

## RESUME FOR IRENE PASTIS M.D.

**Irene Pastis M.D.**  
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### EDUCATION & WORK EXPERIENCE

<b>ECU Department of Psychiatry and Behavioral Medicine</b> Clinical Assistant Professor	Greenville, NC 08/01/17-present
<b>ECU Department of Psychiatry and Behavioral Medicine</b> Associate Medical Director – Internal Medicine/Psychiatry Inpatient Behavioral Health Unit	Greenville, NC 09/2020-present
<b>ECU Department of Psychiatry and Behavioral Medicine</b> Interim Associate Medical Director – Internal Medicine/Psychiatry unit	Greenville, NC 09/2019-09/2020
<b>NC-Step Telepsychiatry provider</b> Credentialed and affiliated with 23 different hospitals in the area. Weekend call coverage	10/01/18-present
<b>East Carolina University Vidant Medical Center</b> Internal Medicine - Psychiatry Chief Resident	Greenville, NC 07/2016-06/2017
<b>East Carolina University Vidant Medical Center</b> Internal Medicine - Psychiatry Resident	Greenville, NC 07/2012-06/2017
<b>St George's University School of Medicine</b> Medical School	Grenada, West Indies 08/2007-05/2012
<b>University of Maryland Baltimore County</b> Bachelor of Science: Biochemistry and Molecular Biology Graduated with honors Cum Laude (GPA 3.74)	Baltimore, MD 08/2003-05/2007

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### LICENSES & CERTIFICATIONS

American Board of Psychiatry and Neurology Diplomate as of September 2019  
North Carolina Medical License active last renewed December 2020  
DEA # active last renewed March 2020  
Completion of USMLE Step 1-3, Passed  
ECFMG Certified as of June 2012  
Basic Certificate in Quality and Safety-Institute for Healthcare Improvement 12/2016  
Internal Medicine Board Eligible – Expected exam date 08/2021

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## TEACHING EXPERIENCE AND PRESENTATIONS

**Course director for Neuroscience of Clinical Psychiatry lecture series.** Prepared a series of 9 lectures and taught PGY-2,3,4 residents. 12/07/17-present

**Psychiatry Board Review session on Neuroscience**  
I lead a review session with psychiatry residents 08/31/17-present

**Epidemiology and Neurobiology of substance use disorders** medical student lecture (M2) annual lecture 12/08/17-present

**Ethical and Legal Matters in Psychiatry** medical student lecture (M2)  
annual lecture: 11/06/17-present

**OCD and related disorders** medical student lecture (M2)  
annual lecture: 09/18/17-present

**Department of Psychiatry and Behavioral Medicine Grand Rounds** presentation on Genetic and Epigenetic changes leading to mental illness 04/05/18

**The Successful Management of Psychiatric Co-Morbidity with Alzheimer's Dementia** AHEC lecture 01/19/18

**A Practical Approach to Evaluating and Treating Insomnia** medical student lecture (M3) 11/09/17

**Department of Psychiatry and Behavioral Medicine Grand Rounds** presentation on "Psychiatric Disorders and Inflammation: the basics, the current research, and the future" 12/01/2016

**PRITE review session on Alcoholism and Substance Abuse**  
As a fifth year resident I lead the review session with the residents 08/04/2016

**Small group teaching sessions with medical students**  
Reviewed Alcoholism and Substance Use disorder 01/29/2016

**Small group teaching sessions with medical students**  
Reviewed Borderline Personality Disorder 11/30/2015

**Senior Teaching of Interns on DSM 5 Depressive Disorders**  
I lead a teaching session on Depressive Disorders 08/27/2015

**Psychiatry Board Review session on Psychotherapy**  
I lead a review session with psychiatry residents 08/14/2014

## RESEARCH EXPERIENCE & PRESENTATIONS

### **Quality Improvement Projects as Faculty**

- Nutrition Matters: Collaborative project with two dieticians and occupational therapy providing 6 nutrition classes to patients on the behavioral health unit. A resident physician and two medical student also participated on this project. 01/2021-04/2021
- Nutrition Matters: A conscious approach when managing patients with mental illness. Quick shot poster presentation won 1<sup>st</sup> place on Medical Education day. 05/05/2021
- Collaborative approach to decreasing patient falls in Vidant Medical Center Behavioral health unit. This is a quality improvement project involving physicians, residents, physical therapy, occupational therapy, and nursing collaborating together in order to decrease patient falls. PT and OT will be providing educational information as well as interactive in person strengthening exercises to patients on the med/psych unit of the BHU. 03/2021-present

