

Maria L. Sturchler, M.D., Ed.D., H.M.D.C.

EDUCATION

- 2013 – 2017 **Doctor of Medicine, Gold Humanism Honor Society scholar**
Vanderbilt University School of Medicine (VUSM), Nashville, TN
- 2010 – 2013 **Bachelor of Science, Biological Chemistry, *summa cum laude***
Florida Atlantic University (FAU), Wilkes Honors College, Jupiter, FL
- 2008 – 2011 **Doctor of Education, Educational Leadership, *summa cum laude***
Nova Southeastern University, Fort Lauderdale, FL
- 2007 – 2008 **Master of Science, Mathematics Education, *summa cum laude***
Nova Southeastern University, Fort Lauderdale, FL
- 2001 – 2005 **Bachelor of Arts, Elementary Education, *summa cum laude***
Florida Atlantic University, Boca Raton, FL

PROFESSIONAL EXPERIENCE

- 2024 – Present **Medical Director of Inpatient Palliative Medicine:**
2023 – 2024 **Inpatient Palliative Care & Hospice Physician:** Lower Cape Fear Lifecare
Novant Health New Hanover Regional Medical Center, Wilmington, NC
- 2023 – 2023 **Hospice Medical Director:** Compassionate Care Hospice
San Diego County Office, San Diego, CA
- 2022 – Present **Medicolegal Expert Witness:** Hospice & Palliative Medicine
- 2021 – 2023 **Attending Physician:** Department of Palliative Medicine
Scripps Health Medical Centers, San Diego, CA
- 2021 – 2023 **Associate Physician:** Kindred at Home/Gentiva Hospice
Vista Branch Office, Vista, CA
- 2021 – Present **CEO & President:** Sturchler MD, Inc.
San Diego County, CA
- 2020 – 2021 **Academic Fellow:** Department of Hospice and Palliative Medicine
University of California San Diego / Scripps Health, San Diego, CA
- 2019 – 2020 **Chief Resident Physician:** Department of Emergency Medicine
Kaiser Permanente Southern California, San Diego, CA
- 2017 – 2019 **Resident Physician:** Department of Emergency Medicine
Kaiser Permanente Southern California, San Diego, CA
- 2011 – 2013 **Translational Research Institute Intern:** Discovery Biology
The Scripps Research Institute, Jupiter, FL
- 2011 – 2013 **MathCOUNTS® Coach & Mathematics Teacher:** Grades 6 – 8
The Weiss School for the Gifted, Palm Beach Gardens, FL

2007 – 2010	Middle School Mathematics Teacher: Grades 5 – 8 The Weiss School for the Gifted, Palm Beach Gardens, FL
2005 – 2007	High School Mathematics Teacher: Grades 9 – 12 Palm Beach Gardens High School, Palm Beach Gardens, FL

LANGUAGES

- Spanish – Native speaker, Cyracom Certified Interpreter
- French – Conversational
- Portuguese – Conversational

LEADERSHIP

2025 – Present	Novant Health NHRMC Mortality Committee – <i>Lead Dyad Partner</i>
2025 – Present	Novant Health NHRMC Institute Safety & Quality Steering Committee – <i>Member</i>
2025 – Present	Novant Health Lead Physician for Palliative Care, Coastal Region
2024 – Present	Inpatient Palliative Medicine Department – <i>Medical Director</i>
2024 – Present	Zimmer Cancer Center General, GI, and GU Tumor Boards – <i>Committee Member</i>
2023 – Present	Novant Health NHRMC Mortality Committee – <i>Member</i>
2018 – Present	Women in Science Society – <i>Board Member & Treasurer</i>
2022 – 2023	Scripps Mercy Pharmaceuticals & Therapeutics Committee – <i>Member</i>
2022 – 2023	Doris A. Howell Found. for Women’s Health Research – <i>Board Member</i>
2022 – 2023	S.D. County Medical Society Champions for Health – <i>Board Member</i>
2022 – 2023	San Diego Harbor Police Foundation – <i>Board Member</i>
2023 – 2023	Le Lycée Français de San Diego – <i>Member, Board of Directors</i>
2019 – 2020	KP San Diego EM – <i>Chief Resident, Class of 2020</i>
2019 – 2020	KP Southern California Women in Medicine – <i>Board Member</i>
2018 – 2020	KP San Diego EM Diversity Committee – <i>Founding Member</i>
2018 – 2020	Dr. SAFE (Support After Events) 2 nd Victim Program – <i>Peer Supporter</i>
2016 – 2018	Feminist Scholarship Fund – <i>Board Member</i>
2016 – 2017	Gold Humanism Honor Society Coffee Hour – <i>Co-Founder</i>
2016 – 2017	Fellowship at Auschwitz for the Study of Professional Ethics
2016 – 2017	VUSM Diversity Advisory Board – <i>Medical Student Representative</i>
2015 – 2016	VUSM Chancellor’s Diversity Advisory Committee – <i>Board Member</i>
2014 – 2015	Vanderbilt Healthcare Improvement Group – <i>Treasurer</i>

