

SHEILA TRUGMAN, M.D.
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EDUCATION Boston University School of Medicine, Boston, MA
M.D. 1979
Brandeis University, Waltham, MA
B.A., Cum Laude 1975

POST GRADUATE TRAINING Family Practice Residency Program
University of Massachusetts, PGY III 1985-1986
Family Practice Residency Program,
University of California at San Francisco,
San Francisco General Hospital San Francisco, CA,
PGY II and III July 1980-January 1983
Family Practice Residency Program
Cook County Hospital Chicago, Illinois PGY I 1979-1980

LICENSURE AND CERTIFICATION Registered Physician, Commonwealth of Massachusetts
License 52669
Diplomat, American Board of Family Medicine 1986
Recertified: 1992, 1998, and 2004
Fellow, American Academy of Family Physicians 1998
Certification in Hospice and Palliative Medicine 2006
American Board of Family Medicine,
CAQ in Hospice and Palliative Medicine, November 2008

PROFESSIONAL EXPERIENCE Owner/Founder Tree of Life Healthcare, concierge medical
practice for individuals 50 years and older
September 2012 to present
Medical Director, Willows at Worcester Health Center,
August 2012 to present
Attending Geriatrician, Hebrew Senior Life, in Boston &
Dedham, MA, January 2010- March 2012
Member, Ethics Committee Hebrew Senior Life 2011-2012
Founding Medical Director Jewish Home Hospice
January 2006-December 2009
Medical Director Jewish Healthcare Center, Worcester, MA
January 1998-December 2009
Palliative Care Program, Jewish Healthcare Center,
A multidisciplinary approach to caring for nursing home
residents at the end of life 2002-2006

Attending Physician, Jewish Health Care Center, caring for sub-acute and long term nursing home residents
January 1998-December 2009
Balint Group Co-Leader, for 2nd and 3rd Year Family Medicine Residents, University of Massachusetts Family Practice Residency Program 1987-1991, 1998-June 2010, and August 2012 to present
Coordinator, Geriatrics Rotation, for 2nd year Family Medicine Residents, University of Massachusetts Family Medicine Residency 1998-December 2009
Private Family Physician, practicing full spectrum family medicine, including obstetrics, in private small group practice 1986-1998
Medical Consultant to Pediatric Weight Program, Worcester Hahneman Hospital 1986-1987
Physician, Adolescent Family Planning Clinic, Worcester Hahneman Hospital, 1986-1987
Urgent Care Physician, Fallon Clinic 1985-1986, Memorial Urgent Care 1984
College Health Physician, Worcester Polytechnic Institute Health Service 1986-1987
Emergency Physician, Milford-Whitinsville Regional Hospital, Whitinsville, MA, 1984
Community volunteer physician, San Francisco, CA & Brooklyn, NY, 1982-1984

**HOSPITAL
AFFILIATIONS**

UMass Memorial Medical Center, active staff
1986-December 2009, August 2012 to present

**TEACHING
AFFILIATIONS**

Assistant Professor University of Massachusetts Medical School Department of Family Medicine and Community Health

**TEACHING
POSITIONS**

Teaching Geriatrics Fellows, Harvard Geriatrics Fellowship 2011
Coordinator Geriatrics Rotation, for 2nd Year Family Medicine Residents
University of Massachusetts Worcester Family Medicine Residency, 1998-December 2009
Balint Group Co-Leader, University of Massachusetts Worcester Family Medicine Residency, 1987-1991, 1998-2010, August 2012 to Present
Faculty Facilitator, Geriatric Inter-clerkship Workshop 2001-2006, 2008, 2010, 2011

PRESENTATIONS Speaker and Panelist, on "Compassionate and Effective Communication at the End of Life: Overcoming Barriers." Co-Sponsored by The Kenneth B. Schwartz Center, CRICO/RMF, Beacon Hospice, and the Massachusetts Medical Society, September 25th, 2008
Panelist Massachusetts Association of Elder Care Attorneys Meeting: Beyond the Documents- What Comes Next in Healthcare Decision Making and End of Life Planning? February 24th 2009
Monthly presentations to internal medicine and family medicine residents from University of Massachusetts and Worcester Medical Center on delirium, advance directives and end of life care, 2004-December 2009

PROFESSIONAL AFFILIATIONS & MEMBERSHIPS American Academy of Family Physicians
American Academy of Hospice and Palliative Care
American Geriatrics Society
Massachusetts Academy of Family Physicians
Massachusetts Medical Society
Worcester District Medical Society

AWARDS Finalist, Compassionate Care Giver of the Year Award
Kenneth B. Schwartz Center, Boston, Massachusetts
November 1, 2006

PERSONAL Married with four children ages 21, 24, 25, and 28