

May 2024

**Jessica Oswald MD MPH**  
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**CURRENT POSITION:**

Associate Physician Diplomat in Pain Medicine and Emergency Medicine at UC San Diego  
Departments of Anesthesiology and Emergency Medicine, 2019-Present

**EDUCATION:**

Medical Doctor, Medical College of Wisconsin, Physician Scientist Pathway, 2008-2012  
Master of Public Health in Biostatistics and Epidemiology, West Virginia University, 2006-2008  
Bachelor of Arts in Business Management Economics, UC Santa Cruz, 2000-2004  
Honors in Accounting

**POSTGRADUATE TRAINING:**

Pain Fellowship, UC San Diego, 2018-2019  
Emergency Medicine Residency, UCLA-Ronald Reagan/Olive View, 2012-2018

**BOARD CERTIFICATION:**

Diplomate of the American Board of Pain Medicine 10/23/19  
Diplomate of the American Board of Emergency Medicine 6/4/19

**LICENSURE:**

State of California Medical License, 2013-Present  
State of California X-Ray Supervisor and Operator, 2019-Present

**ACADEMIC AND HOSPITAL APPOINTMENTS:**

Clinical Instructor in Pain Medicine, UC San Diego, 2019-Present  
Clinical Instructor in Emergency Medicine, UC San Diego, 2019-Present  
Clinical Instructor in Emergency Medicine, Temecula Valley Hospital, 2018-2019

**CLINICAL RESPONSIBILITIES AND ACCOMPLISHMENTS:**

**Director and Founder, UC San Diego Encinitas Pain Clinic, 2023-Present**  
Opened a new pain clinic location in Encinitas, CA

**Ambulatory Care Apprenticeship, UC San Diego, 2022-Present**  
Work with medical students over their first and second years of training

**Independent Study Project Chair, UC San Diego, 2023-Present**

Mentor UC San Diego medical students on independent research

**Creator of Policy for Managing Acute Intrathecal Fentanyl Withdrawal, 2023-Present**

Developed a policy to manage and arrange follow-up for patients in acute intrathecal fentanyl withdrawal

**Advanced Clinical Apprenticeship Preceptor, 2022-Present**

Mentor and teach first- and second-year medical students

**ED Regional Service, UC San Diego, 2022-Present**

Created an ED regional service providing regional nerve blocks to patients in the ED. Developed an epic chat work group connecting ED physicians with regional anesthesiologists for nerve blocks

**Course Instructor for a Primary Care Pain Management Fellowship, 2021-Present**

Mentor and teach primary care physicians about pain management strategies

**Erector Spinae Plane Block Course Curriculum Developer and Instructor, 2019-Present**

Developed a 3-hour cadaver-based hands-on course to teach Emergency Medicine providers the erector spinae plane block

**Creator and Developer of the Mobile Emergency Department Pain Team, 2019-Present**

Developed a bedside mobile Emergency Department pain service teaching bedside procedures and medication optimization for painful complaints

**Train the Trainer, Community Course Instructor, UC San Diego, 2021-2022**

Met monthly with primary care providers to discuss difficult clinical cases

**Pediatric Critical Care Transport Physician, UCLA, CA, 2014-2015**

Worked as a helicopter physician transporting critically ill neonates and children.

**HONORS AND AWARDS:**

**American Academy of Pain Medicine Presidential Commendation Award, 2024**

Awarded for founding and chairing a new Emergency Medicine Special Interest Group, developing a webinar and 8-hour seminar on treating acute and chronic pain.

**American Academy of Pain Medicine Top Abstract Award, 2024**

Awarded for developing novel complaint-specific physical therapy videos and disseminating them with QR codes.

**American Academy of Pain Medicine Member Focus Award, 2023**

Acknowledged for founding an Emergency Medicine Special Interest Group and chairing/founding an Acute Pain preconference.

**Doximity Most Googled in San Diego, 2023**

Among the most Googled Emergency Physicians in 2023 in San Diego County.

**Doximity Most Cited, 2022**

Among the top 10% most cited clinicians in the country in 2022.

**Doximity Most Googled Physician from Medical School Class, 2022**

Second most Googled clinician from the Medical College of Wisconsin 2016 graduating class.

**Emergency Medicine Resident Association Mentor of the Year Award, 2022**

Recognized as the top Emergency Medicine resident mentor in the country.

**UCSD Emergency Medicine Medical Student Teaching Ovation, 2021**

Recognized by rotating medical students for teaching excellence.

**Pain Medicine Fellowship Excellence Award, 2019**

Issued by the American Academy of Pain Medicine to nationally recognize the top pain management fellowship based on faculty, educational experience, and fellows.

**North American Neuromodulation Society Best Research Award, 2019**

Poster titled "Use of Novel Peripheral Nerve Stimulation System to Treat Focal Mononeuropathy," won the best research award in peripheral nerve stimulation.

**UCLA Emergency Medicine Medical Student Teaching Award, 2018**

Selected by medical students to win the outstanding teaching award.

**Medical College of Wisconsin Presidential Scholarship, 2008-2012**

Scholastic-based scholarship provided by medical school.

**Best Platform for North American Congress of Clinical Toxicology, 2011**

Platform presentation of "Poison center consultation decreases hospital length of stay and inpatient charges," winner of the North American Congress of Clinical Toxicology.

**Hawaii Veterans Memorial Fund Scholarship, 2008-2010**

Scholastic-based scholarship for Hawaii residents.

**Marion Maccarrell Scott Scholarship, 2008**

Awarded based on international understanding and commitment to world peace.

**PROFESSIONAL ACTIVITIES:**

**Technical Expert Panel Member, FDA, 2023-2026**

Review draft protocols and help finalize the systematic review protocol for the development of the FDA low back pain consensus guidelines.

