

**CURRICULUM VITAE  
COLLEGE OF MEDICINE and LIFE SCIENCES  
THE UNIVERSITY OF TOLEDO (UT)**

**PERSONAL INFORMATION:**

Name: Alina Rais, M.D.

**EDUCATION AND TRAINING:**

1980 – 1984 M.D. – Carol Davilla Institute  
Bucharest, Romania

**POSTGRADUATE MEDICAL EDUCATION (RESIDENCIES, FELLOWSHIPS):**

**Residency**

1985 - 1986 Assaf Harofeh Hospital  
Tzrifin, Israel  
Internship

1986 - 1992 Ness Ziona Mental Health Institute  
Ness Ziona, Israel  
Resident – General Psychiatry

1997 - 1998 University of North Dakota  
Grand Forks, ND  
Resident, PGY-4 – General Psychiatry

1999-2000 McGraw Medical Center  
Northwestern University Medical School  
Chicago, IL  
Clinical Fellowship – Geriatric Psychiatry

**EMPLOYMENT:**

1992 - 1994 Ness Ziona State Hospital  
Ness Ziona, Israel  
Director of Anxiety and Stress Disorders Outpatient Clinic  
Attending Psychiatrist  
Full-time, salaried

1994 - 1995 State University of New York (SUNY)-Buffalo  
Department of Psychiatry  
Research Assistant  
Full-time, salaried

1995 - 1997 Pregnancy and Personal Leave

2000 - 2008 University of Toledo- College of Medicine and Life Sciences (UT-COMLS)  
Department of Psychiatry  
Assistant Professor  
Full-time, salaried

2000 - 2008	UT-COMLS Psychiatry Director, Geriatric Psychiatric Unit (12 beds – geriatric & community at large patients) Full-time, salaried
2000 - 2008	UT-COMLS Geriatric Psychiatric Unit Supervisor for Social workers and Nurses Medical and behavioral management of dementia patients Full-time, salaried
2000 - Present	UT-COMLS Geriatric Psychiatric Service Attending for Residents Full-time, salaried
2000 – Present	UT-COMLS Psychiatry Supervisor for Family Medicine Residents during monthly Psychiatry Rotations
2000 - Present	UT-COMLS Psychiatry Internal Medicine Residents Supervisor for Psychiatry Experience
2000 - Present	UT-COMLS Geriatric Psychiatric Service Attending for 3rd and 4th year students Full-time, salaried
2005 - 2018	UT-COMLS Geriatric Psychiatry Attending for Residents Consultation-Liaison Service Full-time, salaried
2008 - Present	UT-COMLS Psychiatry Associate Professor (Clinical Educator Track) Full-time, salaried
2009 - 2011	Arrowhead Behavioral Health Geriatric Psychiatry Physician Maumee, OH 43537
2010 - 2017	Veterans Administration Medical Center University of Michigan Medical School Department of Psychiatry Adjunct Clinical Associate (No Appointments) Toledo, OH 43614
2016 - Present	UT-COMLS Psychiatry Outpatient Director Full-time, salaried

2015 - Present	UT-COMLS Psychiatry Senior Behavioral Health (SBH) Covering Attending Full-time, salaried
2018 - 2019	UT-COMLS Psychiatry SBH Interim Director Full-time, salaried
2020 - Present	UT- COMLS Psychiatry Full Professor (Clinical Educator Track) Full-time, salaried

**CERTIFICATIONS/LICENSURES:**

**Boards**

Psychiatry  
Israeli Scientific Council  
1992, Permanent

**Boards**

Psychiatry  
American Board of Psychiatry and Neurology  
May 2004 (recertified 2014)

**Boards**

Geriatric Psychiatry  
American Board of Psychiatry and Neurology  
April 2006 (recertified 2016)

**Licensure:**

North Dakota State Medical Board  
1998 - 2001

Ohio State Medical Board  
August 2000 – present

**English Language Certification:**

USMLE Steps 1-3, Passed 9/94-5/98  
ECFMG Certificate, 1997  
TOEFL, Passed 4/97  
SPEX, Passed, 9/98

**NATIONAL & INTERNATIONAL PROFESSIONAL SOCIETIES & ACTIVITIES:**

2000 – Present Member, American Association of Geriatric Psychiatry  
2000 – Present Member, American Neuropsychiatric Association

