

# MAARIJ BAIG, D.O. M.S.

🏠 Reston, Virginia | 📞 (703) 409-7121 | ✉️ [Baig.Maarij@gmail.com](mailto:Baig.Maarij@gmail.com)

Critical Care Intensivist board certified in Critical Care Medicine and Internal Medicine. Practiced in stabilization of the critical patient with strong ultrasound and procedural skills including endotracheal intubation, bronchoscopy, lumbar puncture, ventilation management, procedural sedation, and placement of central venous catheters, chest tubes, arterial lines, and midline catheters.

## Education and Training

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- 7/2021-6/2023 **Critical Care Medicine Fellowship**  
Rutgers NJMS | Newark, NJ
- 7/2017 - 6/2020 **Internal Medicine Residency**  
Inspira Medical Center | Vineland, NJ
- 8/2013 - 5/2017 **Doctor of Medicine**  
Philadelphia College of Osteopathic Medicine | Philadelphia, PA
- 8/2011 - 5/2013 **Master of Science in Biomedical Sciences**  
Philadelphia College of Osteopathic Medicine | Philadelphia, PA
- 8/2007 - 5/2011 **Bachelor of Science in Mathematics**  
University of Mary Washington | Fredericksburg, VA

## Licensure

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Maryland (Active), Exp 9/2026  
Washington D.C. (Active), Exp 1/2027  
Virginia, Exp 1/2024  
New Jersey, Exp 6/2023

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DEA Registration, Exp 7/2026

## Certifications

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American Board of Internal Medicine,  
Critical Care Medicine, 2023  
Internal Medicine, 2021

ACLS Certification, Exp 7/2025  
BLS Certification, Exp 7/2025

## Professional Experience

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- 08/2023-Present **Intensivist, ICU Assistant Medical Director**  
MedStar Southern Maryland Hospital Center | Clinton, Maryland  
Manage critically ill patients in the mixed medical and surgical ICU, leading multidisciplinary teams, performing procedures, and supervising advanced practice providers (APP). Emphasize skills in critical thinking, decision-making under pressure, communication, and collaboration amongst colleagues. As the Assistant Medical Director, I provide leadership to the medical staff, clinical oversight, administrative support, and ensure adherence to medical standards and protocols to optimize high-quality patient care.
- 11/2020-07/2023 **Medical Hospitalist PRN**  
Inova Health Network - Mt. Vernon | Alexandria, VA  
Provided in house coverage of general medical floors including post-operative orthopedic and psychiatric floors. Held an average census of 16 patients per shift plus up to two additional admissions per shift. Provided cross coverage for medical ICU overnight including ICU admissions, procedures, RRTs and codes. Supervised at least one advanced practitioner (APN) per shift.
- 10/2020-5/2021 **Medical Hospitalist**  
Spotsylvania Regional Medical Center | Spotsylvania, VA  
Provided in house coverage of general medical floors including post-operative orthopedic and psychiatric floors. Held an average census of 20 patients per shift plus up to two additional admissions per shift. Functioned as physician lead during RRTs and codes.

**07/2019– Chief Medicine Resident**

06/2020 Inspira Health Network| Vineland, NJ

Served as the Chief Medicine Resident for the Internal Medicine Residency Program of Inspira Health Network. Created yearly and block schedules for the entirety of the program. Oversaw medical education for the residents and medical students. Initiated block scheduling and a jeopardy system to balance mental health and promote successful board pass results.

## Professional Society Memberships & Conferences

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- 2019, 2020, 2023, 2025 Society of Critical Care Medicine Congress 2023 - Attendee & Presenter  
 2021, 2022 American College of Chest Physicians 2021- Attendee & Presenter  
 2018, 2019 Cooper Critical Care Conference - Attendee  
 2017 Fundamental Critical Care Support (FCCS) - Attendee

## Publications

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Baig, M., Juneja, P., Baig, N., Ray, K. "A Rare Case of Hypokalemic Periodic Paralysis While Undergoing Treatment for Addison's Disease," CHEST, 2021, Oct; 160(1): doi: <https://doi.org/10.1016/j.chest.2021.07.897>

Kazim, K., Juneja, P., Baig, M., Gulati, U., Kanoff, J. "A Rare Case of Lemierre's Syndrome Causing Septic Emboli and Empyema Requiring Bilateral Thoracotomy," CHEST, 2020, Oct; 158(4): doi: <https://doi.org/10.1016/j.chest.2020.08.477>

Baig, M., Redinski, J., Gerber, D., Cole, R. "Procalcitonin Levels and Incidence of Positive Blood Cultures in Sepsis and Septic Shock," *Critical Care Medicine*, 2020, Jan; 48(1): doi: 10.1097/01.ccm.0000626308.28611.ec.