**Chair of FDA Consensus Guideline Development Group for Low Back Pain, 2023-2026**

Help guide the systematic review of current low back pain literature. Review methodology, search terms, protocols, and public as well as professional comments. Help lead a discussion of nationwide experts to develop consensus guidelines to treat and manage low back pain.

**Centers for Medicare & Medicaid Services (CMS) Expert Code Review, 2024**

Technical expert code reviewer with the goal of generating a claims-based chronic pain algorithm.

**Expert Witness, 2024**

Review medical malpractice cases.

**Centers for Medicare & Medicaid Services (CMS) Office of Minority Health, 2023**

Identified shortcomings and brainstormed solutions on ways CMS can provide equitable care to underserved populations.

**Transition of Care Advisory Board for Salix Pharmaceuticals, 2023-Present**

Consult on ways to transition care from the inpatient and ED setting to outpatient clinics.

**Acute Pain Steering Committee for Vertex Pharmaceuticals VX-548, 2023-Present**

Provide expert consultation on primary and secondary research endpoints or phase 3 clinical trials.

**Biotechnology Consultant, San Diego, 2019-2022**

Biotechnology consultant for potential treatments and drug targets for a novel fentanyl analog.

**Reviewed Anthem's policy to cover occipital nerve blocks to treat headaches, 2020**

**Federal Drug Administration, 2020**

Met with FDA to provide clinical opinion on whether they should require blister packs as an opioid harm reduction tool.

**Center for Disease Control, 2020**

Wrote and reviewed the American College of Emergency Physician's response to the Center for Disease Control's request for information on ED pain management and addiction.

**Anthem, Inc., 2020**

Reviewed literature and provided expert opinion on the use of craniofacial nerve blocks to treat headache disorders.

**Pain Committee, Los Angeles, 2016-2018**

Leadership Position: Co-founder, advised over 50 Emergency Departments on opioid alternatives for managing pain.

**Emergency Medicine Resident Association, 2014-2016**

Leadership Position: UCLA/Olive-View Elected Residency Representative.

**Pain EM, University of California Los Angeles, Co-Founder, 2016-2017**

Developed a website and wrote evidence-based pain management guidelines for specific ED complaints that were adopted in 77 Emergency Departments.

**FUNDED RESEARCH and GRANT ACTIVITIES:**

**Co-Investigator on NIH Grant with 10% Funding, 2023-2026**

NIH/NIDA UG3 DA047680. \$1,592,649

A Novel Therapeutic to Ameliorate Chronic Pain and Reduce Opiate Use

**Co-Investigator, Pain Consortium, 2019-2024**

**California Clinical and Translational Pain Research Consortium**

NIH/NINDS U24 NS115714. \$995,400

**Co-Investigator, Clinical Trial, UC San Diego, 2021-2023**

REGY-DN-201, Regenacy Pharmaceuticals Study. \$150,000

**Co-Investigator, Clinical Trial, UC San Diego, 2018-Present**

Worldwide/Semnur Pharm. \$81,991Corticosteroid Lumbar Epidural Analgesia for Radiculopathy (C.L.E.A.R.).

**UNFUNDED RESEARCH ACTIVITIES:**

**Mobile Emergency Department (MED) Pain Team, UC San Diego, 2020-2023**

Started an ED pain service to treat painful conditions.

**Principal Investigator, Online Physical Therapy Videos, UC San Diego, 2020-Present**

Created a series of online physical therapy videos to treat the most commonly encountered painful conditions in EDs and outpatient clinics. Studying patient and provider satisfaction.

**Principal Investigator, QR Codes for Discharge Instructions, UC San Diego, 2021-Present**

Assessment of the use of QR codes for the use of home instructional discharge videos.

**Principal Investigator, Teachability of the Erector Spinae, UC San Diego, 2020-Present**

Created a nerve block curriculum for Emergency Medicine faculty and residents.

**Resident Research, University of California Los Angeles, 2016**

Evaluated Tramadol and its toxicity, withdrawal, and variable efficacy.

**Poison Control Center, Milwaukee, WI Statistician, 2007-2013**

Compared hospitalization charges and length of stay among patients with toxic ingestions whose care providers consulted the Poison Control Center (PCC) against those managed without PCC's help.

**Injury Research Center, Medical College of Wisconsin, Graduate Researcher, 2009-2013**

Completed statistical analysis of the descriptive parameters of intentional and unintentional drug ingestions.

**Children's Department of Urology, Medical College of Wisconsin, Statistician, 2011**

Analyzed urine proteins of children with hydronephrosis to identify proteomes that predicted prognosis.

**Injury Research Center, Medical College of Wisconsin, Statistician, 2009-2012**

Worked as a statistician, helping clinicians design studies and analyze data.

**Eye Institute, Medical College of Wisconsin, Statistician, 2009**

Analyzed data and helped design studies for ophthalmology residents and fellows. Edited and provided input on abstracts and posters.

**Center for Rural Emergency Medicine, West Virginia University, Statistician, 2007-2008**

Secondary data analysis of near-drowning hospitalizations using the National Inpatient Sample database.

**Student Health Alcohol and Drug Rehabilitation, West Virginia University, 2007-2008**

Graduate Research Assistant: Facilitated, coordinated, and analyzed focus group discussions with college students on drinking behaviors. Evaluated the university's substance abuse treatment programs and made evidence-based recommendations.

**Department of Community Medicine, West Virginia University, 2006-2008**

Graduate Research Assistant: Developed a community-based intervention designed to prevent prescription drug use among adolescents. Helped develop a narcotic abuse hotline.