SELECTED HONORS

2024	Pinnacle Professional Award in Medicine: Continental Who’s Who in Emergency Medicine
2023	Best in California Magazine: Top Doctors
2021	FAU Wilkes Honors College Distinguished Alumni Award

2018	CHOC Peer Kudos Awards - Children's Hospital Orange County, PICU Team
2018	KPSD Compassionate Care in Residency Award
2016	VUSM Dr. Levi Watkins Student Award for Campus Diversity Activism
2016	Gold Humanism Honor Society Inductee
2013 – 2017	VUSM Cornelius Vanderbilt, Class of 1965, & Joe C. Davis Scholarships
2013	FAU Honors College Outstanding Scholar for Class of 2013
2011 – 2012	FAU Honors College Kenan Science & Lifelong Learning Society Scholar
2011 – 2012	Executive Women of the Palm Beaches Scholar
2001 – 2011	Bill & Melinda Gates Foundation Millennium Scholar
2001 – 2015	Feminist Scholarship Fund Scholar

COMMUNITY & INTERNATIONAL SERVICE

2022 – 2023	Teachers RUL – <i>Afterschool Tutoring Program for Students with ACEs</i> <ul style="list-style-type: none"> Program initiation and curriculum development for Perkins K-8 School – Title I School
2018 – 2020	FeminEM – <i>Women in Medicine (WIM) Open Access Curriculum</i> <ul style="list-style-type: none"> Co-creator and contributor to free online WIM curriculum
2017 – 2019	USA Boxing - <i>Volunteer Ringside Physician</i> <ul style="list-style-type: none"> Pre- and post-match medical clearance of participating athletes Ringside attention for athletes during boxing matches
2016 – 2019	MentorNet STEM Mentorship Program – <i>Volunteer Mentor</i> <ul style="list-style-type: none"> One-to-one mentorship of students aspiring to STEM careers
2015	Himalayan Health Exchange Expedition – <i>Clinical Volunteer</i> <ul style="list-style-type: none"> High-altitude trek (16,000 feet+) to provide clinical care & transport supplies to underserved patient populations in Leh / Ladakh, Kargiakh, & Zaskar Valley, India
2015	Vanderbilt Institute of Global Health / Project Health León – <i>Spanish Interpreter & Clinical Volunteer</i> <ul style="list-style-type: none"> Inpatient and outpatient work for Project Health León's cardiac brigade in León, Nicaragua, HEODRA hospital
2013 – 2017	Shade Tree Clinic – <i>Spanish Interpreter / Clinical Student Volunteer</i> <ul style="list-style-type: none"> Provide interpreting services for Spanish-speaking patients Coach students in routine clinical care & procedures
2013 – 2017	Vanderbilt Medical Physical Diagnosis Course – <i>Volunteer Instructor</i> <ul style="list-style-type: none"> Teach physical exam skills with standardized patients & simulations
2014 – 2017	Harbor Island Yacht Club – <i>Regatta Crew Member</i> <ul style="list-style-type: none"> New Member of the Year Award – 2014 Regatta race crew member & volunteer for HIYC events & fundraisers
2013 – 2015	Best Buddies International: Vanderbilt Medical Chapter – <i>Volunteer</i> <ul style="list-style-type: none"> Paired in friendship with a person with intellectual disabilities
2013 – 2014	PENCIL Foundation – <i>Volunteer Mathematics Tutor: Nashville, TN</i> <ul style="list-style-type: none"> Tutor & mentor at-risk 6th grade students at local middle school

