



Tani Malhotra, MD: Empowering patients, residents for change

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Staff News Writer



The AMA “Members Move Medicine” series profiles a wide variety of doctors, offering a glimpse into the passions of women and men navigating new courses in American medicine.

On the move with: Tani Malhotra, MD, a maternal fetal medicine fellow at Case Western Reserve University’s Metrohealth Medical Center in Cleveland.

AMA member since: 2014.

What inspired me to pursue a career in medicine: I wanted to make a difference and contribute to the betterment of the lives of others. Also, I wanted to be an advocate for women by empowering them through my relationships with them as a physician and helping improve their health.

How I move medicine: Through education and advocacy. Educating my patients about their diagnoses and measures that are preventative or curative, so that I can empower them to take control of their health and lives. Educating residents and medical students to learn and love obstetrics as much as I do. Advocating for my patients and colleagues at the institutional, local and national level, so that we can help doctors provide the best care to our patients and work towards the combined goal of improved health outcomes.

Career highlights: I was part of the work group that developed the Pennsylvania Department of Health guidelines for medication-assisted treatment of opioid-use disorders in pregnancy. This year, I was among those honored with the Pennsylvania Medical Society’s Top Physicians Under 40 Award and I received another award for resident leadership in advocacy. Last year, I received the Excellence in Teaching Award from Penn State Hershey College of Medicine.

Advice I’d give to those interested in pursuing a career in medicine: Medicine is a vocation, not a career. Doctors are a group of the most dedicated individuals. They sacrifice their personal and family needs for those of their patients. If you want to do medicine, be prepared to make those sacrifices because they are worth it.

Aspect of my work that means the most: Making a difference—threefold. Being there to hold the hand of a mother who just lost her baby or celebrating with a family that just had one. Knowing that I had an impact on the lives of my patients and shared those moments with them.

Teaching residents how to succeed in medicine and helping them be the best versions of themselves. Working with the AMA—where we make policy that influences the patients I work for and the doctors I work with—so that the daily frustrations we face can be dealt with on a larger scale.

Visit [MembershipMovesMedicine.com](https://www.ama-assn.org/about/leadership/tani-malhotra-md-empowering-patients-residents-change) to learn more about other AMA members who are relentlessly moving medicine through advocacy, education, patient care and practice innovation, and join or renew today.