

Professional Experience:

2009- Staff physician, Division of General Internal Medicine, Johns Hopkins University Department of Medicine
2012- Associate Editor, Johns Hopkins Internet Learning Center

RESEARCH ACTIVITIES

Peer Reviewed Original Science Publications

1. **Berger Z**, Rom WN, Reibman J, et al. Prevalence of workplace exacerbation of asthma symptoms in an urban working population of asthmatics. *J Occ Enviro Med* 2006;48(8):833-839.
2. **Berger Z**, Kimbrough W, Gillespie C, et al. Lower copay and oral administration: predictors of first-fill adherence to new asthma prescriptions. *Am Health Drug Benefits* 2009;2(4):174-80.
3. **Berger Z**. Bayesian and frequentist models: legitimate choices for different purposes of clinical research. *J Eval Clin Pract* 2010;16:1045-1047.
4. The Good Stewardship Working Group. (Aguilar I, **Berger ZD**, Casher D, et al.) The "Top 5" Lists in Primary Care: Meeting the Responsibility of Professionalism. *Arch Intern Med* 2011;171(15):1385-1390.
5. Finkelstein J, Knight A, Marinopoulos S, Gibbons MC, **Berger Z**, et al. Enabling patient-centered care through health information technology. *Evid Rep Technol Assess (Full Rep)* 2012;(206):1-1531.
6. Srinivas SV, Deyo RA, **Berger ZD**. Application of "Less Is More" to Low Back Pain. *Arch Intern Med* 2012;172(13):1016-20.
7. Yeh H-C, Brown T, Maruthur N, Ranasinghe P, **Berger Z**, et al. Comparative Effectiveness and Safety of Insulin Delivery and Glucose Monitoring Methods for Diabetes Mellitus: Systematic Review and Meta-analysis. *Ann Intern Med* 2012;157(5):336-47.
8. **Berger ZD**, Joy SM, Hutfless S, Bridges JF. Can public reporting impact patient outcomes and disparities? A systematic review. *Patient Educ Couns* 2013;93(3):480-7.
9. **Berger Z**. You're the Doctor. *J Gen Intern Med* 2013;28(5):739-40.
10. Shekelle PG, Wachter RM, Pronovost PJ, et al. (includes **Berger Z**). Making health care safer II: an updated critical analysis of the evidence for patient safety practices. *Evid Rep Technol Assess (Full Rep)* 2013;(211):1-945.
11. Stein E, **Berger Z**, Hutfless S, et al. Wireless Motility Capsule Versus Other Diagnostic Technologies for Evaluating Gastroparesis and Constipation: A Comparative Effectiveness Review. Rockville (MD): Agency for Healthcare Research and Quality (US); 2013 May.
12. **Berger Z**, Dembitzer A, Beach MC. Reason for hospital admission: a pilot study comparing patient statements to chart reports. *Narrat Inq Bioeth* 2013;3(1):67-79.
13. **Berger Z**, Brown SM. Should hospitals look like airports? *Ann Intern Med* 2013;159(7):492-3.
14. Hutfless S, Almashat S, **Berger Z**, et al. Pharmacologic Therapies for the Management of Crohn's Disease: Comparative Effectiveness [Internet]. Rockville (MD): Agency for Healthcare Research and Quality (US); 2014 Feb.
15. Goyal M, Singh S, Sibinga EM, Gould NF, Rowland-Seymour A, Sharma R, **Berger Z**, et al. Meditation Programs for Psychological Stress and Well-being: A Systematic Review and Meta-analysis. *JAMA Intern Med* 2014;174(3):357-68.
16. Decamp M, Farber NJ, Torke AM, George M, **Berger Z**, et al. Ethical Challenges for Accountable Care Organizations: A Structured Review. *J Gen Intern Med* 2014;29(10):1392-9.
17. **Berger ZD**, Yeh JC, Carter HB, et al. Characteristics and Experiences of Patients with Localized Prostate Cancer Who Left an Active Surveillance Program. *Patient* 2014;7(4):427-36.
18. **Berger Z**, Flickinger T, Pfoh E, et al. Promoting Engagement by Patients and Families to Reduce Adverse Events: A Systematic Review. *BMJ Qual Saf* 2014;23(7):548-55.
19. Michos ED, Wilson LM, Yeh HC, **Berger Z**, et al. Prognostic Value of Cardiac Troponin in Patients With Chronic Kidney Disease Without Suspected Acute Coronary Syndrome: A Systematic Review. *Ann Intern Med*. 2014;161(7):491-501.

