



**Anita Patel, MD**  
***Board of Directors & Founding Member***

Dr. Anita Patel is a double board certified attending in pediatric critical care medicine at Children's National medical Center and assistant professor of pediatrics at George Washington School of Medicine and Health Sciences. She completed a BA at the University of Pennsylvania in Neuroscience, with a minor in Health Care Management from the Wharton School, followed by her MD from the University of Virginia, pediatrics' Residency at Cornell, and finally a pediatric critical care fellowship at Columbia University. In addition to caring for critically-ill children, Dr. Patel is dedicated to furthering research to advance care for critically-ill pediatric patients. Her initial research focus during residency and fellowship centered on the validation of a pediatric delirium screen, the Cornell Assessment of Pediatric Delirium, that is now used in PICUs across the world. Dr. Patel now has a grant from the National Institutes of Health to research sedation, analgesia and neuromuscular blockade practices to children cared for in the pediatric intensive care unit.

In addition to her academic pursuits, Dr. Patel is a 500 hour certified yoga teacher, and has dedicated her life to practicing the tenants of yoga. This personal passion has also lead her to create several movements to promote self-care for healthcare workers.

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