**ACADEMIC SERVICE AND COMMITTEES:**

*National*

**Chair and Founder of American Academy of Pain Special Interest Group, 2023-Present**

Created and founded a special interest group within AAPM. Create webinars and seminars on multimodal methods to treat acute and chronic pain

**Chair and Founder of American Academy Acute Pain 8-hour seminar, 2023-Present**

Created and founded an 8-hour lecture and cadaver-based seminar on treating acute pain

**Moderator of discussion forum, 2018-2023**

Moderator of ACEPs pain and addiction secure discussion forum

**Creator and Moderator of Facebook's Pain and Addiction group, 2019-present**

Over 200 participants, generate content and facilitate discussion on pain related topics

**Creator and Moderator of Facebook's Emergency Medicine and Pain Medicine group, 2019-present**

Created a group for all EM residents looking to complete a pain fellowship. Current fellows and recent graduates help mentor EM residents.

**Emergency Medicine Resident Association, San Diego, 2022-Present**

Review award nominations and rank applications

**Reviewer for Journal of Emergency Medicine, 2019-Present**

**Editor in Chief of Pain and Addiction Newsletter, 2019-2023**

Create, edit and publish content on EM Pain and Addiction

**American College of Emergency Physician's executive board member, 2019-2022**

Pain and Addiction executive board member. Reviewed national policies and guidelines as they relate to pain and addiction

**Pain and Addiction Forum Moderator, 2019-2021**

American College of Emergency Physicians. Stimulate discussion national discussion on Pain and Addiction

*UC San Diego*

**Addiction Medicine Pain Medicine Committee, 2023-2024**

A multidisciplinary committee designed to help treat acute and chronic pain

**Director of Wellness for the Division of Pain Management, 2020-Present**

Help identify ways to make pain faculty happier. Developed survey, reviewed results, and created actionable items to improve faculty wellness for the pain division at UC San Diego. Held focus groups where I met with faculty multiple times to discuss areas the Department of Anesthesia can improve.

**Pain Management Elective, UC San Diego, 2020-Present**

Created a Pain Management elective for Emergency Medicine residents.

**Program Evaluation Committee, UC San Diego, 2019-Present**

Evaluate the pain medicine fellowship and help develop ways to improve fellow experience.

**Pain Fellowship Committee, UC San Diego, 2020-Present**

Review applications and interview potential Pain Management fellows.

**Emergency Medicine Wellness Committee, UC San Diego, 2020-2022**

Help develop initiatives to improve Emergency Medicine faculty wellness.

**Medical Risk Management Committee, 2020-2022**

Review active legal cases against UC San Diego.

**Pain Consortium Committee, UC San Diego, 2020-Present**

Help develop pain pathways and guidelines for UC San Diego. Developed guidelines to treat commonly encountered painful complaints in the Emergency Department using multimodal modalities that will be hosted on a UCSD centralized website.

**UC San Diego Mock Examiner, 2020**

Simulated the Emergency Medicine oral boards and taught oral board skills.

**UC San Diego Procedure Consent for the Emergency Department, 2020**

Participated in a quality initiative to improve the language in the procedure consent form.

**Alternative to Opioids Guideline Creator, 2020**

Developed guidelines to treat commonly encountered painful complaints in the Emergency Department using multimodal modalities. rough draft of website can be found here:

<https://pulse.ucsd.edu/departments/ampm/Pages/default.aspx>  
<https://drive.google.com/file/d/1p7SC89N5xnOcKnW1KXWVJ9DR-Wx6Sryi/view?usp=sharing>

**UC San Diego Mock Examiner, 2020**

Simulated the Emergency Medicine oral boards and taught oral board skills.

**UC San Diego Procedure Consent for the Emergency Department, 2020**

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**Alternative to Opioids Guideline Creator, 2020**

Developed guidelines to treat commonly encountered painful complaints in the Emergency Department using multimodal modalities.

*Local*

**Wish Granter, Los Angeles, CA, 2016**

Fundraised \$2000 to help a young terminal cancer patient take his family to Disneyland.

**Triple Crown of Surfing, North Shore, HI, 2013-2015**

Triaged, evaluated, and treated professional surfers competing on the world surfing tour.

**Physicians for Social Responsibility Co-President, Milwaukee, WI, 2010-2011**

Coordinated medical students to regularly mentor children from single-family homes.

**Saturday Free Clinic, Milwaukee, WI, 2008-2012**

Drew blood and coordinated care at a student-run health clinic.

**Circle of Empowerment, Aposentillo, Nicaragua, 2009**

Learned to be resourceful and manage acute and chronic ailments with limited supplies in a rural health clinic in Nicaragua.



**Prevent Blindness Wisconsin, Milwaukee, WI, 2008-2009**

Attended health fairs and screened the general population for Glaucoma and visual deficits.

**Sports Medicine Interest Group, Milwaukee, WI, 2008-2009**

Greeted and triaged marathon finishers for dehydration, heat exhaustion, and acute medical concerns.

**Presidential Cabinet, Morgantown, WV, 2007-2008**

Regularly met with the president of WVU to discuss and address student concerns, was recommended by the chair of the Community Medicine Department.

**OTHER WORK EXPERIENCE**

**EMT, Vail Valley Medical Center, Vail, CO, 2005-2006**

Evaluated and monitored the acutely injured and medically ill.

**Surf Life for Women, Santa Cruz, CA, 2002-2006**

Staff writer for an international board sports magazine. Submitted stories, interviewed professional riders, wrote product reviews, and organized photo trips.

**Pamphlet Writer, Department of Health Services, CA, 2005-2006**

Obtained funding, wrote, and distributed a preventive skin cancer pamphlet.