20. Stacy SR, Suarez-Cuervo C, **Berger Z**, et al. Role of Troponin in Patients With Chronic Kidney Disease and Suspected Acute Coronary Syndrome: A Systematic Review. *Ann Intern Med* 2014;161(7):502-12.
21. Kebede S, Shihab HM, **Berger ZD**, et al. Patients' Understanding of Their Hospitalizations and Association With Satisfaction. *JAMA Intern Med* 2014;174(10):1698-700.
22. Alston C, **Berger Z**, Brownlee S, et al. 2014. Shared Decision-Making Strategies for Best Care: Patient Decision Aids. Discussion Paper, Institute of Medicine, Washington, DC.
<http://www.iom.edu/SDMforBestCare>.
23. Lee JL, DeCamp M, Dredze M, Chisolm MS, **Berger ZD**. What are health-related users tweeting? A qualitative content analysis of health-related users and their messages on twitter. *J Med Internet Res* 2014;16(10):e237.
24. Bridges JFP, **Berger Z**, Austin M, et al. Public Reporting of Cost Measures in Health: An Environmental Scan of Current Practices and Assessment of Consumer Centeredness [Internet]. Rockville (MD): Agency for Healthcare Research and Quality (US); 2015 Mar.
25. Rickard J, Michtalik H, Sharma R, **Berger Z**, et al. Use of Cardiac Resynchronization Therapy in the Medicare Population[Internet]. Rockville (MD): Agency for Healthcare Research and Quality (US); 2015 Mar 24. Available from <http://www.ncbi.nlm.nih.gov/books/NBK310317/>
PubMed PMID: 26247085.
26. Ranasinghe PD, Maruthur NM, Nicholson WK, Yeh HC, Brown T, Suh Y, Wilson LM, Nannes EB, **Berger Z**, Bass EB, Golden SH. Comparative effectiveness of continuous subcutaneous insulin infusion using insulin analogs and multiple daily injections in pregnant women with diabetes mellitus: a systematic review and meta-analysis. *J Womens Health (Larchmt)* 2015;24(3):237-49.
27. **Berger Z**. Navigating the unknown: shared decision-making in the face of uncertainty. *J Gen Intern Med*. 2015;30(5):675-8.

Invited Reviews:

1. **Berger Z**. Jonathan D. Moreno and Sam Berger (eds.), *Progress in bioethics: science, policy, and politics*, Foreword by Harold Shapiro. (Review) *Theo Med Bioeth* 2011;32(3):211.
2. **Berger Z**. Understanding Communication to Repair Difficult Patient-Doctor Relationships From Within. *Am J Bioeth* 2012;12(5):15-16.
3. **Berger Z**. Review of Peter Urbel, *Critical Decisions*. (Review) *Am J Bioeth* 2013;13(4):53-54.
4. **Berger ZD**. Capsule Commentary on Fortuna et al., *Get Screened: A Randomized Trial of the Incremental Benefits of Reminders, Recall, and Outreach on Cancer Screening*. *J Gen Intern Med* 2014;29(1):177.

Intramural Support

July 2014 – present	Course director, Lewisohn Longitudinal Elective for MD-PhD Students in Continuity of Care. 7.5% effort and salary support.
September 2015 – present	Course director, Ethics of Healthcare Decision Making, Johns Hopkins Berman Institute of Bioethics. 7% effort and salary support.

