

Profile

Dr. Tanveer P. Mir: Regent of American College of Physicians

Dr. Tanveer Mir is a highly accomplished physician who has received local, regional, and national recognition for her work in palliative care, end-of-life issues and innovative contributions to health care policy. In April 2009, she was elected a regent of the American College of Physicians (ACP), making her the first Muslimah to, insha Allah, serve on its board.

The ACP is the largest medical specialty organization and the second-largest physician group in the United States. Its members include 126,000 internal medicine physicians (internists), related subspecialists, and medical students. Internists specialize in the prevention, detection, and treatment of illness in adults. The Board of Regents is the main policymaking body of ACP. Regents may serve a total of two 3-year terms. (www.acponline.org).

Dr. Mir, MB (Kmr), MACP, graduated valedictorian from Government Medical College in Srinagar, Kashmir, and was judged the best graduate from the University of Kashmir in 1981. She came to the United States from Kashmir, after marriage, and pursued her training in internal medicine at Long Island Jewish Medical Center and served as chief medical resident at Nassau University Medical Center in New York. She is board certified in internal medicine, geriatrics, and hospice and palliative care.

She was on the staff at Nassau County Medical Center (NCMC) in New York, as associate program director and chief of geriatrics. She was judged the best teacher by the medical house staff on several occasions, and her innovative work in redesigning the training program resulted in New York State granting NCMC more than \$3 million. Over the ensuing years, Dr. Mir became active in the New York Chapter of the ACP (NYACP), served as interim governor for the ACP in New York for several years, and remained active in NYACP chapter resident and teaching activities. In 2002 she was awarded the very prestigious NYACP Laureate Award. During the 2009 Internal Medicine Convocation ceremony, ACP honored Dr. Mir with advancement to Master. This dis-



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tingtion from the ACP Board of Regents recognizes outstanding and extraordinary career accomplishments, exhibiting pre-eminence in practice or medical research. Of the 126,000 ACP members globally, only 648 (0.5%) have become Masters, indeed a very unique and rare honor. Dr. Mir's areas of interest and expertise includes hospice and palliative care services,

end-of-life care, bioethics, geriatrics education and practice models, and pain management.

Dr. Mir's other achievements include serving as the senior medical director at the Hospice Care Network, an affiliate of North Shore Long Island Jewish Healthcare System in New York. She is also an assistant professor of medicine at New York University (NYU) School of Medicine and an associate professor of biology at Hofstra University.

Dr. Mir was also instrumental in obtaining a substantial grant for the cancer center in Kashmir from the Indo-American Cancer Society. This grant will fund the staff — a physician, social worker, and nurse — for the much-needed palliative care program in Kashmir.

Dr. Mir has been an active member of IMANA, having participated at several national conventions, both as a member and as faculty. JIMA is delighted to highlight and profile the accomplishments of this long-standing and accomplished IMANA member.

When asked what advice she has for her younger and upcoming colleagues, in particular, to reflect on while combining professional and family obligations Dr. Mir commented:

“Work-family balance. A woman physician can-

not put off family for work or work for family. A successful balance of both these roles is possible. I find that planning, efficient time-management, prioritizing work and home schedules, and identifying problems and attention to detail are some of the skills that are common to both roles. How to juggle a parent-teacher meeting, teaching rounds, and office hours on the same day is an achievable task. In addition, community involvement is important. Establishing an open communication with growing children and being involved in their activities and accomplishments is important for work-family balance as well.”

Dr. Mir is married to Dr. Parvez Mir, an internist-pulmonologist, and they are blessed with three children: two daughters, Tanya and Natasha, and a son, Nabil.

Tanya is graduating this year from the College of William and Mary in Virginia with a double major in women’s English literature. She plans to pursue further education in women’s studies with special

emphasis on the role and rights of Muslim women, and possibly a law degree.

Natasha is a peace and conflict major and is studying Middle East conflict at Vassar College in New York. She plans to study abroad in Jordan this fall.

Nabil is joining a bachelor in fine arts degree program at the Steinhardt School of New York University this fall.

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