Stanford



Shireen N. Heidari

Clinical Associate Professor, Medicine - Primary Care and Population Health

CLINICAL OFFICE (PRIMARY)

- **Stanford Palliative Medicine**
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Bio

BIO

Shireen Heidari, MD is a palliative care and family medicine physician. She works as part of the hospital and emergency department palliative care teams providing symptom management and support for patients and families facing any stage of a serious illness. Dr. Heidari is the program director for the Stanford Hospice and Palliative Fellowship. She previously served as the clinical lead for the Stanford site of the PERIOP-PC Study, collaborating with the surgical department to evaluate the impact of early palliative care support for patients and family members preparing for major upper gastrointestinal cancer surgery.

Dr. Heidari is also a writer whose pieces about the importance of human connection, tough conversations, and stigma around healthcare workers seeking help for their mental health have been published in The New England Journal of Medicine, The Lancet Respiratory Medicine, CHEST, The Journal of Pain and Symptom Management, and the Intima. She hopes that by sharing her own story, she can continue being part of these conversations as we advocate for culture change in medicine and more sustainable practice.

Before moving to northern California, Dr. Heidari attended medical school at Boston University, completed her residency at UC San Diego where she served as chief resident, followed by palliative fellowship at UCLA. Outside of her clinical and mentorship work, she is likely writing creatively or outside with her husband chasing their dogs. She is currently writing her first fiction novel.

CLINICAL FOCUS

- Palliative Medicine
- Family Medicine

ACADEMIC APPOINTMENTS

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

ADMINISTRATIVE APPOINTMENTS

- Program Director, Stanford Hospice and Palliative Fellowship Training Program, (2022- present)

HONORS AND AWARDS

- Outstanding Graduate Medical Education (GME) Program Director Award, Stanford School of Medicine (2026)
- Outstanding Palliative Care Faculty Award, Stanford Medicine - Division of Primary Care and Population Health (2025)
- Excellence in Service Award, Stanford Health Care (2023)
- Outstanding Educational Innovations Award, Stanford Medicine - Division of Primary Care and Population Health (2023)
- VitalTalk Faculty Leadership Award, VitalTalk (2023)
- Annual Division Teaching Award, Stanford Medicine - Division of Primary Care and Population Health (2020)
- Chief Resident, Family Medicine, University of California, San Diego (2014-2015)
- Tomorrow's Leader Award, American Academy of Family Physicians (2013)
- Member, Gold Humanism Honor Society (2011-present)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Co-Chair, Education Special Interest Group, American Academy of Hospice and Palliative Medicine (AAHPM) (2024 - 2025)
- Fellow, American Academy of Hospice and Palliative Medicine (AAHPM) (2023 - present)
- Member, Fellowship Training Committee, American Academy of Hospice and Palliative Medicine (AAHPM) (2023 - 2025)
- Member, Wellness Committee, Gold Humanism Honor Society (GHHS) (2022 - 2025)
- Member, Pegasus Physician Writers at Stanford (2016 - present)
- Member, American Academy of Hospice and Palliative Medicine (AAHPM) (2015 - present)
- Member, American Medical Association (AMA) (2012 - 2026)
- Member, American Academy of Family Physicians (AAFP) (2012 - 2020)

PROFESSIONAL EDUCATION

- Medical Education: Boston University School of Medicine (2012) MA
- Board Certification: Hospice and Palliative Medicine, American Board of Family Medicine (2016)
- Fellowship: University of California, Los Angeles CA
- Board Certification: Family Medicine, American Board of Family Medicine (2015)
- Chief Resident, University of California San Diego , Family Medicine
- Residency: University of California San Diego (2015) CA

LINKS

- Permission to Cry in CHEST: https://doi.org/10.1016/j.chest.2025.05.037
- Finding a New Mantra in NEJM: https://www.nejm.org/doi/full/10.1056/NEJMp2206851
- Personal website: https://www.shireenheidari.com
- StatNews Piece on Storytelling and Vulnerability in Medicine: https://www.statnews.com/2023/08/30/laurel-braitman-memoir-health-care-workers-writing-workshops/

Research & Scholarship

CLINICAL TRIALS

- Perioperative Palliative Care Surrounding Cancer Surgery for Patients & Their Family Members, Not Recruiting

Publications

PUBLICATIONS

- **Percutaneous Cervical Cordotomy for Refractory Cancer Pain With General Anesthesia and Neuromonitoring: A Case Report.** *Pain practice : the official journal of World Institute of Pain*
  Ahmed, S., Huang, Y., Polat, M., Chang, F., Lopez, J. R., McGeoch, P. D., Buch, V. P., Heidari, S. N., Wu, A., Neugarten, C., Carroll, I., Brose, W. G., Lanzman, et al
  2026; 26 (7): e70193

- **Fellow Run Clinic or 1:1 Paired? Exploring Multiple Clinic Models in a Single Fellowship Year**
  Heidari, S. N., Lam, A., Uang, J., Hazan, A., Trieu, S.
  ELSEVIER SCIENCE INC.2026: e1046

- **Permission to Cry.** *Chest*
  Heidari, S. N.
  2025; 168 (3): 747-748

- **Best Practices and Beyond: Updates in Fellowship Education**
  Berns, S., Dingfield, L., Marks, A., Tapper, C., Kezar, C., Heidari, S., Yeh, J., Silverman, E., Ajayi, T.
  ELSEVIER SCIENCE INC.2025

- **Temporary Steroid Magic.** *Journal of pain and symptom management*
  Heidari, S. N.
  2025

- **Voices of Loss and Grief**
  Ammon, E., Smith, D., Spector, M., Stafford, A. T., Lee, C., Onderdonk, C., Linzey, S., Gonzales, M., Heidari, S. N., Frechette, E. M., Baker, J. N.
  ELSEVIER SCIENCE INC.2024: E525

- **Education About Specialty Palliative Care Among Non-Healthcare Workers: A Systematic Review.** *Journal of pain and symptom management*
  Smith, G. M., Singh, N., Hui, F., Sossenheimer, P. H., Hannah, J. M., Romano, P., Wong, H. C., Heidari, S. N., Harman, S. M.
  2023

- **Effect of Perioperative Palliative Care on Health-Related Quality of Life Among Patients Undergoing Surgery for Cancer: A Randomized Clinical Trial.** *JAMA network open*
  Aslakson, R. A., Rickerson, E., Fahy, B., Waterman, B., Siden, R., Colborn, K., Smith, S., Verano, M., Lira, I., Hollahan, C., Siddiqi, A., Johnson, K., Chandrashekaran, et al
  2023; 6 (5): e2314660

- **"The More I Know ... the More I Like It": A Systematic Review Evaluating Public- and Patient-Facing Educational Interventions About Palliative Care**
  Singh, N., Smith, G. M., Sossenheimer, P. H., Heidari, S. N., Hui, F., Hannah, J., Romano, P., Wong, C.
  ELSEVIER SCIENCE INC.2023: E579

- **Finding a New Mantra.** *The New England journal of medicine*
  Heidari, S. N.
  2022

- **Touch, and the absence of it.** *The Lancet. Respiratory medicine*
  Heidari, S. N.
  2021