Extramural Support

September 2009 – June 2013	Evidence Based Practice Center. PI: Eric Bass, MD. Co-investigator; 35% effort and salary support.
June 2013 –January 2014	Evidence Based Practice Center. 40% effort and salary support.
January 2014 – June 2014	Evidence Based Practice Center. 28% effort and salary support.
July 2014 – present	Evidence Based Practice Center. 10% effort and salary support.
January 2015 – present	National Coalition for Cancer Survivorship. PIs: Zackary Berger, MD, PhD, and Claire Snyder, PhD. 10% effort and salary support for the evaluation of their Tool for patient-oncologist communication.
January 2015 – present	Patient Centered Outcomes Research Institute. PI: Jodi Segal, MD.

10% for creation of a curriculum for PCORI methodologic standards

Past Support

January 2011 – January 2012

Osler Center for Clinical Excellence at Johns Hopkins. 15% effort and salary support for the investigation of inpatient-provider communication.

July 2011 – July 2012

Greenwall Foundation and the Kornfeld Program in Bioethics and Patient Care. 25% salary support for the project “Assessing and Enhancing Patient Autonomy in the Hospital Setting.”

September 2012 – January 2013

JumpStart Healthcare Communication Consultants LLC, “Goals of Care Conversations: Eliciting and Respecting Patient Preferences Regarding Life-Sustaining Treatments,” contract VA741-12-F-0267 by The National Center for Health Care Ethics, a division of the Veterans Healthcare Administration. Medical director. \$5,000.

EDUCATIONAL ACTIVITIES

Review Articles

1. Beyth R, Kaatz S, Aung K, **Berger Z**, et al. Low Dose Calcium and Vitamin D Ineffective in Primary Prevention of Fractures in Post-menopausal Women Without Osteoporosis [Internet]. Society of General Internal Medicine Evidence Based Medicine Taskforce; July, 2013. <http://bit.ly/1LSsWmX>
2. Zipkin D, Sussman J, Aung K, **Berger Z**, Beyth R, Elliot D, Kaatz S, Korenstein D, Smith MEB. Blood levels of Omega-3 fatty acids associated with slight increase in prostate cancer incidence [Internet]. Society of General Internal Medicine Evidence Based Medicine Taskforce; October, 2013. <http://bit.ly/1ey8fyw>
3. **Berger Z**. ACP Smart Medicine: Comparative guidelines for prostate cancer screening [Internet, subscribers only]. October, 2013. <http://www.acponline.org/smcontent/cgtables/tcgd006.pdf>
4. Stewart S, Frosch D, Adams J, Hyams E, **Berger Z**, et al. Option grid: PSA (prostate specific antigen) [Internet]. November, 2013. http://www.optiongrid.org/resources/psatest_grid.pdf
5. Smith MEB, Aung K, **Berger Z**, et al. Risk of invasive breast cancer persists after stopping combination hormone therapy. [Internet]. Society of General Internal Medicine Evidence Based Medicine Taskforce; December, 2013. <http://bit.ly/1G2UVZ7>
6. Korenstein D, Sussman J, Aung K, **Berger Z**, et al. Long-term follow up of screening mammography. [Internet]. Society of General Internal Medicine Evidence Based Medicine Taskforce; April, 2014. <http://bit.ly/1HHSINt>
7. Kaatz S, Weed HG, Aung K, **Berger Z**, et al. Vitamin & mineral supplements have not been shown to reduce cardiovascular disease, cancer or mortality in older adults without known nutritional deficiencies [Internet]. Society of General Internal Medicine Evidence Based Medicine Taskforce; May, 2014. <http://bit.ly/1osR5Dc>
8. Zipkin D, Kormos W, Aung K, **Berger Z**, et al. Aspirin for Primary Prevention of Cardiovascular Disease [Internet]. Society of General Internal Medicine Evidence Based Medicine Taskforce; September, 2014. <http://bit.ly/1IEF2OJ>
9. **Berger Z**, Elliot D, Aung K, et al. Radical prostatectomy in early prostate cancer. Society of General Internal Medicine Evidence Based Medicine Taskforce; October, 2014. <http://bit.ly/1NLwzcJ>
10. Smith MEB, Aung K, **Berger Z**, et al. Opioid Therapy for Chronic Non-malignant Pain. Society of General Internal Medicine Evidence Based Medicine Taskforce; June, 2015. <http://bit.ly/1G2WWEo>
11. **Berger Z**. Anxiety Module. Johns Hopkins Internal Medicine Ambulatory Care Curriculum