**Professional Surfer/Wake Surfer, USA, 2002-2011**

Internationally ranked on the WQS professional surfing tour. Two-time world and four-time national wake surfing champion.

**Resident Educator, San Diego, 2018-2019**

Proctor residents and give pain management lectures.

**Medical Student Educator, Los Angeles, 2012-2018**

Give small group lectures to medical students on core EM topics.

**ACLS/PALS Assistant Course Instructor, 2016-2018**

Ran mock-codes for healthcare providers obtaining PALS/ACLS certification.

**Study Group Leader, Los Angeles, 2014-2015**

Created a curriculum and organized book chapter presentations for difficult EM topics.

**USMLE Step 1 Tutor, Student Affairs, 2010-2011**

Taught USMLE Step 1 content to a group of second-year medical students. Individually tutored and mentored medical students.

**Mock Interviewer, Student Affairs, 2010-2011**

Met, mentored, practiced interviews, and provided guidance to students aspiring to attend medical school.

**Chemistry and Math Tutor, Bomb Tutors, San Diego, 2004-2006**

Owned and operated a private tutoring company.

**Association for Surfing Professionals, Santa Cruz, CA, 2000-2004**

Ranked 17th in the world on the professional surfing tour. Winner of the US surfing championships and the H2O winter classic for combined surfing/snowboarding.

**World Wake Surfing Association, 2004-2009**

Two-time world and three-time national wake surfing champion. Featured in product catalogs, magazines, and an instructional DVD. Endorsed by a boat, clothing, board, and shoe company. Owned and operated a wake surfing camp. Taught private wake surfing lessons nationwide.

**PEER-REVIEWED PUBLICATIONS**

Snyder S, Zheng D, Brancolini S, **Oswald J**, Emerick T. The role of Emergency Medicine-trained physicians in multidisciplinary pain medicine. *Pain Med.* 2024 Apr;25(3):255-256.

Kong C, Bubic IJ, Tran AA, Tan G, Medak AJ, **Oswald J**. Genicular nerve block for emergency department patient: a successful management of subacute osteoarthritic knee pain. *Pain Manag.* 2023 Jul;13(7):272-378.

Fredericks A, Jackson M, **Oswald J**. Successful glenohumeral shoulder reduction with combined suprascapular and axillary nerve block. *J Emerg Med.* 2023 Mar;64(3):405-408.

Hashemi H, Mahmood J, Fernandez J, **Oswald J**. Cryoneurolysis of Intercostal Nerve for Rib Trauma and Intercostal Neuralgia in the Emergency Department: A Multidisciplinary Approach. *J Emerg Med.* 2022 Sep;63(3):376-381.

Perese J, **Oswald J**, Gabriel RA. Ultrasound-Guided Percutaneous Cryoneurolysis for Post-Thoracotomy Pain Syndrome: A Case Report. *Cureus.* 2022 Dec;14(2).

Erosa SC, Moheimani RS, **Oswald JC**, Catellanos JP, Abraham ME, Schuster NM. Peripheral Nerve Stimulation for Chronic Pain and Migraine: A review. *Phys Med Rehabil Clin N Am.* 2022 May;33(2):379-407.

Bubic IJ, **Oswald J**. Ultrasound-Guided Caudal Epidural Steroid Injection for Back Pain: A Case Report of Successful Emergency Department Management of Radicular Low Back Pain Symptoms. *J Emerg Med.* 2021 Sep;61(3):293-297.

DeJulio P, Perese J, Schuster N, **Oswald J**. Lasmiditan for the acute treatment of migraine. *Pain Manag.* 2021 Sep;11(5):437-449.

Sobel J, **Oswald J**. Novel Use of 3-Point Genicular Nerve Block for Acute Knee Pain in the Emergency Department. *J Emerg Med.* 2021 Oct;61(4):416-419.

Anshus AJ, **Oswald J**. Erector spinae plane block: a new option for managing acute axial low back pain in the emergency department. *Pain Manag*. 2021 Nov;61(4):416-419.

**Oswald J**, Schuster N. A randomized double-dummy, emergency department-based study of greater occipital nerve block with bupivacaine versus intravenous metoclopramide for treatment of migraine: a comment. *Headache*. 2021 Apr;61(1):218.

DeJulio P, Korn R, **Oswald J**. Ultrasound guided hematoma block for clavicle fracture. *J Emerg Med*. 2021 May;60(5):648-650.

Hulland O, **Oswald J**. Cannabinoids and Pain: Highs and lows. *Rheum Dis*. 2021 May;47(2):265-27.

Bawany MH, **Oswald J**. Pecs Blocks for Chronic Pain: A Case Report of Successful Postmastectomy Pain Syndrome Management. *Anesth Analg Pract*. 2020 Sep;14(11):e01299.

**Oswald J**, Shahi V, Chakravarthy KV. Prospective case series on the use of peripheral nerve stimulation for focal mononeuropathy treatment. *Pain Manag*. 2019 Nov;9(6):551-558.

Woolley CA, **Oswald J**, Chen J. Painful Inguinal Angiomyomatous Hamartoma Responsive to Conservative Pain Management: A Case Report. *Anesth Analg*. 2019 Nov 15;13(10):373-375.

**Oswald J**, Schuster N. Lasmiditan for the acute treatment of migraine: A review and potential role in clinical practice. *J Pain Res*. 2018;11:2221-2227.

Kostic M, Gummin D, **Oswald J**. Poison Center Consultation and Hospital Length of Stay. *Clin Toxicol*. 2012;50(7):576-576.

Kostic M, Gummin D, **Oswald J**. Poison Center Consultation and Hospital Length of Stay. *Clin Toxicol*. 2010;48(6):605-605.

