

Aaron Olden, MD

Email: aaron@mindfulmed.com

Website: <http://www.mindfulmed.com>

CURRENT POSITIONS

Physician Owner, Mindful Medicine Rochester PLLC

Consultant / Peer Reviewer Empire State Medical, Scientific, and Educational Foundation

EDUCATION

Medical Acupuncture, Helms Medical Institute, 300 hours 2018

M.S., Clinical Investigation

University of Rochester, Department of Community and Preventative Medicine 2010

Palliative Care Fellowship

University of Rochester, Strong Memorial Hospital, Center for Ethics, Humanities and Palliative Care 2007 – 2008

Chief Resident, Internal Medicine

University of Rochester, Strong Memorial Hospital, Department of Medicine 2006 – 2007

Internal Medicine Resident

University of Rochester, Strong Memorial Hospital, Department of Medicine 2003 – 2006

M.D.

University at Buffalo School of Medicine and Biomedical Sciences 1999- 2003

B.A. Biology, Magna Cum Laude, University of Rochester

1995- 1999

ACADEMIC APPOINTMENTS

Clinical Assistant Professor of Medicine, University of Rochester 2013 – 2019

CERTIFICATIONS

Board Certified, Internal Medicine (ABIM)

Initial Certification 8/2006, Recertified 10/2016 – 12/2026

Board Certified, Hospice and Palliative Medicine

Initial Certification 10/2008, Recertified 11/2018- 11/2028

AWARDS AND GRANTS

Rochester Business Journal 40 under 40, 2017

PREVIOUS POSITIONS

Physician and Medical Director, Palliative Care, Lifetime Home Care and Hospice 2014-2019

Physician and Division Chief, Palliative Medicine, Unity Health System, Rochester, NY 2010-2014

COMMUNITY SERVICE / BOARD ACTIVITY

ABIM Hospice and Palliative Board Exam Standard Setting Panel 2020

Member, Board of Directors, East House 2017 – 2021

Medical Advisor, Shepherd Home Comfort Care Home 2014 – 2015

LEADERSHIP/TEACHING EXPERIENCE

Faculty Member, URMCC Palliative Care Fellowship, Rochester, NY 2010 – 2019

Faculty Member, Unity Hospital Internal Medicine Residency, Rochester, NY 2010 – 2013

Chair, Joint Commission Workgroup – Unity Palliative Care, Rochester, NY 2012 – 2013

Master Clinician Rounds, University of Rochester School of Medicine, Rochester, NY 2006 – 2009

PUBLISHED PAPERS (PEER REVIEWED)

Olden, AM, Quill, TE, Holloway, R, Ladwig, S, van Wijngaarden, E. Palliative Care Needs and Symptom Patterns of Hospitalized Elders Referred for Consultation. *Journal of Pain and Symptom Management*. 2011; 42(3): 410-8

Olden AM, Holloway R. Treatment of Malignant Pleural Effusion: PleuRx® Catheter or Talc Pleurodesis? A Cost Effectiveness Analysis. *J Palliat Med*. 2010; 13(1): 59-65.

Olden AM, Quill TE, Bordley D, Ladwig S. Evaluation of a Required Palliative Care Rotation for Internal Medicine Residents. *J Palliat Med*. 2009;12(2):150-4

BOOKS/BOOK CHAPTERS

Quill TE, Bower, K, Holloway R, Shah MJ, Caprio T, **Olden AM**, Storey P (Eds.) Primer of Palliative Care, 6th Edition. Chicago: American Academy of Hospice and Palliative Medicine Press, Revised 2014.

Quill TE, Holloway R, Shah MJ, Caprio T, **Olden AM**, Storey P (Eds.) Primer of Palliative Care, 5th Edition. Chicago: American Academy of Hospice and Palliative Medicine Press, Revised 2010.

Olden AM, Quill TE “Palliative Care for Heart Failure Patients,” in Manual of Heart Failure Management. Bisognano, JD et al, eds. Springer, April 2009.

EDITORIAL PANELS

Associate Editor, PC-FACS (Fast Article Critical Summaries for Clinicians in Palliative Care), 2012-2015.

INVITED ABSTRACTS/WRITINGS

Olden, AM

“Healthcare at a Tipping Point” *WNY Physician*. 2021: Volume 5.

Olden, AM. Foreword: “Death and Other Signs of Life – Teaching Teens to Be There with the Dying.” Film Companion by Robert Kane.

Olden, AM. “Integrating Palliative care and Oncology.” *WNY Physician*. 2013: Volume 5.

Caprio TV, **Olden AM**, McKee MM. Nursing Home Provider Survey on End-of-Life Care: An Educational Needs Assessment. *J Am Geriatr Soc* 2011; 59(s1)181.

