



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 Medical Director of the Stanford Senior Care clinic and Home-Based Senior Care clinic. She cares for patients as a primary care physician for older adults. Her academic interests include dementia care, geriatric education, and home care medicine.

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

- 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)

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

- **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. R., Garvert, D. 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