### **CONFERENCE PRESENTATIONS (ABSTRACT-REVIEWED)**

Speaker S, Gabriel R, **Oswald J**. A process of connecting appropriate patients with outpatient pain management from the Emergency Department. Abstract presented at: The American Academy of Pain Medicine; March 8, 2024; Scottsdale, AZ.

Bubic IJ, **Oswald J**. Procedural Pain Management in an Academic Emergency Department, A Pilot Study. Poster presented at: UC San Diego GME Patient Safety, Quality and Innovations Symposium; May 31, 2023; San Diego, CA.

Bongbong D, Gabriel R, Palmer N, **Oswald J**, Finneran J. Pain improvement and patient satisfaction when regional anesthesia is utilized in the emergency department. Abstract presented at: The American Society of Regional Anesthesia and Acute Pain; April 20, 2023; Hollywood, FL.

Kong C, Bubic I, **Oswald J**, Tran A, Medak A. Genicular Nerve Block for Emergency Department Patient: A Successful Management of Subacute Osteoarthritic Knee Pain. Abstract presented at: The American Academy of Pain Medicine; March 15-19, 2022; Mar

Arshad J, Shrake R, **Oswald J**. Utilizing Quick Response (QR) Codes and Uniform Resource Locator (URL) links in Printed Discharge Instruction. Abstract presented at: The American Society of Regional Anesthesia and Pain; November 17, 2022; Orlando, FL (Moderated Presentation).

Hashemi M, Mahmood J, Fernandez J, **Oswald J**. Cryoneurolysis of Intercostal Nerve for Rib Trauma and Intercostal Neuralgia in the ED - A Multidisciplinary Approach. Abstract presented at: The American Academy of Pain Medicine; March 15-19, 2022.

Perese J, **Oswald J**. Teachability of the Ultrasound-Guided Erector Spinae Plane Block to Emergency Physicians. Abstract presented at: The American College of Emergency Medicine; October 25-28, 2021.

Bubic JJ, **Oswald J**. Feasibility of Implementing a Dedicated Emergency Department Pain Team from a Financial Standpoint. Abstract presented at: The American College of Emergency Medicine; October 25-28, 2021.

Perese J, Gabriel R, **Oswald J**. Ultrasound-Guided Percutaneous Cryoablation for Post-Thoracotomy Pain. Abstract presented at: The Annual Regional Anesthesiology & Acute Pain Medicine; May 13-15, 2021.

Shrake R, Mcintyre K, Ruppin-Pham A, Thomas B, **Oswald J**. Embedding Quick Response (QR) Codes In Printed Discharge Instructions To Deliver Easily Accessible Multimedia Resources. Oral Presentation. Abstract presented at: The American College of Emergency Medicine; October 25-28, 2021.

Bubic IJ, **Oswald J**. Efficacy of Bedside Nerve Block for Acute and Chronic Pain Performed in the Emergency Department. Abstract presented at: The Society for Academic Emergency Medicine; May 5, 2021.

Anshus A, **Oswald J**. Erector spinae plane block, a new option for managing acute low axial back pain. Abstract presented at: The Society for Academic Emergency Medicine; May 5, 2021.

Bawany MH, **Oswald J**. Pecs Blocks for Chronic Pain: A Case Report of Successful Postmastectomy Pain Syndrome Management. Abstract presented at: The American Society of Regional Anesthesia; November 20, 2020.

Bawany MH, **Oswald J**, Subramony R, Castellanos J, Oswald J. Post-Mastectomy Axillary Web Symptoms Management using Ultrasound Guided Trigger Point Injections. Abstract presented at: The American Society of Regional Anesthesia; November 20, 2020.

Kinariwala N, **Oswald J**, Frasier R, Chen J, Ahadian F. Refractory Radiculopathy Due to Epidural Lipomatosis Treated with Spinal Cord Stimulation: Report of Four Cases. Abstract presented at: The North American Neuromodulation Society; January 24, 2020; Las Vegas, NV.

**Oswald J**, Chakravarthy K. Use of novel peripheral nerve stimulation to treat focal mono-neuropathy. Abstract presented at: The North American Neuromodulation Society; January 19, 2019.

**Oswald J**, Ahadian F. Refractory Lumbar Radiculopathy due to Epidural Lipomatosis: Radiographic Findings & Successful Management with Spinal Cord Stimulation. Abstract presented at: The American Academy of Pain Medicine; March 8, 2019.

Woolley C, **Oswald J**, Chen J. A rare case of painful inguinal Angiomyomatous Hamartoma, and response to conservative pain management: A case report. Abstract presented at: The American Society of Regional Anesthesia; April 12, 2019.

Kostic MA, Gummin DD, **Oswald J**. Poison center consultation and hospital length of stay. Abstract presented at: The North American Congress of Clinical Toxicology; 2012.

Kostic M, **Oswald J**, Gummin D, Kopp B, Hargarten S. Poison Center Consultation Decreases Hospital Length of Stay and Inpatient Charges. Abstract presented at: The North American Congress of Clinical Toxicology; 2010.

Kim JE, Kapur R, Lee T, **Oswald J**, Weinberg D. Treatment of Chronic Central Serous Chorioretinopathy With Photodynamic Therapy: Comparison of Steroid Associated and Idiopathic CSR. Abstract presented at: Proceedings of ARVO; May 2-6, 2010; Abstract #1330.

Lee T, Henry C, **Oswald J**, Kim J. Accuracy of Central Foveal Thickness Measured by Spectral Domain Optical Coherence Tomography and Changes in Photoreceptor Layer Thickness in Eyes With Macular Diseases. Abstract presented at: Proceedings of ARVO; May 2-6, 2010; Abstract #2297.