2000 – Present Member, Outpatient Administrative Committee  
2016 – Present Chair, Outpatient Administrative Committee

**AWARDS AND COMMENDATIONS:**

2018 – 2019 Department of Psychiatry- Awarded for Clinical and Educational Achievement  
2015 – 2016 Residents Teaching Award  
2011– 2012 Residents Teaching Award  
2008 – 2009 Residents Teaching Award

**MENTORING:**

Psychotherapy Supervisor and/or Advisor

2003-2003 Anupama Trighatia, M.D., Resident

2005-2006 Ryan Travis, M.D., Resident  
Amy Riese, M.D., Resident  
Syed Imam, M.D., Resident  
Anjum Iqbal Mobin, M.D., Resident  
Lubna Izzathullah, M.D., Resident

2007-2008 Tracy Cummings, M.D., Resident  
Habeb Arar, M.D., Resident  
Gayle Ruggiero, M.D., Resident

2009-2011 Sajjad Sarwar, M.D., Resident

2010-2011 Divja Singh, M.D., Resident

2011-2012 Panchanjaya Paul, M.D., Resident

2012-2013 Julia Halm, D.O., Resident  
Indrani Naskar, M.D., Resident

2013-2014 Shaheen Alam, M.D., Resident  
Basem Alsarraj, M.D., Resident

2014-2015 Olga Zhalkovska, M.D., Resident  
Jahanzeb Khan, M.D., Resident

2015-2016 Basem Alsarraj, M.D., Resident  
Rusheeth Thummalapally, M.D., Resident  
Dionis Kononov, M.D., Resident

2016-2017 Selena Magalotti, M.D., Resident  
Vanessa Harper, M.D., Resident

2017-2018 Shazia Naqvi, M.D., Resident  
Jerry Mathew, M.D., Resident  
Rusheeth Thummalapally, M.D., Resident  
Vikas Mangewala, M.D., Resident  
Iminder, Saran, M.D., Resident

2018-2019 Andrew Krieger, M.D., Resident  
Emily Cao, M.D., Resident

2019-2020 Buphinder Kaur, M.D., Resident  
Michael Lindley, M.D., Resident  
Bushra Rizwan, M.D., Resident  
Ali Pervez, M.D., Resident

**Teaching Responsibilities:**

2000 – Present Medical Students - Department of Psychiatry Clerkship Didactics  
Lecture: “Psychiatric Presentations of Neurological Disorders  
Every five weeks  
15-20 students  
(45 minutes/every five weeks)

2000 – Present Family Medicine Residents and Geriatric Medicine Fellows  
Department of Family Medicine Didactic  
Lecture: Geriatric Psychiatry  
(1 hour/ year)  
(8-10 residents)

2000 – Present Geriatric Psychiatry Teaching for Residents  
(6 hours/every 3 years)  
(8-10 resident)

2001 - Present Residents - Department of Psychiatry Didactics  
Lecture: “Geriatric Psychiatry”  
(8-10 residents)

2005 - Present Physician Assistant Course, Behavioral Science  
Lecture: “Psychiatric Disorders of the Elderly”  
(15-20 students)  
(1.5 hours/year)

2009 – 2017 Department of Psychiatry Veterans Administration Medical Center  
Resident supervision and Medical Student Didactics  
1200 S. Detroit Avenue, Toledo, Ohio 43614  
(8 hours/week)  
(8-10 residents)

2012 –2017 First Year Medical Student Course -Behavioral Science Course  
Lecture: “Normal Aging”  
(170 students)  
(2 hours/year)

2012 – Present Supervision of Pain Fellows in Outpatient Geriatric Psychiatry  
(2 fellows/year)  
1 fellow/one-month rotation

2012 – Present Supervision of Geriatric Fellows  
One fellow per year for a one-month rotation  
(4 hours/week)

2014 – Present Physical Therapy PhD Course  
Lecture: Depression in the Elderly  
(30 students)  
(1.5 hours/year)

**COMMUNITY SERVICE AND ORGANIZATIONS:**

Member, Toledo Alzheimer's Association

**COMMITTEES:**

The University of Toledo Health Science Campus

2009 – 2010 Representative, Faculty Senate  
2006 – 2007 Member, Cultural Competency Task Force