Baig, M., Zheng, L., Farmer, A. "Severe Hyperbilirubinemia: A Rare Complication of Lyme Disease," *Case Reports in Gastrointestinal Medicine*, 2019, Dec; doi:10.1155/2019/2762389.

Baig, M., Love, M., Phelan, D., Cho, E., McGuinness, M.. Changes in cytoplasmic calcium in endothelial cells and monocytes treated with estrogen. *The Official Journal of the Federation of American Societies for Experimental Biology*. 2014, Apr; 28(1): 1.

## Presentations

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A Case of Abdominal Compartment Syndrome presented at Society of Critical Care Medicine NJ Chapter Meeting; Millburn, NJ (October 2022)

Commonly Used Drugs in the ICU presented at Rutgers New Jersey Medical School; Newark, NJ (September 2022)  
 Plasma-Lyte 148 versus Saline (PLUS) Study presented at Journal Club; Newark, NJ (June 2022)

Left Ventricular Outflow Tract Volume Time Integral presented at: Ultrasound Conference; Newark, NJ (May 2022)

Short-Term Mechanical Circulatory Support Devices presented at: Case Conference; Newark, NJ (March 2022)

*A Rare Case of Hypokalemic Periodic Paralysis While Undergoing Treatment for Addison's Disease*  
 Poster presented at: CHEST 2021 Annual meeting, Orlando, FL (October 2021)

*An Atypical Case of Cold Agglutinin Disease Presenting with IgG Hemolytic Anemia and Pulmonary Emboli*  
 Poster presented at: Inspira Health Network Research Day; Vineland, NJ (May 2020)

*Procalcitonin Levels and Incidence of Positive Blood Cultures in Sepsis and Septic Shock* Poster presented at: SCCM 49<sup>th</sup> Critical Care Congress, Orlando, FL (February 2020)

*Morbidity and Mortality* presented at: Multidisciplinary Conference; Vineland, NJ (December 2019)

Perioperative Medicine- Management and Recommendations Oral Presentation presented at: Noon Lecture; Vineland, NJ (July 2019).

*Procalcitonin Levels and Incidence of Positive Blood Cultures in Sepsis and Septic Shock* Poster presented at: Inspira Health Network Research Day; Vineland, NJ (May 2019)

*A Rare Case of Direct Hyperbilirubinemia Caused by Lyme Disease*  
Poster presented at: Inspira Health Network Research Day; Vineland, NJ (May 2019)

Coronary Artery Disease- Diagnosis, Management, Complications Oral Presentation presented at: Noon Lecture; Vineland, NJ (May 2019)

Diseases of the Aorta/Peripheral Arterial Disease- Diagnosis, Management, Complications Oral Presentation presented at: Noon Conference; Vineland, NJ (April 2019)

Oral versus Intravenous Antibiotics for Bone and Joint Infections (OVIVA) Trial Oral Presentation presented at: Journal Club; Vineland, NJ (February 2019)

Psychotic Disorders Oral Presentation presented at: NEJM Review Article Noon Conference; Vineland, NJ (January 2019)

Complex Case- Hyperbilirubinemia Oral Presentation presented at: Complex Case Rounds/Noon Conference; Vineland, NJ (October 2018)

Geriatric Medicine and Men's Health Oral Presentation presented at: Noon Conference; Vineland, NJ (October 2018)

Diuretic Treatment in Heart Failure Oral Presentation presented at: NEJM Review Article; Vineland, NJ (February 2018)

Physiological Approach to Assessment of Acid-Base Disturbances Oral Presentation presented at: NEJM Review Article/Noon Conference; Vineland, NJ (November 2017)

Clinical Practice Guideline on Diagnosis and Treatment of Hyponatremia Oral Presentation presented at: Journal Club; Vineland, NJ (July 2017)

*Changes in cytoplasmic calcium in endothelial cells and monocytes treated with estrogen* Poster presented at: Experimental Biology ASPET; San Diego, CA (April 2014)