PUBLICATIONS

- May 2022 **Sturchler, M.**, El-Sourady, M., & Karlekar, M. Self-Deception and Doubling: Adaptive Skill or Physicians' Folly? *Journal of Pain and Symptom Management*. <https://doi.org/10.1016/j.jpainsymman.2022.02.209>
- January 2018 **Sturchler, M.L.L. (corresponding author)**, Rusoja, E., Nagdev, A., & Simon, B. A rare case of acute right-sided colonic diverticulitis presenting as pancreatitis. *Journal of Emergency Medicine*. doi: 10.1016/j.jemermed.2017.12.042
- January 2017 Sturchler, E., Li, X., **Ladino, M.**, Kaczanowska, K., Cameron, M., Griffin, P., Finn, M.G., Markou, A., & McDonald, P. GABA_B-Receptor Allosteric Ligands Exhibit Pathway-Dependent and Species-Selective Activity. *Pharmacology Research and Perspectives*. doi: 10.1002/prp2.288
- June 2016 Dooley-Hash, S. & Sharp, B.R. (2016). **Ladino, M.**, photo contributor. Sexually Transmitted Infections and Anorectal Conditions. *The Atlas of Emergency Medicine* (Figure 9.62). New York, NY: McGraw Hill Education.

PRESENTATIONS / LECTURES

- February 2025 **Novant Health NHRMC Internal Medicine Residency Didactic Conf.**
Therapeutic Cruelty: Bioethical Considerations in Medical Decision Making
- Nov 2024 **UNCW Healthcare Professional Speaker Series**
Dr. Maria de Lourdes L. Sturchler, MD EdD HMDC
- Sept 2024 **UNCW Family Medicine Residency Didactics**
Implicit Bias Education - "Doubling: Adaptive Skill or Physicians' Folly?"
- March 2024 **Scripps Mercy Hospital Grand Rounds Bias Lecture**
Implicit Bias Education - "Doubling: Adaptive Skill or Physicians' Folly?"
- June 2023 **Billing and Coding Update for Inpatient Palliative Care**
Inpatient Palliative Care Division of Scripps Health
- June 2022 **Kaiser Permanente San Diego – Emergency Medicine Didactics**
Resident Education: Palliative Care within the Emergency Department
- February 2022 **American Academy of Hospice & Palliative Medicine Annual Meeting**
Implicit Bias Education - "Doubling: Adaptive Skill or Physicians' Folly?"
- June 2021 **UCSD Psychiatry Residency Didactic Conference**
Grand Rounds: Implicit Bias in Medicine
- April 2021 **UCSD Hospice & Palliative Medicine Fellowship Didactics**
Grand Rounds: Implicit Bias in Medicine
- Dec 2020 **UCSD Emergency Medicine Simulation Training Program**
Resident Education & Debriefing: Goals of Care – Geriatric Head Trauma
- Dec 2020 **UCSD Hospice & Palliative Medicine Fellowship Didactics**
Formal Presentation: The Intersection of Palliative and Emergency Medicine
- October 2020 **Invited Speaker – Women in Science Society, UCSB Chapter**
Women in STEM Speaker Series Presentation, UC Santa Cruz Chapter

