

Dr. Ana Coutinho

Anastasia Coutinho, MD MHS is a full-scope family physician, educator, and community researcher. At La Clinica de la Raza, she provides comprehensive primary care to patients of all ages, as well as inpatient obstetrics and independent abortion care. She loves learning about her patients' lives, recognizes how social structures influence patient's health, and works to create plans that acknowledge these structures. Additionally, Dr. Coutinho works at the Lifelong Medical Center Family Medicine Residency, precepting and leading their longitudinal quality improvement curriculum. In her research, she examines the structure of graduate medical education and how this impacts the scope and quality of primary care provided to patients. Throughout all these domains of her professional life, Dr. Coutinho recognizes the impact that professional wellness has. She serves as the La Clinica Chief of Provider Experience, is involved in research surrounding burnout interventions in residency, and sits as a community member on the Alameda and Contra Costa Medical Association Wellness Committee. Dr. Coutinho strongly recognizes that without the health and wellbeing of those within the system of medicine, the quality of care given to patients is compromised. She is a strong advocate for health systems redesign to improve both patient and provider experiences.

Dr. Coutinho earned her medical degree from the University of Vermont College of Medicine and completed her residency training at the Santa Rosa Family Medicine Residency.