(Johns Hopkins Internet Learning Center, www.hopkinsilc.org); 2012-present.

12. Stewart R, **Berger Z**, Peairs K. Cancer Screening Module. Johns Hopkins Internal Medicine Ambulatory Care Curriculum (Johns Hopkins Internet Learning Center, www.hopkinsilc.org); 2013-present.

Books

Berger Z. Talking To Your Doctor: A Patient's Guide to Communication in the Exam Room and Beyond. Lanham, MD: Rowman and Littlefield Publishers, July 2013.

Berger Z. Making Sense of Medicine: Bridging Physician Guidelines and Patient Preferences. In press.

Teaching

Classroom/Didactic Instruction:

2009 – present	Preceptor, Housestaff Continuity Clinic, 20% FTE, Johns Hopkins Outpatient Center
2012 – present	Preceptor/Facilitator, Bioethics session, Intersession courses, Johns Hopkins University School of Medicine
2014 – present	Preceptor, Lewisohn Elective, 4% FTE, JHOC
2012	Instructor, Transition to Wards course, Johns Hopkins University School of Medicine
2012	Lecturer, "Math, Money and the Mind: Controversies in Medical Decision Making," Johns Hopkins University Undergraduate Program in Public Health Studies
2015 – present	Lecturer and course originator. "Ethics of Healthcare Decision Making," Johns Hopkins Berman Institute Masters in Bioethics Program

Workshops/Courses:

1. 2009: Berger Z. Workshop: How Ordinary People Define Risks; Patient-Doctor Epistemology. Workshop originator and leader. Victorian Medical Alliance General Practice Training, Melbourne, Australia
2. 2013: Panel: Patient-Centered Care. Participant. Patient Safety Certificate Course, Armstrong Institute for Patient Quality and Safety.

Lectures/Talks:

1. 2008: What is diabetes? Community talk, Seward Park Branch Library, New York Public Library, New York, NY
2. 2010: Assessing our own risk perception. NYU Primary Care Residency Teaching Program, New York, NY
3. 2010: Coping with chronic physical and mental disease: the patient's perspective. Tumulty Rounds, Osler Residency
4. 2011: A patient's perspective on multiple medical conditions, frequent hospitalizations, and specialists. Tumulty Rounds, Osler Residency
5. 2012: Cardiac sarcoidosis: the patient's perspective. Tumulty Rounds, Osler Residency
6. 2014 (March): Medical myths. TEDMED Google+ Hangout.
7. 2014 (March): Coordination of care for chronic pain and risks of opiate therapy. PACT Program, Johns Hopkins Community Physicians.

Clinical Instruction:

2009 – present	Preceptor, Johns Hopkins House Officers' Medical Clinic, Johns Hopkins Outpatient Center, Osler Residency
2012 – present	Attending, Janeway Medical Service, Osler Residency

2014 – present Course director and preceptor, Lewisohn Longitudinal Elective in Continuity of Care (MD-PhD elective), Johns Hopkins School of Medicine

Mentoring

2011 – 2012 Rachel Blair, MSIV

2011 – 2012 Shubha Srinavas, MD, PGY-2, Georgetown University Internal Medicine Residency Program

2013 – 2014 Elizabeth Pfoh, PhD, Johns Hopkins School of Public Health (examination and dissertation committee member)

2014 – 2014 Ya Luan Hsiao, MPH, Johns Hopkins School of Public Health

2014 – 2015 Joy Lee, PhD, Johns Hopkins School of Public Health (dissertation committee member)

Educational Program Building / Leadership

2012 Picker-Gold Foundation/ACGME Challenge Grant, “Towards Clear and Caring Communication Always”: Curriculum Development Committee. PI: Hanan Aboumatar, MD.