October 2020	UCSD Hospice & Palliative Medicine Fellowship Didactics Journal Club: An Update on the Safety of Prescribing Opioids in Pediatrics
August 2020	UCSD Hospice & Palliative Medicine Fellowship Didactics Case Presentation: Total Pain
May 2020	Kaiser Permanente San Diego – Emergency Medicine Didactics Grand Rounds: The Intersection of Emergency Medicine and Palliative Care
April 2020	San Diego State University – Pre-Health Conference Keynote Speaker Conference Theme: Building Communities of Resilience: Engage your mind, empower success
October 2019	American College of Emergency Physicians – AAWEP National Meeting Annual Section Meeting Presentation – Bridging the Gender Pay Divide: Negotiation Strategies for Women Physicians
Sept 2019	Kaiser Permanente Women in Medicine So. California Symposium Featured presentation: “Total Revolution - The Impact of Sponsorship”
Sept 2019	California ACEP AdvancED 2019: Annual Conference Lightning Talk: “Infertility in Residency – One Perspective”
August 2019	Kaiser Permanente San Diego – Emergency Medicine Didactics Morbidity and Mortality Presentation – “A Difficult Case of Neonatal Resuscitation”
April 2019	Florida Atlantic University Wilkes Honors College Alumni Panelist Wilkes Honors College Spring Open House Alumni Panel
February 2019	Kaiser Permanente San Diego – Emergency Medicine Didactics Trauma Conference – “Sequelae of Thoracostomy Tubes”
July 2018	Kaiser Permanente San Diego – Emergency Medicine Didactics Morbidity and Mortality Presentation – “A Case of Stridor in an Adult”
March 2018	Invited Speaker – Women in Science Society, SDSU Chapter Presentation: “A Non-Traditional Journey to a Career in Medicine” Women in Science Society Chapter Meeting, San Diego State Univ.
October 2017	Kaiser Permanente San Diego – Emergency Medicine Didactics Intern Case Presentation – “A Case of Branchial Cleft Cyst”
March 2017	Gold Humanism Honor Society – 2017 National Conference Presentation: “Personal Resiliency Through Activism”
October 2016	Kaiser Permanente San Diego – Emergency Medicine Didactics Medical Student Case Presentation – “Head Trauma: Epidural Hematoma”
March 2016	Palm Beach County NOW Chapter – Keynote Speaker 43 rd Annual Susan B. Anthony Feminist of the Year Luncheon
April 2013	Research Presentation: Development of Cell-Based Functional Assays to Identify and Characterize Novel GABA _B -Receptor Allosteric Modulators. Florida Collegiate Honors Council Conference, Davie, FL
January 2013	Research Poster: GABA _B -Receptor Allosteric Ligands Exhibit Pathway-Selective and Species-Dependent Effects: Implication for Drug Screening. Society for Lab Automation & Screening Conference, Orlando, FL

October 2012 **Research Poster:** GABA_B-Receptor Allosteric Ligands Exhibit Pathway-Selective and Species-Dependent Effects: Implication for Drug Screening. Cambridge Health Institute Discovery on Target Conference, Boston, MA

PROFESSIONAL MEMBERSHIPS / CERTIFICATIONS

2024 – Present	South Carolina Medical Board Member
2023 – Present	North Carolina Medical Board Member
2023 – Present	New Hanover County Medical Society
2023 – Present	Board Certified – Hospice Medical Director Certification
2022 – Present	Board Certified – American Board of Internal Medicine: Hospice & Palliative Medicine
2021 – Present	Board Certified – American Board of Emergency Medicine
2020 – 2023	California Medical Association
2020 – 2023	San Diego County Medical Society
2020 – Present	American Academy of Hospice and Palliative Medicine
2017 – 2023	California Medical Board Member
2017 – 2021	American Academy of Emergency Medicine
2017 – 2021	Society for Academic Emergency Medicine
2017 – 2021	American College of Emergency Physicians
2017 – 2020	Pediatric Advanced Life Support
2016 – 2020	Advanced Trauma Life Support
2016 – 2020	Advanced Cardiac Life Support
2005 – 2015	Certifications – State of Florida, Dept. of Education: K-12 Education, Gifted Education, English as Second Language, Mathematics Education, Educational Leadership

PERSONAL ACHIEVEMENTS / INTERESTS

- 3-time Ironman triathlon finisher – 2008, 2009, 2012