



Nigel Girgrah, MD

Chief Wellness Officer, Ochsner Health

Medical Director, Liver Transplant Program, Ochsner Medical Center

Dr. Nigel Girgrah is the Chief Wellness Officer at Ochsner Health, where he leads the Office of Professional Well-Being in advancing a system-wide strategy to enhance physician and healthcare workforce fulfillment. His work focuses on improving practice efficiency, strengthening personal resilience, and fostering an organizational culture that prioritizes provider well-being as a cornerstone of high-quality care.

In this role, Dr. Girgrah is at the forefront of designing and implementing initiatives that address burnout, support professional engagement, and promote sustainable clinical practice. His leadership emphasizes the integration of operational excellence with human-centered approaches to ensure that healthcare professionals can thrive in increasingly complex care environments.

In addition to his leadership in workforce well-being, Dr. Girgrah serves as Medical Director of the Liver Transplant Program at Ochsner Medical Center. In this capacity, he oversees a highly specialized clinical program dedicated to delivering advanced, life-saving care to patients with end-stage liver disease, while maintaining a strong focus on multidisciplinary collaboration and clinical outcomes.

Dr. Girgrah's professional mission centers on aligning healthcare system performance with the well-being of those who deliver care, recognizing that resilient, supported clinicians are essential to achieving excellence in patient outcomes and organizational success.