**Oswald J**, Schlotthauer A, Guse C, Kopp B, Hargarten S. Hospitalizations for Poisonings in Wisconsin: 2007. Abstract presented at: Medical College of Wisconsin Summer Research Seminar; September 24, 2009; Abstract #76.

Mesrobian HJ, **Oswald JC**, Groth TW, Caucic CL, Halligan B, Wakim BT. Differences and Similarities in the Urinary Proteomes of the Hydronephrotic Kidney and Bladder In Patients Undergoing Surgery for Ureteropelvic Junction Obstruction. Abstract presented at: Conference AAP; October 2009

**Oswald J**, Coben J, Tiesman H, Furbeen P. Hospitalizations for near-drowning in the United States: The National Inpatient Sample, 2000-2005. Abstract presented at: WVU community medicine research day; 2008.

**Oswald J**. Physicians role in curbing the prescription drug abuse epidemic. Abstract presented at: APHA; November 3-7, 2007; Abstract #155101.

### **BOOK CHAPTER**

**Oswald J**, Lovato LM. Fármacos para la resucitación cardiovascular. In: Morales O, Stapleton E, Orue A, Taira BR, editors. Una Revisión de la Gestión del Paro Cardiorespiratorio. Project SEMILLA; 2014.

**Oswald J**, Arena A, Brewer J. Pain Medicine Fellowship Guide. In: EMRA Fellowship Guide. 2019 edition.

Phillips C, Contreras E, **Oswald J**. NSAIDs, Opioids, and Beyond. In: Pain Management. Vol 1. Intechopen. 2020

### **NATIONAL PRESENTATIONS**

Oswald J. Founder and creator of the American Academy of Pain Medicine Acute Pain preconference seminar. An 8-hour combined lecture/didactic workup. In: American Academy of Pain Medicine. Scottsdale, AZ. March 8, 2024.

Oswald J. Treating Acute Pain in the Emergency Department and Inpatient Setting. In: American Academy of Pain Medicine. Scottsdale, AZ. March 8, 2024.

Oswald J. Discussion panel member on the use of local Anesthetics for nerve and fascial plane blocks. In: American Academy of Pain Medicine. Scottsdale, AZ. March 8, 2024.

Oswald J. Cadaver instructor for the following nerve/fascial plane blocks: Intercostal nerve, serratus anterior, Pec1/Pec2, ultrasound guided caudal epidural, and erector spinae. In: American Academy of Pain Medicine. Scottsdale, AZ. March 8, 2024.

Oswald J, Ervin BS, Shrake R, McIntyre K, Ruppin-Pham A, Thomas B. Utilizing QR codes and URL links in Printed Discharge Instructions to Deliver Easily Accessible Multimedia Resources. In: American Academy of Pain Medicine. Scottsdale, AZ. March 9, 2024.

Speaker S, Gabriel R, Oswald J. A process of connecting appropriate patients with outpatient pain management from the Emergency Department. In: The American Academy of Pain Medicine. Scottsdale, AZ. March 9, 2024.

Oswald J, Lee J, DeJulio P. American Academy of Pain Medicine webinar—Treating Commonly Encountered Painful Complaints in the ED. American Academy of Pain Medicine Webinar. November 20, 2023.

Oswald J. Nerve Blocks from head to toe. In: American College of Emergency Physicians. January 16, 2021. National meeting via zoom.

Oswald J. Alternative to opioids. In: American College of Emergency Physicians. October 28, 2021. Meeting via zoom.

Oswald J, Parikh S. Evidence and Indications for Spinal Cord Stimulation. In: American Academy of Pain Medicine. March 2019; Denver, CO.

### **REGIONAL PRESENTATIONS**

Oswald J. Target directed analgesia. Presented at: UCLA at weekly conference; March 29, 2022.

Oswald J. Erector Spinae 3-hour cadaver course. Presented at: Loma Linda University; May 18, 2021.

### **ORAL PRESENTATIONS**

Oswald J. Geriatric Pain and the Physically and Cognitively Impaired. Presented at: UCSD Bridge to Residency Program; May 2024.

Oswald J. Treating acute pain in the Emergency Department and Inpatient setting. Presented at: UCSD Bridge to Residency Program; May 2024.

Oswald J. Pediatric Pain. Presented at: UCSD Pain fellow, medical student, and resident lecture; March 2024.

Oswald J. Pregnancy and Gender Pain. Presented at: UCSD Pain fellow, medical student, and resident lecture; May 2024.

Oswald J. Geriatric Pain and the Physically and Cognitively Impaired. Presented at: UCSD Pain Medicine fellow and resident lecture; January 2024.

Oswald J. Diving injuries and treatment of environmental hypothermia. Presented at: UCSD Emergency Medicine Residency; January 2024.

Oswald J. Multidisciplinary grand rounds discussion on managing a difficult case of pelvic pain. Presented at: UCSD Pain Medicine grand rounds; January 2023.

Oswald J. Case-based discussion of pregnancy and back trauma. Presented at: UCSD Emergency Medicine Residency; January 2023.

Oswald J. Target directed analgesia. Presented at: UCSD Pain fellowship grand rounds; January 2023.

Spann R, Oswald J. Traumatic back pain in pregnant patient. Case discussion. Presented at: UCSD Emergency Medicine Residency; December 2022.

Oswald J. Multidisciplinary grand rounds discussion on managing chronic abdominal pain. Presented at: UCSD; November 2022.

Oswald J. Can't miss EKGs. Presented at: UCSD Emergency Medicine Residency; September 2022.