The University of Toledo Medical Center

2000 – 2011 Member, Center for Successful Aging Committee  
2006 – Present Member, Credentials Committee

Department of Psychiatry

2000 – Present Member, Resident's Education Committee  
2003 – Present Member, Resident Psychotherapy Supervisors Committee  
2004 – 2005 Member, Consultation-Liaison Psychiatrist Search Committee  
2006 – 2008 Member, Adult Outpatient Psychiatrist Search Committee  
2006 – Present Member, Continuing Medical Education Committee

**INVITED LECTURES, SEMINARS, SYMPOSIA, VISITING PROFESSORSHIPS:**

"How to manage behavioral problems in dementia patients", Bowling Green Manor, November 2001

"The Geriatric Psychiatry Center: History and future directions", Medical College of Ohio, Grand Rounds, March 2002

"Dementia Related Problems", Foundation Park Nursing Home, July 2002

"Geriatric psychiatry services and how to improve the referral process", Medical College of Ohio, Department of Medicine, General Internal Medicine Division, May 2003

"Behavioral Problems and Dementia", Darlington House, June 2003

"Behavioral Modification in Dementia Patients", Whitehouse Nursing Home, August 2003

"Geriatric depression, (Cerebrovascular Model of Late Life Depression)", Medical College of Ohio, Grand Rounds, March 2004

"Dementia and delirium; Geriatric Depression", Medical College of Ohio, Leroy Rodgers Lecture Symposium, May 2004

"Geriatric psychiatry services and how to improve the referral process, and anti-depressive medications", Medical College of Ohio, Department of Family Medicine, September 2004

"Atypical anti-depressive medication", Medical College of Ohio, Family Practice, October 2004

"Delirium", Department of Orthopedics – residents, Medical University of Ohio, May 2005

"Treatment challenges of neuropsychiatry symptoms and dementia: The utility of IM Ziprasidone with geriatric inpatients" The University of Toledo, Health Science Campus, Grand Rounds, October 2006.

“Treatment of neuropsychiatric symptoms in Parkinson’s”, Fifi’s Restaurant, Toledo physicians and other multiple health care providers, sponsored by Novartis, November 2006.

“Geriatric Depression”, Henry County Hospital, Napoleon, Ohio, October 2007.

“Geriatric Depression”, Fulton County Health Center, Wauseon, Ohio, November 2007.

“Geriatric Depression”, Firelands Regional Health Center, Sandusky, Ohio, December 2007.

“Geriatric Depression”, Bowling Green Manor, Bowling Green, Ohio, December 2007.

“Psychiatric Problems in Post-Menopausal Elderly Women”, Obstetrics/Gynecology Grand Rounds, University of Toledo, February 7, 2008.

“Assessment of Depression in Geriatric Patients”, 12th Annual Geriatric Medicine Symposium, Update on Assessment and Screening in Older Adults, Dana Conference Center, February 29, 2008.

“Geriatric Depression”, Bryan Hospital, Bryan, Ohio, April 22, 2008.

“Dementia in the Elderly”, Social Workers Symposium, Health Education Bldg., May 21, 2008.

“Cross Cultural Aspects of Dementia”, Psychiatry Grand Rounds, University of Toledo, November 13, 2008.

“Dementia Update”, St. Charles Hospital, Oregon, Ohio, February 20, 2009.

“Assessment of Depression in a Geriatric Population”, Northwest Ohio College, Community Psychiatry Speaker’s College, March 3, 2009.

“Dementia Update for Primary Care Physicians, Findlay, Ohio, May 27, 2009.

“Dementia Update”, Wood County Hospital Staff Meeting, June 9, 2009.

“Dynamic Pharmacotherapy of Depression”, Psychopharmacology Update, Dana Center, September 25, 2009.

“Update on Alzheimer’s Dementia”, 20<sup>th</sup> Annual Statewide Geriatric Medicine Conference, Saltfork State Park, Ohio, October 16, 2009.

“Geriatric Depression”, Arrowhead Behavioral Health, April 2010.

“Neuropsychiatry presentation of neurological disorders”, Neurology and Psychiatry Case Conference, July 2010.

“Mental Illness in the Elderly”, Dana Center, University of Toledo, September 2010.

