

Karen A. Richardson, MD, Emergency and Functional Medicine Physician, with St. Michael's Elite Hospital

Get to know Emergency and Functional Medicine Physician Dr. Karen A. Richardson, who serves patients in Texas.



New York City, New York Mar 14, 2024 ([IssueWire.com](https://www.IssueWire.com)) - Dr. Richardson, a seasoned emergency physician, manages a wide range of acute conditions and injuries within the emergency room at St. Michael's Elite Hospital in Sugar Land, Texas, where she serves as the Medical Director of the Emergency Department.

Concurrently, Dr. Richardson holds the esteemed position of Medical Director at OptimalMD in Katy, contributing a wealth of clinical expertise and leadership skills to the talented team. With over two decades of experience spanning emergency medicine and family practice, she has cultivated a holistic approach to healthcare, one that closely aligns with functional medicine and primary care.

A trailblazer in healthcare innovation, OptimalMD blends the power of telemedicine with the first principles of functional medicine to deliver an Optimal Standard of Care. Leveraging her extensive background, Dr. Richardson navigates the complexities of healthcare effectively, shaping innovative and patient-centric services at OptimalMD. She is particularly passionate about addressing the root causes of diseases, aligning perfectly with OptimalMD's approach to healthcare.

Motivated by her father's struggle with severe Crohn's disease, enduring TPN treatment for over three decades, Dr. Richardson was inspired to pursue a career in medicine. She obtained her Medical Degree from McGovern Medical School at UTHealth Houston in 1996, followed by a residency in family medicine at Memorial Hermann Health System from 1996 to 1999, where she also served as Chief Resident.

After completing her residency, Dr. Richardson began her hands-on experience in family medicine at Sugar Land Family Physicians, marking the beginning of her successful journey in the medical field. Her extensive experience has encompassed various pivotal roles, most notably as the President of Rose-Rich EM Physicians, a democratic partnership with nine partners and 21 physicians, for 10 years. In this role, she navigated both administrative and full-time clinical responsibilities, reflecting her versatility and commitment to healthcare.

Simultaneously, Dr. Richardson served as Assistant Medical Director at OakBend Medical Center for 14 years, further strengthening her administrative and clinical acumen.

Board certified in family medicine, the doctor is recognized as a Diplomate of the American Board of Family Medicine (ABFM). The ABFM is a non-profit, independent medical association of American physicians who practice in family medicine and its sub-specialties.

Emergency medicine, also known as accident and emergency medicine, is the medical specialty concerned with the care of illnesses or injuries requiring immediate medical attention. An emergency physician is a physician who works in an emergency department to care for acutely ill or injured patients. They care for unscheduled and undifferentiated patients of all ages.

Having personally confronted critical illnesses affecting her own children, including battles with brain cancer, eosinophilic duodenitis, and Celiac disease, Dr. Richardson possesses a unique empathy towards medicine from a patient's standpoint. These experiences have deepened her commitment to delivering exceptional medical care, both scientifically and emotionally.

On the frontline of the COVID-19 pandemic, Dr. Richardson's outstanding leadership and dedication to providing uncompensated COVID-19 care have earned her notable recognition and awards. Her passion for treating patients with genuine care and meticulous attention to detail extends beyond managing complex critical medical conditions and emergency procedures; she also delves into the study of functional medicine, offering lasting benefits to patients long after their visits to the emergency room.

Attributing her success to her faith in God, Dr. Richardson emphasizes the belief that there is something greater than us guiding and shaping our paths. Reflecting on her father's doctor, Dr. Stanley Dudrick, the pioneering surgeon in total parenteral nutrition, she acknowledges his profound influence on her

path.

In her personal life, Dr. Richardson resides in Richmond, Texas, where she enjoys spending time with her family. Delving into the realm of literature, her top pick is *Mere Christianity* by C. S. Lewis. On a more academic side, her pick is *One Disease: Redox Imbalance: How Stress Becomes Disease (The Redox Health Series)*, and her preferred professional publication is Nature.

Learn More about Dr. Karen A. Richardson:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/1453677-Karen-Richardson-Emergency-Physician>, through St. Michael's Elite Hospital, <https://24hrer.com/about/leadership/karen-richardson-md-medical-director/> or through OptimalMD, <https://www.optimal.md/clinical-team>

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