Oswald J. Trigger point injections, definition, evidence, technique. Presented at: UCSD Medical student and resident presentation; August 2022.

Oswald J. Can't miss EKGs. Presented at: UCSD Emergency Medicine conference; June 2021.

Oswald J. Can't miss EKGs. Presented at: UCSD Emergency Medicine conference; April 2020.

Oswald J. Trigger point injections, definition, evidence, technique. Presented at: UCSD Medical student and resident presentation; November 2020.

Oswald J. Geriatric Pain and the Physically and Cognitively Impaired. Presented at: UCSD Pain Medicine fellow and resident lecture; December 2019.

Oswald J, Parikh S. Evidence and Indications for Spinal Cord Stimulation. Presented at: American Academy of Pain Medicine; March 2019; Denver, CO.

Oswald J. Presentation of complex patients at Multidisciplinary pain rounds. Presented at: UCSD Pain Medicine; April 2019.

Oswald J. Urogenital Cancer Pain. Presented at: UCSD center for pain medicine grand rounds; January 2019.

Oswald J. Lasmiditan for the acute treatment of migraine: A review and potential role in clinical practice. Presented at: UCLA Emergency Medicine research symposium; June 2018.

Oswald J. Non-pharmacologic interventions for back pain. Presented at: All LA combined Emergency Medicine conference; May 2018.



Oswald J. Can't miss EKGs. Presented at: UCLA-Olive View Emergency Medicine conference; April 2017.

Oswald J. Tumor Lysis Syndrome. Presented at: UCLA-Olive View Emergency Medicine conference; September 2016.

Oswald J. Priapism. Presented at: UCLA-Olive View Emergency Medicine conference; October 2016.

Oswald J. Can't miss EKGs. Presented at: UCLA-Olive View small group discussion; August 2015.

Oswald J. Management of acute abdominal pain in the ED. Presented at: UCLA-Olive View intern lecture series; November 2014.

Oswald J. Sensitivity of CT for SAH performed within 6 hours. Presented at: UCLA-Olive View Emergency Medicine Conference; Year.

Oswald J. Management of severe DKA. Presented at: UCLA-Olive View Emergency Medicine Conference; December 2013.

Oswald J. Pitfalls in resuscitating acute blunt trauma. Presented at: UCLA-Olive View Emergency Medicine Conference; October 2013.

Kostic M, Oswald J. Poison Center consultation decreases hospital length of stay and inpatient charges. Presented at: Emergency Medicine Research Symposium; April 2010; Milwaukee, WI.

Oswald J, Coben J, Tiesman H, Furbee P. Hospitalizations for near-drowning in the United States: The National Inpatient Sample, 2000-2005. Presented at: Community Medicine Research Thesis; May 2008; Morgantown, WV.

Oswald J, Schlothauer A, Guse C, Hargarten S. Hospitalizations for Poisonings in Wisconsin: 2007. Presented at: Injury Research Center Research Day; August 2009; Milwaukee, WI.

Oswald J, Schlothauer A, Guse C, Hargarten S. Hospitalizations for Poisonings in Wisconsin: 2007. Presented at: Emergency Medicine Research Symposium; April 2010; Milwaukee, WI.

#### **MEDIA APPEARANCES:**

AAPM: Member Focus Award, AAPM: <https://painmed.org/october-2023-member-focus-jessica-oswald-md-mph/>. October 2023. Last accessed 5/7/24

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OPTimes: OPTimes: <https://t.e2ma.net/message/8ibf5j/43kt1so>. November 2023. Last accessed 5/7/24

CNN: Experimental pain drug may offer alternative to opioids for acute pain, study suggests: <https://www.cnn.com/2024/01/30/health/experimental-pain-drug-vertex/index.html>. January 30, 2024. Last accessed 1/30/24

USNews: Experimental Pain Med Could Give Patients New Option to Opioids: <https://www.usnews.com/news/health-news/articles/2024-01-30/experimental-pain-med-could-give-patients-new-option-to-opioids>. January 30, 2024. Last accessed 1/30/24

ScrippsNews: This experimental painkiller could be alternative to addictive opioids: <https://www.scrippsnews.com/politics/health-care/this-experimental-painkiller-could-be-alternative-to-addictive-opioids>. January 30, 2024. Last accessed 1/30/24

Vertex: Vertex Announces Positive Results From the VX-548 Phase 3 Program for the Treatment of Moderate-to-Severe Acute Pain: <https://news.vrtx.com/news-releases/news-release-details/vertex-announces-positive-results-vx-548-phase-3-program>. January 30, 2024. Last accessed 5/7/24

Biopharmaapac: Vertex's Breakthrough VX-548: Transforming Pain Management with Rapid Relief and Safety, A New Era in Acute Pain Solutions: <https://biopharmaapac.com/news/120/4298/vertexs-breakthrough-vx-548-transforming-pain-management-with-rapid-relief-and-safety-a-new-era-in-acute-pain-solutions.html>. January 31, 2024. Last accessed 5/7/24

Hmpgloballearningnetwork: Vertex Prepares to Submit New Drug Application for Medication to Treat Acute Pain: <https://www.hmpgloballearningnetwork.com/site/ap/news/vertex-prepares-submit-new-drug-application-medication-treat-acute-pain>. February 1, 2024. Last accessed 5/7/24

Bostonglobe: Vertex says its experimental painkiller works as well as opioids for acute pain — without risk of addiction. <https://www.bostonglobe.com/2024/01/30/business/vertex-experimental-painkiller-opioids-addiction/>. January 31, 2024. Last accessed 5/7/24