“Verbal and Psychological Abuse”, Long-Term Ombudsman Program, French Quarter, Holiday Inn Perrysburg, November 9, 2010.

“Mental Illness in the Geriatric versus the Younger Population”, 15<sup>th</sup> Annual Geriatric Medicine Symposium, Mental Health Issues and Aging, University of Toledo, Dana Center, March 4, 2011.

“Update on Dementia and Alzheimer’s Disease”, Wood County Hospital, Bowling Green, Ohio, May 3, 2011.

“Assessment of Depression in the Elderly”, Bryan Community Hospital, Bryan, Ohio, August 24, 2011.

“Assessment of Depression in the Elderly”, Wood County Hospital, Bowling Green, Ohio, May 3, 2011.

“Assessment of Depression in the Elderly”, Tiffin Elmwood Assisted Living, April 13, 2011.  
“Anxiety Spectrum Disorders in the Elderly”, 22nd Annual Statewide Geriatric Medicine Conference, Salt Fork, Ohio, October 14-16, 2011.

“Dementia Update”, Elder Forum, Wood County Senior Center, Bowling Green, OH, December 14, 2011.

“Anxiety in the Elderly”, Grand Rounds, University of Toledo, March 1, 2012.

“Cognitive Impairment or Normal Aging: How do I know if I’m really losing it or I’m just getting older?”, Toledo Chapter of Hadassah, Jewish Community Center, October 11, 2012.

“Health, Wellness, and Aging with Disabilities or Chronic Illness”, 2013 Geriatric Medicine Symposium, Perrysburg, Ohio, March 1, 2013.

“The Aging Patient with Mental Illness”. Grand Rounds, University of Toledo, May 28, 2015.

"Addiction in the Geriatric Population". 35<sup>th</sup> Annual Psychopharmacology Update, Brady Engineering Innovation Center, University of Toledo, Nitschke Hall, September 15, 2017.

"Mental Health through the Life Cycle". Grand Rounds, University of Toledo, October 18, 2018.

**SPECIAL/INVITED PRESENTATIONS AT NATIONAL AND INTERNATIONAL MEETINGS:**

Rais, A. "Behavioral cognitive treatment in a resistant case of feathers phobia". B. Schaffel Scientific Communications Session, Tel Aviv, Israel, June 1991.

Tamburrino, M., Rais, A., Rais, T., Williams, K.S., Singh, T., Klaus, D. Poster presentation, “The control of acute psychosis or agitation in a geriatric population: Use of intramuscular Ziprasidone.” Proceedings, 160th Annual Meeting of the American Psychiatric Association, San Diego, California, May 19-24, 2007.

Rais, A., Williams, K., Rais, T., Singh, T., Tamburrino, M. “The control of acute psychosis or agitation in a geriatric population: Use of intramuscular Ziprasidone”. American Association for Geriatric Psychiatry 2008 Annual Meeting, Orlando, Florida, March 14-17, 2008.

Shrestha, N., Kimmel, S., Rais, T., Rais, A. Poster presentation, “Atypical neuroleptics malignant syndrome in an adolescent”. Neuroleptic Malignant Syndrome (NMS) Meeting, 2008.

**CONSULTATIVE ACTIVITIES:**

2000 – 2008 Geriatric Psychiatry Consultations

2000 – 2008 Darlington House  
Toledo, OH

2000 – 2008 Foundation Park  
Toledo, OH

2000 – 2008 Heartland of Perrysburg  
Perrysburg, OH

2000 – 2008 Parkcliffe Assisted Living  
Toledo, OH

2000 – 2007 Kingston Residence of Perrysburg  
Perrysburg, OH



2000 – 2008	Wolf Creek Assisted Living Toledo, OH
2000 – 2008	Jewish Family Services Sylvania, OH
2005 – 2008	Bowling Green Manor Bowling Green, OH
2005 – 2008	Whitehouse Manor Whitehouse, OH
2005 – 2008	Arbor of Waterville Waterville, OH
2006 – 2014	Little Sisters of the Poor Oregon, OH
2008 – 2008	Heritage Nursing Center Bowling Green, OH
2008 – 2008	Blakely Nursing Center Bowling Green, OH
2008 – 2008	Waterford Commons Toledo, OH
2007 – 2008	Laurels of Toledo Toledo, OH
2008 – 2008	Woodhaven Assisted Living Bowling Green, Ohio
2008 – 2011	Arrowhead Geriatric Psychiatry Inpatient Unit Toledo, Ohio
2010 – 2011	Department of Psychiatry Veterans Administration Medical Center
2011 – 2014	Geriatric Center at Lutheran Village of Wolf Creek

