



Martha E. Shepherd, D.O., M.P.H., FAAFP

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Martha E. Shepherd, D.O., M.P.H., FAAFP, is the medical director for Vanderbilt Health at Metro Nashville Public Schools, a network of five employer-based clinics dedicated to delivering whole-person care to Nashville's school district employees. She is an assistant professor of clinical medicine and pediatrics at Vanderbilt University Medical Center in the division of general internal medicine and public health. Dr. Shepherd completed a family medicine internship at Naval Hospital Jacksonville, residency at the University of Tennessee, and a fellowship in integrative medicine at the University of Arizona. She joined the faculty of Vanderbilt in 2008 after serving as a medical officer in the United States Navy. Dr. Shepherd is a fellow of the American Academy of Family Physicians and sits on the education committee of the Tennessee Medical Association. Her research involves population health, health equity and employer health, including two clinical trials investigating mindfulness in medicine. Her work stresses the importance of effective health communication and including patients in their care plan using shared decision-making tools and evidence-based clinical care paths. She is particularly interested in leveraging technology to improve quality of care while enhancing the patient and provider experience. She has been an invited speaker nationally at academic institutions, corporate health events and scientific meetings. Dr. Shepherd is board certified in both family medicine and integrative medicine and holds a master of public health degree from Dartmouth College. She received her medical degree from Kansas City University.