



PRIVATE MD

CONCIERGE & DIRECT PRIMARY CARE · FOLSOM, CALIFORNIA

Nishant Sahni, MD, MS

BOARD-CERTIFIED INTERNAL MEDICINE

I spent nineteen years admitting patients to the hospital. Much of what I saw there was preventable, and rarely dramatic — a medication nobody reconciled, a result that came back after the visit and was never chased, a decline that was obvious in hindsight because no one physician was watching the whole person over time. Not bad doctors: panels too large and visits too short for anyone to hold the whole picture. I built this practice to be the other thing — a panel small enough that I can pay attention, and stay with the same patients for years.

TRAINING

Internal Medicine Residency	Unity Health System / St. Mary's Hospital, Rochester, NY · 2004–2007
MS, Molecular Biology	UT Southwestern Medical Center · 2001–2004
MBBS	G.S.V.M. Medical College, Kanpur, India · 1996–2001
Board Certification	American Board of Internal Medicine, 2007 — current and continuously maintained

FULL-SPECTRUM INTERNAL MEDICINE

Hospital practice covers a wide span of adult medicine: open ICU coverage at PeaceHealth, Allina, and Valley Medical Center — sepsis, respiratory failure, shock; immunosuppressed and post-transplant patients at the University of Minnesota, where the usual signs of infection are unreliable, a problem I also published on; a long-term acute care service for the most fragile patients in the system, on ventilators and tracheostomies; and throughout, older adults with many conditions, long medication lists, and uncoordinated specialists. In the office this matters most for knowing when a problem needs a hospital tonight rather than an appointment next week.

HOW I PRACTICE

- **Unhurried.** A small panel is the only way to give an appointment real time.
- **Thorough.** I pull your records from your prior health systems and read them.
- **Plain-spoken.** Your diagnosis, the options, and where I'm uncertain — in plain language.
- **Careful with testing.** I order what will change the plan, and I tell you why.
- **Reachable.** Your message comes to me, and I answer it — usually the same day.

CLINICAL EXPERIENCE

Founder & Physician · Private MD, Folsom, CA · 2025–present

Hospitalist & Faculty Preceptor (part-time) · San Joaquin General Hospital, French Camp, CA · 2026–present

Attending on the resident teaching service at a county teaching hospital.

Hospitalist (per diem) · Valley Medical Center, Renton, WA · 2026–present

Hospitalist · Allina Health, St. Paul, MN · 2022–2025

Seven-on inpatient service with open ICU coverage.

Senior Associate Consultant, Hospital Internal Medicine · Mayo Clinic, Phoenix, AZ · 2020–2022

Hospitalist · University of Minnesota Medical Center & Bethesda Hospital · 2012–2020

Academic hospital medicine at a major transplant center, plus a long-term acute care service — ventilators, tracheostomies, chronic critical illness.

Hospitalist · PeaceHealth Medical Center, Oregon · 2007–2012

Community hospital with open ICU coverage.

ACADEMIC APPOINTMENTS & TEACHING

- **Associate Professor of Medicine** · Mayo Clinic College of Medicine and Science · 2020–2022
- **Assistant Professor, General Internal Medicine** · University of Minnesota · 2012–2020
- Ward rotation coordinator and medical student preceptor, *Essentials of Inpatient Medicine*, University of Minnesota
- Teaching attending for internal medicine residents at Minnesota, Mayo, and San Joaquin General — ongoing today
- Grand Rounds at the University of Minnesota, the Minneapolis VA, and Mayo Clinic
- Mentorship of residents and students since 2013; one mentee's case report, with him as first author, published in *Mayo Clinic Proceedings* (2023)
- Committee service, University of Minnesota Medical Center: Peer Review (2015–2018), system-wide Sepsis Committee (2014–2016), Pharmacy Formulary (2013–2014)

RESEARCH

Eleven peer-reviewed papers, largely on a single question: can you tell from a patient's record who is about to get worse? A related strand asked it for transplant and immunosuppressed patients, in whom the usual warning signs are silent.

Patent and licensed model — Two prediction models built at the University of Minnesota: six-month mortality estimation from medical record data (patented), and a one-year mortality model (licensed by the University).

PEER-REVIEWED PUBLICATIONS

1. Olson AP, Sahni N, Kim B, Dhaliwal G. Not a textbook case. *J Hosp Med*. 2015;10(4):266–270.

2. Arora R, Campbell JP, Simon G, **Sahni N**. Does serum procalcitonin aid in the diagnosis of bloodstream infection regardless of whether patients exhibit SIRS? *Infection*. 2017;45(3):291–298.
3. **Sahni N**, Simon G, Arora R. Development and validation of machine learning models for prediction of 1-year mortality utilizing EMR data in multicondition patients. *J Gen Intern Med*. 2018;33(6):921–928.
4. Elmufdi FS, Burton SL, **Sahni N**, Weinert CR. Clinical and sociocultural factors associated with failure to escalate care of deteriorating patients. *Am J Med Qual*. 2018;33(4):391–396.
5. Arora R, **Sahni N**. Can serum procalcitonin aid in diagnosing bloodstream infection in immunosuppressed patients? *Clin Chim Acta*. 2018;483:204–208.
6. Usher M, **Sahni N**, Herrigel D, Simon G, Melton GB, Joseph A, Olson A. Diagnostic discordance, health information exchange, and inter-hospital transfer outcomes. *J Gen Intern Med*. 2018;33(9):1447–1453.
7. **Sahni N**, Simon G, Arora R. Finding the sweet spot: last inpatient glucose and 30-day outcomes. *J Gen Intern Med*. 2019;34(4):510–512.
8. Khambaty M, **Sahni N**. Association of final discharge blood pressure with post-discharge outcomes. *J Gen Intern Med*. 2019;34(8):1373–1375.
9. **Sahni N**, Tourani R, Sullivan D, Simon G. min-SIA: predicting six-month mortality at admission. *J Gen Intern Med*. 2020;35(5):1413–1418.
10. Usher MG, Tourani R, Webber B, Tignanelli CJ, Ma S, Pruinelli L, Rhodes M, **Sahni N**, Olson APJ, Melton GB, Simon G. Patient heterogeneity and the J-curve relationship between time-to-antibiotics and outcomes in bacterial infection. *Crit Care Med*. 2022;50(5):799–809.
11. Dunn R, **Sahni N**. 62-year-old man with abdominal pain. *Mayo Clin Proc*. 2023;98(2):337–341.

Selected presentations — WEDI National Conference, Washington DC (AI in healthcare panel, 2018) · American Society of Hematology National Meeting (2013) · Grand Rounds, University of Minnesota (2015) and Minneapolis VA Medical Center (2017)

STANDING

Licensed California · Oregon · Washington · Minnesota — all active

Record No malpractice claims and no disciplinary actions in nineteen years

Also ACLS and BLS current · Society of Hospital Medicine · American College of Physicians

Private MD is a small membership practice in Folsom. If you would like to talk, call or email and I will get back to you to arrange twenty minutes — no cost, no obligation.