Stanford



Meera Sheffrin

Clinical Associate Professor, Medicine - Primary Care and Population Health

CLINICAL OFFICE (PRIMARY)

- **Stanford Senior Care**

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Bio

BIO

Dr. Meera Sheffrin is a geriatrician and the Medical Director of the Stanford Senior Care Clinic and Home-Based Senior Care Clinic. As a primary care physician for older adults, she is fellowship-trained in Geriatric Medicine and is passionate about caring for individuals with cognitive impairment and dementia in various settings, including the clinic, home, and end-of-life care. Her academic interests include dementia care, geriatric education, and home care medicine. Dr. Sheffrin is a Fellow of the American Geriatrics Society, a distinguished group of geriatrics experts recognized for a deep commitment to advancing high-quality, person-centered care for older adults. Additionally, she serves on the national American Geriatrics Society Ethnogeriatrics Committee and the National Society of General Internal Medicine Geriatrics Commission.

CLINICAL FOCUS

- Geriatrics
- Internal Medicine

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Medicine - Primary Care and Population Health

ADMINISTRATIVE APPOINTMENTS

- Medical Director, Stanford Senior Care clinic, Stanford Healthcare, (2020- present)
- Medical Director, Stanford Home-Based Senior Care program, Stanford Healthcare, (2019- present)
- Interim Clinical Co-Chief, Section of Geriatric Medicine, Stanford University School of Medicine, (2023-2024)
- Interim Medical Director, Transitions of Care Program, Stanford Health Care, (2023-2024)

HONORS AND AWARDS

- Fellow of the American Geriatrics Society, American Geriatrics Society (2025)
- Innovations in Care Award, Stanford Health Care (2023)
- Stanford Primary Care and Population Health Division Faculty of the Year Award, Stanford University School of Medicine (2020)

- SGIM Annual Meeting Best Geriatrics Poster Award, Society of General Internal Medicine (2014)
- Charles Dorsey Armstrong Award for Clinical Excellence in Caring for Patients by a Senior Resident, Stanford University School of Medicine (2013)
- Julian Wolfshon Award for Outstanding Performance in Internal Medicine and Neurology, Stanford University School of Medicine (2012)
- UCSF Geriatrics Scholarship Award, University of California, San Francisco (2011)
- Alpha Omega Alpha, University of Pittsburgh School of Medicine (2009)
- Gold Humanism Honor Society, Charles G. Watson Chapter (2009)
- Morris H. and Gertrude M. Harris Foundation Merit Scholarship, University of Pittsburgh School of Medicine (2007- 2009)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Ethics Committee, Stanford Health Care (2020 - present)
- Ethnogeriatrics Committee, American Geriatrics Society (2022 - present)
- Geriatrics Commission, Society of General Internal Medicine (2019 - present)
- Vaccine Ambassador, American Geriatrics Society Vaccine Initiative (2023 - present)

PROFESSIONAL EDUCATION

- Fellowship, University of California, San Francisco , Geriatric Medicine (2016)
- Masters, University of California, San Francisco , Masters of Advanced Studies in Clinical Research (2015)
- Residency, Stanford Medicine Internal Medicine Residency , Internal Medicine (2013)
- Medical Education, University of Pittsburgh School of Medicine (2010)
- Undergraduate, Wellesley College (2006)

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Geriatric education

Implementation and evaluation of home-based care

Improving care for older adults with dementia

Teaching

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Geriatric Medicine (Fellowship Program)

Publications

PUBLICATIONS

- **Surveillance Mammography and Second Primary Breast Cancer Diagnosis Among Older Women With a History of Breast Cancer.** *JAMA internal medicine*
  Richman, I. B., Long, J. B., Lindsay, M. E., Sheffrin, M., Berger, E. R.
  2026
- **LONG TERM OUTCOMES OF SURVEILLANCE MAMMOGRAPHY AMONG OLDER WOMEN WITH A HISTORY OF BREAST CANCER**
  Richman, I., Lindsay, M. E., Sheffrin, M., Long, J. B., Epstein, E., Berger, E.
  SPRINGER.2025: S628
- **Diagnostic yield of surveillance mammography among older women.** *Journal of the National Cancer Institute*
  Richman, I. B., Lindsay, M. E., Long, J. B., Epstein, E., Sheffrin, M., Berger, E. R.

