

# ENA TYCHUS, M.D.

Edgewater, MD

Day: (301) 636-0620 | Mobile: (202) 487-6400

Email: enatychus@gmail.com

## CORE COMPETENCIES

- Internal Medicine & Primary Care
- Peer Review, Quality Assurance & Clinical Governance
- Patient Safety & Quality of Care
- Utilization Management
- Strategic Planning & Execution
- Quality Metrics Optimization (HEDIS, CMS 5-Star Ratings)
- Performance Improvement & Risk Reduction
- Clinical Operations Leadership
- Training, Mentoring & Workforce Development
- Healthcare Administration & Multi-Site Operations
- Physician Well-being & Burnout Prevention
- Business Development & Client Relations

## PROFESSIONAL EXPERIENCE

### Founder & Physician

#### GETMED Companies – Private Practice & Consultancy

04/2024 – Present

- Established and lead a private medical practice providing internal medicine care, preventive health, and health systems consulting.
- Advise hospitals, healthcare institutions, and government agencies on strategies to improve quality metrics, patient safety, service culture, and workforce development.
- Deliver training programs for physicians, nurses, and healthcare leaders on **patient experience, leadership, and physician well-being.**

- Provide expert insight into international healthcare systems, including U.S., U.K., and sub-Saharan African models.

### **Chief of Medicine**

#### **Mid-Atlantic Permanente Medical Group, P.C. (MAPMG) – DC & Maryland**

08/2019 – 12/2023

- Directed a team of 190+ physicians across 13 centers, overseeing clinical and operational performance to ensure high-quality, efficient care.
- Managed a department budget exceeding \$20M; aligned utilization strategies with fiscal stewardship to maintain outcomes and access.
- Led quality improvement initiatives that improved outcomes and patient satisfaction, contributing to Medicare **5-Star ratings**.
- Implemented utilization management strategies to optimize patient access, reduce unnecessary admissions, and improve efficiency.
- Spearheaded leadership development and recruitment initiatives, ensuring a strong physician leadership pipeline.
- Developed transformational initiatives to elevate patient experience.

### **Peer Review Lead (Concurrent with Chief of Medicine)**

#### **MAPMG – DC & Maryland**

08/2019 – 12/2023

- Led the **physician peer review process** across multiple centers, ensuring objective, evidence-based evaluation of care quality and adherence to standards of care.
- Chaired multidisciplinary peer review meetings; coordinated **case selection, root-cause analysis**, and closed-loop action plans.
- Partnered with Risk Management, Credentialing, and Medical Staff leadership on **corrective action plans, remediation, and education** while upholding due process and confidentiality.
- Standardized documentation quality expectations; developed feedback tools and **education for physicians** on documentation, guideline adherence, and patient safety practices.
- Monitored trends (diagnostic delays, medication safety, handoffs) and drove **targeted performance improvement** projects that reduced variation and elevated quality metrics.

### **Assistant Chief of Medicine**

#### **MAPMG – Largo & Hyattsville, MD**

09/2017 – 08/2019

- Oversaw multiple medical centers, improving workflows and physician engagement.
- Authored a Mentor-Mentee Onboarding Manual aligning new physicians with quality and utilization objectives.
- Represented MAPMG at professional and community forums, strengthening partnerships and patient engagement.

### **Quality Champion**

#### **MAPMG – DC & Maryland**

04/2016 – 05/2019

- Led initiatives in **hypertension and diabetes care**, achieving national recognition as **#1 in the U.S.** for multiple HEDIS metrics.
- Designed evidence-based strategies that improved outcomes and reduced readmissions.

### **Module Lead, Internal Medicine**

#### **MAPMG – Largo, MD**

03/2014 – 08/2017

- Supervised a team of 25+ physicians in the Internal Medicine Department.
- Oversaw quality initiatives and clinical adherence to best practices.
- Conducted physician performance reviews and provided mentorship.

### **Physician, Internal Medicine**

#### **MAPMG – Largo, MD**

08/2012 – 12/2023

- Provided comprehensive primary care to a panel of over 2,000 patients.
- Achieved superior quality outcomes in chronic disease management and preventive screening.
- Earned multiple recognitions for excellence in patient care and satisfaction.

## EDUCATION

### **Harvard University, Cambridge, MA**

Executive Education: *Leading Through Strategic Change Initiatives* (2024)

### **Georgetown University Hospital/Washington Hospital Center, Washington, DC**

Residency: *Internal Medicine* (2012)

### **Howard University College of Medicine, Washington, DC**

Doctor of Medicine (2009)

### **Howard University, Washington, DC**

Bachelor of Science, Biology/Chemistry (2006) – *Summa Cum Laude*

## NOTABLE RECOGNITIONS

- **U.S. Top Doctors**
- **Washingtonian Magazine – Top Doctor**
- Recognized for excellence in **patient safety, quality improvement, and clinical leadership**