losing the partial support they do have. Cases like this are always difficult to encounter, from a concrete perspective in terms of providing resources and also emotionally, as our hands as physicians can be tied, holding us back from providing the best care that we should be able to. Caring for these families strengthens my resolve to advocate for access to healthcare and resources for our pediatric patients. These situations are catalysts for reflection and dialogue about how physicians can work to improve systems-level issues that prevent children from receiving the care that they need and deserve. I am profoundly motivated to reform the system to be able to support families like this with the basic resources they need to help their child live a fulfilled and meaningful life.

Clinical/research interests: My research interests include addressing and mitigating health care disparities and advocacy for underserved populations. I have been doing work in both these areas since medical school and plan to expand upon these on a local and global scale moving forward.

Plans for after residency: Cardiology Fellowship

Non-medical interests/hobbies: Bringing people together for homemade chai (in person prior to the pandemic, in virtual spaces during the pandemic), exploring new cuisines and restaurants, road trips, stargazing, and hiking.

Something interesting that you recently learned: I was able to learn (technically, re-learn) how to use a microscope in clinic and make a real-time diagnosis for a patient, which was extremely satisfying! Through our pediatric advocacy council, I continue learning about resources that are available for new and expectant mothers to help improve outcomes for both infants and moms in the community.

Fun fact: I make an amazing Philly cheesesteak and a mean hand-tossed pizza!

Connect with Dr. Chaudhary at achaudhary@mednet.ucla.edu