PracticalNeurology: Investigational Sodium Channel Blocker Effective as Treatment for Moderate-to-Severe Acute Pain. <https://practicalneurology.com/news/investigational-sodium-channel-blocker-effective-as-treatment-for-moderate-to-severe-acute-pain>. February 5, 2024. Last accessed 5/7/24

HighTimes: Drug Maker Unveils Experimental Drug as Opioid Alternative. <https://hightimes.com/news/drug-maker-unveils-experimental-drug-as-opioid-alternative/>. February 5, 2024. Last accessed 5/7/24

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Pharmaphorum: Vertex scores double win with non-opioid pain drug. <https://pharmaphorum.com/news/vertex-scores-double-win-non-opioid-pain-drug>. May 7, 2024. Last accessed 5/7/24

Medthority: Positive results From the VX 548 phase III program for the treatment of moderate-to-severe acute pain. <https://www.medthority.com/news/2024/1/positive-results-from-the-vx-548-phase-iii-program-for-the-treatment-of-moderate-to-severe-acute-pain.-vertex>. January 31, 2024. Last accessed 5/7/24

HCPlive: VX-548 Significantly Reduces Moderate to Severe Acute Pain, Phase III Program Data Reveal. <https://www.hcplive.com/view/vx-548-significantly-reduces-moderate-to-severe-acute-pain-phase-iii-program-data-reveal>. January 30, 2024. Last accessed 5/7/24

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## **ONLINE PUBLICATIONS**

Hulland O, Oswald J. Pain Management and Chest Tube Thoracostomy. Retrieved from: <https://www.acep.org/how-we-serve/sections/pain-management/news/january-2021/pain-management-and-chest-tube-thoracostomy/> Published January 2021.

Soble J, Marchison C, Aminlari A, Oswald J. Case #26: Geniculate Nerve Block for Knee pain- A novel technique. Retrieved from <http://emultrasound.sdsc.edu/index.php/2021/01/06/genicular-nerve-block/> Published January 2021.

De Julio P, Oswald J. More Than a Local Agent: 10 Pearls of IV Lidocaine Use for Pain in the ED. Retrieved from <https://www.acep.org/how-we-serve/sections/pain-management/news/january-2021/more-than-a-local-agent-10-pearls-of-iv-lidocaine-use-for-pain-in-the-ed/> Published January 2021.

Oswald J. Case # 16: The Smoking Gun – UCSD Ultrasound. EM Ultrasound. <http://emultrasound.sdsc.edu/index.php/2019/12/24/right-atrium-clot-2/> Accessed May 27, 2020.

Oswald J. Editor and creator of PT video for greater trochanteric bursitis to be used as discharge PT videos for ED, urgent care and other outpatient clinics: <https://vimeo.com/502838807>  
Published January 2021.

Oswald J. Editor and creator of PT video for hip pain to be used as discharge PT videos for ED, urgent care and other outpatient clinics: <https://vimeo.com/502842710> Published January 2021.

Oswald J. Editor and creator of PT video for knee pain to be used as discharge PT videos for the ED, urgent care and other outpatient clinics: <https://vimeo.com/502839417> Published January 2021.

Oswald J. Editor and creator of PT video for low back pain to be used as discharge PT videos for the ED, urgent care and other outpatient clinics: <https://vimeo.com/502838807> Published January 2021.

Oswald J. Editor and creator of PT video for lumbar radiculopathy to be used as discharge PT videos for the ED, urgent care and other outpatient clinics: <https://vimeo.com/502839417>  
Published January 2021.

Oswald J. Editor and creator of PT video for neck pain to be used as discharge PT videos for the ED, urgent care and other outpatient clinics: <https://vimeo.com/502844085> Published January 2021.

Oswald J. Editor and creator of PT video for cervical radiculopathy to be used as discharge PT videos for the ED, urgent care and other outpatient clinics: <https://vimeo.com/502837850>  
Published January 2021.

Oswald J. Editor and creator of PT video for piriformis syndrome to be used as discharge PT videos for the ED, urgent care and other outpatient clinics: <https://vimeo.com/502837850>  
Published January 2021.

Oswald J. Editor and creator of PT video for sacroiliac joint to be used as discharge PT videos for the ED, urgent care and other outpatient clinics: <https://vimeo.com/502837850> Published January 2021.

Oswald J. Editor and creator of PT video for shoulder pain to be used as discharge PT videos for the ED, urgent care and other outpatient clinics: <https://vimeo.com/502844967> Published January 2021.

Oswald J. Editor and creator of PT video for whiplash to be used as discharge PT videos for the ED, urgent care and other outpatient clinics: <https://vimeo.com/502840646> Published January 2021.

McElligott C, Oswald J. Trigger Point Injection in the Emergency Department. Retrieved from <https://www.acep.org/how-we-serve/sections/pain-management/news/may-2020/trigger-point-injections-in-the-emergency-department/> Published May 2020.

Nicolas Kahl, Jessica Oswald, Sukhdeep Singh. Case #16: The Smoking Gun. Retrieved from <http://emultrasound.sdsc.edu/index.php/2019/12/24/right-atrium-clot-2/> Published December 2019.

**HOBBIES & INTERESTS:**

Surfing; Snowboarding; Skateboarding; Wakeboarding; Wake-Surfing; Rock-climbing; Mountain biking; Swimming; Running; Basketball; Volleyball; Ultimate Frisbee; Hiking; Camping

**OTHER AWARDS/ACCOMPLISHMENTS:**

Trophy Trout 2024. Caught the largest trout for the 2024 California fishing season (9.1 pounds).  
Wake surfing World (2006 &2007) and National (2007-2009) champion  
Winner of national H2O Winter Classic (best combined national surf/snow competition);  
Women's US champion of Surfing  
Top ranked professional surfer on the World Qualifying Series

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