**MAJOR RESEARCH INTERESTS:**

Dementia related issues  
Clinical pharmacology related to dementia

**PAST RESEARCH SUPPORT:**

1994-1996      Clinical efficacy of Ziprasidone in treating psychotic patients  
Pfizer – Amount awarded - \$ 5,000  
Uriel Halbrach, M.D., CP  
Dept. of Psychiatry, SUNY - Buffalo  
Role: Research Assistant

2005 – 2006      Use of intramuscular Ziprasidone for the control of acute psychosis or agitation in a geriatric population: An open label pilot study \$5,000 and free drugs furnished by Pfizer  
Purpose: To assess the safety and efficacy of IM Ziprasidone use in the control of acute psychosis and agitation in a geriatric psychiatry inpatient unit  
Principal Investigator: Alina Rais, M.D.  
Statisticians: Theodor Rais, M.D., Sandra Puczynski, Ph.D.  
Coordinator: Barbara Kvale, R.N.

## **BIBLIOGRAPHY**

### **ARTICLES PUBLISHED IN SCIENTIFIC JOURNALS:**

Rais, T., Rais, A. Acute psychosis with paranoid features in a young patient with Usher's Syndrome, A Case Report. Psychiatry On-Line, October 2006.  
<http://www.priory.com/psych/ushers.htm>

Rais, A. Treatment of pervasive aggression in a patient with 47 XYY karyotype. Psychiatry On-Line, September 2007.  
[http://www.priory.com/psychiatry/XYY\\_agression.htm](http://www.priory.com/psychiatry/XYY_agression.htm)

Rais, A., Singh, T. & Rais, T. The genetics of schizophrenia, the small RNA's and the recourse to the method. Psychiatry On-Line, October 2007.  
[http://www.priory.com/psychiatry/Genetics\\_of\\_Schizophrenia.htm](http://www.priory.com/psychiatry/Genetics_of_Schizophrenia.htm)

Singh, T., Rais, A., Rais, T. Toxoplasmosis and psychiatric disorders. Psychiatry On-Line, March 2007.  
<http://www.priory.com/pharmacol/toxoplasmosis.htm>

Rais, A., Kimmel, S., Shrestha, N. & Rais, T. Atypical Neuroleptics Malignant Syndrome in an Adolescent. Journal of Child and Adolescent Psychopharmacology 2008; 18(2):215-220.

Singh, T., Rais, A. Subtypes of depression. Psychiatry On-Line, February 2008.  
[http://www.priory.com/psychiatry/depression\\_subtypes.htm](http://www.priory.com/psychiatry/depression_subtypes.htm)

Singh, T. & Rais, A. Cases that test your skills. When the Pain Decreased, Her Troubles Began. Current Psychiatry 2008; 7 (4):111-118.

Rais, A. R., Williams, K., Rais, T., Singh, T. & Tamburrino, M.T. Use of Intramuscular Ziprasidone for the Control of Acute Psychosis of Agitation in an Inpatient Geriatric Population: An Open-Label Study. Psychiatry 2010; 7(1):17-24.

Rais, T., Rais, A. Erythema multiforme associated with the use of Fluoxetine. Psychiatry On-Line, December 2010.  
<http://www.priory.com/psych/erythema.htm>

### **PUBLISHED LETTERS TO THE EDITOR:**

Rais, T., Singh, T., Rais, A. Letter to the Editor. Hair Loss Associated with Long-Term Sertraline Treatment in Teenager. Psychiatry 2005; 7(2):52.

Singh, T., Rais, T., Rais, A., Letter to the Editor. Risperidone-Induced Enuresis in an Adult. Psychiatry 2007; 4(1):17-21.

Rais, T. Rais, A. Should You Attend a Plaintiff's Deposition? Current Psychiatry 2009; 8(1):70.

09/2019