CLINICAL ACTIVITIES

Certification

2009- present Maryland Board of Quality Assurance: Physician License D69581

2010- present Diplomate, American Board of Internal Medicine

Clinical (Service) Responsibilities

2009- present GIM Faculty Practice, 30% effort, Johns Hopkins Outpatient Center

SYSTEM INNOVATION AND QUALITY IMPROVEMENT ACTIVITIES

System Innovation and Quality Improvement efforts within JHM

2010-2013 Diabetes Redesign Steering Committee

2010-2013 Diabetes Redesign Implementation Committee, General Internal Medicine at Johns Hopkins Outpatient Center, clinical champion; helped implement diabetes quality improvement in housestaff practice (e.g., case manager, same-day ophthalmological visits)

2012 Epic Workgroup on Quality & Safety

2012-2013 Ambulatory Quality Committee

2013 Co-chair, Research Workgroup, Primary Care Consortium

2013 Armstrong Institute Patient Safety Practitioner Fellowship

2013-present Co-founder, GIM Outpatient Clinic CUSP Team

2014-present Steering Committee, Patient Family and Advisory Council, Johns Hopkins Ambulatory

System Innovation and Quality Improvement efforts outside of JHM

2010-present Good Stewardship Working Group, National Physicians Alliance; producing “Top 5” lists, for various specialties, of interventions to save money/improve care/reduce unneeded care; implementing program in demonstration practices

2012-present Member, Evidence Communication Innovation Collaborative, Roundtable on Value & Science-Driven Health Care, Institute of Medicine

ORGANIZATIONAL ACTIVITIES

Institutional Administrative Appointments

2011-2013	Planning Committee, The Philip A. Tumulty Topics in Clinical Medicine at Johns Hopkins
2012-present	Ethics Committee and Consultation Service, Johns Hopkins Hospital

Editorial Peer Review Activities

2009-present	American Journal of Epidemiology
2010	International Journal of Occupational and Environmental Health
2010	Oral Vignette Moderator, Society of General Internal Medicine Annual Meeting
2011	Clinical Vignette Moderator, SGIM Annual Meeting
2011 – present	Journal of General Internal Medicine
2012	Journal of Law, Medicine, & Ethics
2012 – present	Patient Education and Counseling
2014 – present	British Medical Journal

Advisory Committees, Review Groups/Study Sections

2015	Grant reviewer, Dutch Cancer Society
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Professional Societies

2008-2010	Associate, American College of Physicians
2009-present	Member, Good Stewardship in Clinical Practice Working Group, National Physicians Alliance
2010-present	Member, American College of Physicians
2009-present	Member, Society of General Internal Medicine
2011-2014	Member, Ethics Committee, Society of General Internal Medicine
2013-present	Member, Evidence-Based Medicine Task Force, Society of General Internal Medicine
2015-	Incoming chair, Evidence-Based Medicine Task Force, Society of General Internal Medicine
2015-	Chair, Choosing Wisely Recommendations Working Group, Society of General Internal Medicine
2015-	Inaugural member, Communications Committee, Society of General Internal Medicine
2015-	Policy Committee, National Physicians Alliance
2015-	Baltimore Steering Committee, National Physicians Alliance

Consultantships

2012-2013	JumpStart Healthcare Communication Consultants LLC, “Goals of Care Conversations: Eliciting and Respecting Patient Preferences Regarding Life-Sustaining Treatments,” contract VA741-12-F-0267 by The National Center for Health Care Ethics, a division of the Veterans Healthcare Administration. Medical director.
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RECOGNITION