Olden A, Quill TE, Ladwig S. End of Life Care and MOLST Completion. *J Am Geriatr Soc* 2007, 51 (s1): S159-160. Presented at American Geriatrics Society National Meeting, 2009.

Olden AM, Quill TE, Bordley D, Ladwig S. Evaluation of a Required Palliative Care Rotation for Internal Medicine Residents. Presented at American Geriatrics Society National Meeting, 2008.

HONORS AND ACHIEVEMENTS

T. Franklin Williams Award in Geriatrics, May 2005

Phi Beta Kappa, University of Rochester, May 1999

INVITED LECTURES – ACADEMIC AND COMMUNITY

Chronic Pain Management Panel – Family Medicine Residency Program

Highland Family Medicine, January 2023

“Curiosity, Resilience, and Awareness: Preventing Burnout”

AMWELL Health Care Company, June 2021

“Mindful Medicine, Stress, and Acupuncture”

Episcopal Senior Life, December 2019

“Medical Acupuncture 101”

Jewish Senior Life Lunchtime Lecture, September 2019

“Palliative Care, Hospice, and the Pharmacist”

Wegmans School of Pharmacy. PHAR 3218 - Introduction to Diversity, April 2018

“Palliative Care, Hospice, and the Pharmacist”

Wegmans School of Pharmacy. PHAR 3218 - Introduction to Diversity, April 2017

“Being Mortal: Medicine and What Matters in the End”

Community Lecture/Video Viewing sponsored by Lifetime Care, March 2017

“Home Hospice vs. Home Palliative Care – Myths and Misconceptions.” Panelist, Fourth Annual Palliative Care Collaborative of Rochester Symposium, URMC, October 2016

“Medication Challenges in Hospice and Palliative Care: A Case-Based Presentation”

St. John Fisher Wegmans School of Pharmacy, PHAR 5119- Introductory Practice Experience III, September, 2016.

“Palliative Care: Transforming the Care of Serious Illness”

Community Lecture sponsored by Lifetime Care, April, 2016

“Palliative Care, Hospice, and the Pharmacist”

Wegmans School of Pharmacy. PHAR 3218 - Introduction to Diversity, April 2016

“Complementary Therapies in Palliative Care: A Panel Discussion”

Panelist, Third Annual Palliative Care Collaborative of Rochester Symposium, URMC, November 2015

“Medication Challenges in Hospice and Palliative Care: A Case-Based Presentation”

St. John Fisher Wegmans School of Pharmacy, PHAR 5119- Introductory Practice Experience III, October, 2015

“Integrating Palliative Care and Speech Language Pathology”

Lecture for Speech Language Graduate Program, Nazareth College. CSD 611, June, 2015

“Palliative Care – Living with Metastatic Breast Cancer”

Breast Cancer Coalition of Rochester 12th Annual Advanced Breast Cancer Seminar, April 24, 2015

“Mindfulness in Health Care” – Evening Lecture

Lifetime Hospice Volunteers, April 2015

“Palliative Care, Hospice, and the Pharmacist”

Wegmans School of Pharmacy. PHAR 3218 - Introduction to Diversity, April 2015

“Yoga and Marijuana – Not Just for Hippies!”

Second Annual Palliative Care Collaborative of Rochester Symposium, URMC, November 2014

Medication Challenges in Hospice and Palliative Care: A Case-Based Presentation”

St. John Fisher Wegmans School of Pharmacy, PHAR 5119- Introductory Practice Experience III, October, 2014

“Palliative Care, Hospice, and the Pharmacist”

Lecture for First-Year Pharmacy Students, St. John Fisher Wegmans School of Pharmacy.
PHAR 3218 - Introduction to Diversity, April 2014

“Integrating Palliative Care and Speech Language Pathology”

Lecture for Speech Language Graduate Program, Nazareth College. CSD 611, February 2014

“Complementary and Alternative Medicine in Palliative Care: ‘What is the Evidence?’”

First Annual Palliative Care Collaborative of Rochester Symposium, URMC, November 2013

“Palliative Care, Hospice, and Complimentary Medicine”

American Cancer Society “I Can Cope” Group – Community Lecture, October 2013

“Dynamics of Patient Care: Who is Running the Show?”

Department of Medicine Grand Rounds, Unity Hospital, September 2012

“Palliative Care for Cardiology Patients”

Department of Medicine, Unity Hospital – Cardiology Morning Report, February 2012

“Palliative Care and Hospice”

American Cancer Society “I Can Cope” Group – Community Lecture, May 2011

“Back to the Basics: Pain Management Pearls”

Department of Medicine Grand Rounds, Unity Hospital, March 2011

“A Case of Newly Diagnosed HIV and an Associated Complication”

Department of Medicine Grand Rounds, URMC, May 2007

LICENSE/ NPI

New York State License 239654-1

NPI 1225086440