

SHANNON KAREEN CHEFFET, D.O.

PRESENT POSITION

LIFE WELLNESS INSTITUTE & SAN DIEGO SPORTS MEDICINE & FAMILY HEALTH CENTER

Wellness Physician, Internal Medicine & Pediatrics, June 2013 – present

Provide quality patient care in the outpatient setting.

EDUCATION

UNDERGRADUATE: University of California, Davis – B.S. in Microbiology, June 1997

GRADUATE: Western University of Health Sciences – Doctor of Osteopathic Medicine (D.O.), May 2002

POSTGRADUATE: Loma Linda University Medical Center – Combined Internal Medicine/Pediatrics, Aug 2006

SPECIAL TRAININGS: Harvard School of Public Health – Management of Ambulatory Health Centers, June 2009

PROFESSIONAL CERTIFICATIONS

Board Certified, American Board of Internal Medicine – August 21, 2006 – present

Board Certified, American Board of Pediatrics – October 2006 – present

California Osteopathic Medical license

Drug Enforcement Agency

Basic Life support 2001 – present

Advance Cardiac Life Support, 2002 – 2007, 2012 – 2013

Pediatric Advance Life Support, 2002 – 2007

Neonatal Advanced Life Support, 2002 – 2007

PROFESSIONAL EXPERIENCE

FAMILY HEALTH CENTERS OF SAN DIEGO

Physician, Internal Medicine & Pediatrics, August 2011 – May 31, 2013

Provide quality patient care in outpatient community health setting. Perform outpatient procedures including, but not limited to, sutures, incision & drainage, EKG interpretation. Community outreach.

SAN DIEGO INTERNAL MEDICINE ASSOCIATES

Physician, Internal Medicine & Pediatrics, November 2009 – July 2011

Provide quality patient care in outpatient and inpatient setting. Clinical rounds/consultations at Sharp Mary Birch Hospital for Women & Children, Sharp Memorial Hospital, Sharp Mesa Vista Hospital. Perform various outpatient procedures including, but not limited to, sutures, incision & drainage, circumcision, frenotomy, toe-nail removal, EKG interpretation.

MOUNTAIN HEALTH & COMMUNITY SERVICES, INC.

Chief Medical Officer & Physician, Internal Medicine & Pediatrics, March 2007 – November 2009

Supervise 11-13 medical providers and nursing staff for 5 Federally Qualified Health Centers and one School-based clinic. Developed and implemented a quality assurance program and triage protocols. Developed and implemented disease-specific progress notes. Led the team charged with investigating and selecting an electronic health record. Coordinated pandemic influenza response amongst all 5 clinics. Regularly attended Physician's Council meetings with medical directors of other FQHCs. Collaborated with Director of Behavioral Health to support the ideology of integrative health care.

MOUNTAIN HEALTH & COMMUNITY SERVICES, INC.

Chief Medical Officer & Physician, Internal Medicine & Pediatrics, August 2006 – March 2007

Provide quality patient care in outpatient community health setting. Perform various outpatient procedures including, but not limited to, sutures, incision & drainage, EKG interpretation. Participate in local community outreach.

UNIVERSITY OF CALIFORNIA, DAVIS MEDICAL CENTER

Laboratory Assistant II, Dept of Microbiology, Molecular Biology & Cytogenetics, September 1997 – June 1998

ZENECA AGRICULTURAL PRODUCTS, RICHMOND, CALIFORNIA

Microbiologist, July 1997 – September 1997

HONORS AND AWARDS

San Diego Top Doctors - 2016, 2019
Sharp Healthcare Guardian Angel (twice) – 2010
Internal Medicine-Pediatrics Resident of the Year, 2006
Pediatric Resident Teacher of the Year, 2003
Neonatal Intensive Care Unit, Intern of the year 2003
Rotary Club Community Service Award, 20000
Excellence in Research Award, 28th Annual Student Medical Research Forum, 2000
National Health Service Corps Scholarship, 1999, 2000, 2001
Summer Anatomy Prep Program Teaching Assistant Award, 2000
Grossmont Hospital Auxiliary Scholarship, 1993, 1998, 1999, 2000

COMMITTEE MEMBERSHIPS

Osteopathic Physician & Surgeons Membership Committee – 2020 to present
Physician Council, Council of Community Clinics, March 2006 – November 2009

PRESENTATIONS

“Day at the Capital,” appointed spokesperson and physician representative for the Council of Community Clinics, spoke with senators regarding budget cuts and long-term effects on health care for the underserved. 2008, 2009
Fox News interview, Council of Community Clinics spokesperson, budget cut effects on mental/medical health care
“Pandemic Flu: The Virus that Could Change the World,” Fred Friendly Seminars, Panel Speaker - June 2007

COMMUNITY SERVICE

National Charity League – March 2020 - present
Volunteered to perform sports physicals for various high schools in the area, 2013-present
Ready, Set, Grow Kids Health Fair, March 2008, May 2009, Committee Chair/Founder
Kids Care Fest – Sharp Grossmont Hospital, September 2007, September 2011
Facilitator - training Loma Linda University medical students on Medical Response to Terrorism, July 2006
Medical Staff – Camp Chinnock, Camp for Children with Diabetes, July 2005
Volunteer at emergency Medical Clinic for victims of San Bernardino Fires, October 2003
Pomona Community Health Action Team Committee Member, 1999-2000

PROFESSIONAL MEMBERSHIPS

Osteopathic Board of California Medical Expert – 2020 to present
Osteopathic Physicians and Surgeons 2006 – present
American Academy of Pediatrics, 2002-2007 and 2012 - present
American College of Physicians, 2002-2007, 2018 - present

RESEARCH INTERESTS

2006 – Case report on iatrogenic hyperglycemia and intracranial hemorrhage in neonates
2000 – Abstract presentation, *Restenosis of Coronary Arteries: Relationship to Chlamydia pneumonia antibody titer*

HOBBIES

Hiking, Paddle boarding, reading, music, running, yoga, wood refinishing, soccer (playing and coaching children), scrapbooking, paddle-boarding, kayaking, travel, camping, SCUBA-certified.