2025

- **WHAT MAKES FOR SUCCESS: EXPLORING CAREER TRANSITIONS IN ACADEMIC CLINICIAN EDUCATORS**
  Hui, F., Sheffrin, M., Lorenz, K., Brown-Johnson, C.
  SPRINGER.2024: S644-S645

- **Use of surveillance mammography among older patients with a history of breast cancer.** *Journal of geriatric oncology*
  Berger, E., Long, J. B., Sheffrin, M., Lindsay, M., Richman, I. B.
  2023: 101686

- **Caregiver Experiences Participating in a Home-Based Primary Care Program: A Pragmatic Evaluation Including Qualitative Interviews and Quantitative Surveys.** *Journal of applied gerontology : the official journal of the Southern Gerontological Society*
  Kling, S. M., Lessios, A. S., Holdsworth, L. M., Yefimova, M., Wu, S., Martin, M., Sheffrin, M., Winget, M.
  2023: 7334648231176380

- **Patterns of Mammographic Surveillance in Women with Elderly Breast Cancer**
  Berger, E., Long, J., Sheffrin, M., Proussaloglou, E., Greenup, R., Richman, I.
  SPRINGER.2023: S293-S294

- **"It Isn't the Same": Experiences of Informal Caregivers of Older Adults Enrolled in a Home-Based Senior Care Program During COVID-19.** *Journal of gerontological nursing*
  Humber, M. B., Yefimova, M., Lessios, A. S., Trivedi, R. B., Sheffrin, M., Martin, M.
  2023; 49 (3): 19-26

- **Home-Based Primary Care for Older Adults: Matched Case-Control Evaluation of Program's Impact on Healthcare Utilization** *HOME HEALTH CARE MANAGEMENT AND PRACTICE*
  Kling, S. M. R., Garvert, D. W. W., Lessios, A., Yefimova, M., Martin, M., Sheffrin, M., Winget, M.
  2023

- **Geriatric update 2022: Preventing Alzheimer disease and more.** *Cleveland Clinic journal of medicine*
  Morgan-Gouveia, M., Drago, K., Harris, P., Sheffrin, M.
  2022; 89 (11): 617-624

- **Barriers to Telemedicine Video Visits for Older Adults in Independent Living Facilities: Mixed Methods Cross-sectional Needs Assessment.** *JMIR aging*
  Mao, A., Tam, L., Xu, A., Osborn, K., Sheffrin, M., Gould, C., Schillinger, E., Martin, M., Mesias, M.
  2022; 5 (2): e34326

- **Identifying and categorizing spurious weight data in electronic medical records.** *The American journal of clinical nutrition*
  Chen, S. n., Banks, W. A., Sheffrin, M. n., Bryson, W. n., Black, M. n., Thielke, S. M.
  2018; 107 (3): 420–26

- **Methods Employed to Assess Weight Loss in Older Adults by Means of Electronic Medical Records: A Systematic Review.** *Journal of nutrition in gerontology and geriatrics*
  Chen, S., Banks, W. A., Silverman, J., Sheffrin, M., Thielke, S. M.
  2017; 36 (1): 18-30

- **Desire for predictive testing for Alzheimer's disease and impact on advance care planning: a cross-sectional study** *ALZHEIMERS RESEARCH & THERAPY*
  Sheffrin, M., Cenzer, I. S., Steinman, M. A.
  2016; 8

- **Weight Loss Associated with Cholinesterase Inhibitors in Individuals with Dementia in a National Healthcare System** *JOURNAL OF THE AMERICAN GERIATRICS SOCIETY*
  Sheffrin, M., Miao, Y., Boscardin, W. J., Steinman, M. A.
  2015; 63 (8): 1512-1518

- **Pilot Study of Augmentation With Aripiprazole for Incomplete Response in Late-Life Depression: Getting to Remission** *JOURNAL OF CLINICAL PSYCHIATRY*
  Sheffrin, M., Driscoll, H. C., Lenze, E. J., Mulsant, B. H., Pollock, B. G., Miller, M. D., Butters, M. A., Dew, M. A., Reynolds, C. F.
  2009; 70 (2): 208-213

- **Incomplete response in late-life depression: getting to remission.** *Dialogues in clinical neuroscience*
  Lenze, E. J., Sheffrin, M., Driscoll, H. C., Mulsant, B. H., Pollock, B. G., Dew, M. A., Lotrich, F., Devlin, B., Bies, R., Reynolds, C. F.
  2008; 10 (4): 419-430

- **Di-mu-bromo-bis[(methyl isocyanide-kappa C)-(triphenylphosphine-kappa P)silver(I)]** *ACTA CRYSTALLOGRAPHICA SECTION E-STRUCTURE REPORTS ONLINE*
  Olmstead, M. M., Sheffrin, M., Jiang, F. L.
  2004; 60: M1142-M1143