

Stanford



Meera Sheffrin

Clinical Assistant Professor, Medicine - Primary Care and Population Health

CLINICAL OFFICES

- **Stanford Senior Care**

211 Quarry Rd Ste 402
MC 5995

Palo Alto, CA 94304

Tel (650) 725-5222 **Fax** (650) 721-2227

- **Stanford Home-Based Senior Care**

211 Quarry Rd Ste 401

Palo Alto, CA 94304

Tel (650) 724-4910 **Fax** (650) 498-5459

Bio

BIO

Dr. Meera Sheffrin is a clinician educator in geriatrics, and is the 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 treatment of dementia, geriatric education, and home care medicine. She has a special interest in improving the care of older adults with cognitive impairment.

CLINICAL FOCUS

- Geriatrics
- Geriatric Medicine

ACADEMIC APPOINTMENTS

- Clinical Assistant 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)

HONORS AND AWARDS

- 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)

PROFESSIONAL EDUCATION

- Residency: Stanford University Internal Medicine Residency (2013) CA
- Board Certification: Geriatric Medicine, American Board of Internal Medicine (2016)
- Board Certification, American Board of Internal Medicine , Geriatric Medicine (2016)
- Fellowship, University of California, San Francisco , Geriatric Medicine (2016)
- Masters, University of California, San Francisco , Masters of Advanced Studies in Clinical Research (2015)
- Board Certification, American Board of Internal Medicine , Internal Medicine (2013)
- 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

- **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