### **Poster and Vignette Presentations during Residency**

09/2012-10/2016

- Combined Internal Medicine - Psychiatry Program Poster. Association of Medicine and Psychiatry. Rachel Bronshter MD, Irene Pastis MD, Michael Lang MD. 10/2016
- Delirium in a patient with multiple myeloma Poster presentation. Association of Medicine and Psychiatry. Irene Pastis MD, Rachel Bronshter MD, Michael Lang MD. 10/2014
- A challenging case of a patient with persistent unresponsiveness Poster presentation. Association of Medicine and Psychiatry. Rachel Bronshter MD, Irene Pastis MD, Michael Lang MD. 10/2014
- The interesting case of a patient with a psychiatric history of schizoaffective disorder bipolar type and psychogenic polydipsia Poster presentation. North Carolina Psychiatric Association. Irene Pastis MD, Magdalena Broszko MD, Michael Lang MD. 09/2014
- A rare case of Streptococcus Bovis Endocarditis Poster presentation. Kataria and GME day. Irene Pastis MD, Hao Nguyen MD, Kaushal Shah MD, Manjit Dhillon MD, Ari Frenkel MD, Paul Cook MD. 04/2014
- Infective Endocarditis Chair's Report. Irene Pastis MD. 11/2013
- A case of a 23 year old with a diagnosis of PANDAS; the management and amelioration of her symptoms Vignette presentation. Association of Medicine and Psychiatry. Irene Pastis MD, Michael Lang MD. 10/2013
- A curious case of myxedema psychosis Poster presentation. North Carolina Psychiatric Association. Irene Pastis MD, Michael Lang MD. 09/2013

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- A curious case of myxedema psychosis Poster presentation. Association of Medicine and Psychiatry. Irene Pastis MD, Michael Lang MD. 09/2012
- A curious case of myxedema psychosis Vignette presentation. Association of Medicine and Psychiatry. Irene Pastis MD, Michael Lang MD. 09/2012

### **Research and Presentations during Undergraduate studies**

08/2005-05/2007

- **Laboratory of Drug Design and Synthesis UMBC Chemistry department**  
Synthesis of Ring Expanded Nucleoside Analogues for Inhibition of the Hepatitis B and C Viruses
    - Mentor: Dr. Ramachandra S. Hosmane, Professor of Chemistry, Director of Laboratory funded by NIH
    - Published at UMBC Review Journal of Undergraduate Research Vol. 9 2008  
Synthesis of Ring Expanded Nucleoside Analogues for Inhibition of the Hepatitis B and C viruses
    - Presented at National Conference: Synthesis of Ring Expanded Nucleoside Analogues for Inhibition of the Hepatitis B and C viruses Mid-Atlantic Regional Meeting of the American Chemical Society (MARM) Hershey Lodge and Convention Center, Hershey Park, PA. 06/05/2006
    - Presented at The Provost's Undergraduate Research and Creative Achievement Day. Received the Undergraduate Research Award 04/26/2006
    - Presented at UMBC: Synthesis of Ring Expanded Nucleoside Analogues for Inhibition of the Hepatitis B and C viruses 8<sup>th</sup> Annual Undergraduate Symposium in the Chemical and Biological Sciences. 10/15/2005
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## **PUBLICATIONS:**

Saeed, S., Pastis, I. "Using Telehealth to Enhance Access to Evidence-Based Care in Community-Based Settings" Article accepted for publication in Psychiatric Times

Saeed, S. A., Muthukanagaraj, P., & Pastis, I. (2019). Management of treatment-resistant depression: A review of 3 studies. *Current Psychiatry*, 18(3), 37-40.

Pastis, I., Saeed, S. A., & Muthukanagaraj, P. (2019). Gut microbiota and its implications for psychiatry: A review of 3 studies *Current Psychiatry*. 2019 May;18(5):40-44

Saeed, S. A., Muthukanagaraj, P., & Pastis, I. (2019). Psychotherapy for psychiatric disorders: A review of 4 studies. *Current Psychiatry*, 18(10), 43-49.

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### APPOINTMENTS & COMMITTEES

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| ○ Credentialing committee                     | 09/2019-present |
| ○ Medical Directors monthly meeting           | 09/2019-present |
| ○ Brody Women Faculty                         | 07/2019-present |
| ○ Psychiatry Residency Education Committee    | 08/2017-present |
| ○ Clinical Operations Committee               | 08/2017-present |
| ○ Chief Resident Council                      | 07/2016-06/2017 |
| ○ Graduate Medical Education Resident Council | 07/2015-06/2016 |

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### PERSONAL INFORMATION

Place of Birth: Baltimore MD

Citizenship: United States

Marital Status: Married

Spouse's name: Nicholas Slattery

Interests & Hobbies: Traveling, hiking, kayaking, spending time with my family and my two dogs

Language Skills: Fluent in English and Greek

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