Awards, Honors

1996	Medical Scientist Training Program, New York University
2003	Graduate Forum, New York University Graduate School of Arts and Sciences.
2008	Daniel E. Ford Award in Health Services and Prevention Research, Johns Hopkins University Department of Medicine, Division of General Internal Medicine. The Ford Award is given to honor the nation's best housestaff

2011-2012 research in health services and prevention research
Osler Center Faculty Scholar, Osler Center for Clinical Excellence at Johns Hopkins

Invited Talks /Panels (outside Johns Hopkins):

- 2009: How could patients not know why they are in the hospital? International Conference on Communication in Healthcare, Miami, Florida.
- 2010: Risky Business: Risk communication in the patient-provider encounter. Society of General Internal Medicine, Mid-Atlantic Meeting, New York, New York.
- 2011: Numeracy in Health: from Research to Clinic. Society of General Internal Medicine Annual Meeting, Phoenix, Arizona.
- 2011: Agenda-Setting in the Primary Care HIV Encounter. International Conference on Communication in Healthcare, Chicago, Illinois.
- 2012 (invited): Patients' conception of the reason for their hospitalization and their exercise of autonomy in the hospital. COMET 2012, Trondheim, Norway.
- 2013: National Physicians Alliance annual meeting, Washington, DC.
- 2013: Visiting scholar, Peking University Medical College Hospital, Beijing, China.
- 2013: Bridging Evidence-Based Medicine and Patient-Centered Care: The Case of Localized Prostate Cancer. Peking University Medical College Hospital, Beijing, China.
- 2013: Public Reporting and the American Health Care System. Peking University Medical College Hospital, Beijing, China.
- 2013: The Art and Science of Systematic Reviews. Peking University Medical College Hospital, Beijing, China.
- 2014: Bridging Evidence-Based Medicine and Patient-Centered Care: The Case of Localized Prostate Cancer. One Medical Group, Washington, DC.
- 2014: Bridging Evidence-Based Medicine and Patient-Centered Care: The Case of Localized Prostate Cancer. University of Maryland Family Medicine Grand Rounds, Baltimore, Maryland.
- 2014: Spirituality and Uncertainty in the Primary Care of the Cancer Patient. Spirituality and Medicine Initiative, Mercy Medical Center, Baltimore, Maryland.
- 2014: Expanding on Engel (panel on the biopsychosocial model). Medicine X, Stanford University School of Medicine, Palo Alto, California.
- 2014: Ethics, Emotions, Effectiveness, and Efficiency: A Clinically Useful Introduction to Doctor-Patient Communication. Baltimore City Medical Society, Baltimore, Maryland.
- 2015: Evidence-Based Practice Guidelines and Shared Decision Making: Conflicting or Complementary Strategies for "Doing the Right Thing" in Health Care? Society of General Internal Medicine 38th Annual Meeting, Toronto, Canada.
- 2015: Uncertainty in Decision Making: Towards a Normative and Empirical Ethics. Center for Values, Ethics, and the Law in Medicine, University of Sydney, Australia.
- 2015: Symposium: Uncertainty and Shared Decision Making. International Society for Evidence Based Health Care (ISEHC) and International Shared Decision-Making (ISDM) Joint Meeting 2015, Sydney, Australia.
- 2015: Session coordinator, Bioethics. ISEHC-ISDM 2015, Sydney, Australia.
- 2015: Uncertainty in Decision Making: Towards a Normative and Empirical Ethics. Medicine Grand Rounds, Dandenong Hospital, Melbourne, Australia.
- 2015 (December): Uncertainty and Shared Decision Making: Theoretical and Empirical

2015 (December): Perspectives. Foundation for Informed Medical Decision Making, Boston.
Uncertainty in Medicine and Adjudication in Jewish Law: Association of
Jewish Studies Annual Meeting, Boston.