

Overcoming Challenges and Achieving Dreams: Dr. Tinatin Muradashvili on Her Journey in Hematology

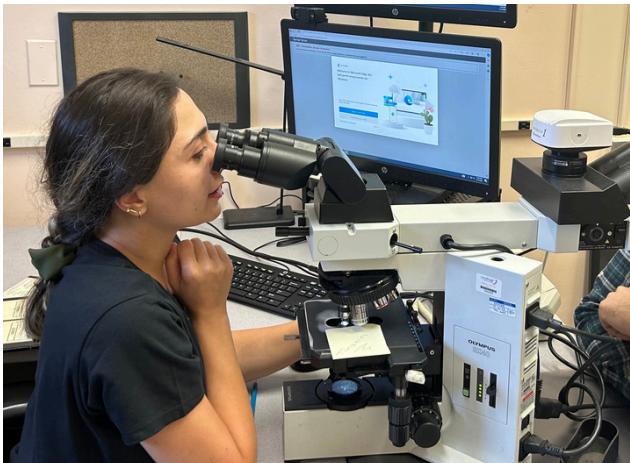
Tinatin Muradashvili, MD

Hematology fellow at Emory University in Atlanta, Georgia, USA

Tinatin, Could you briefly introduce yourself and your current role in the United States?

My name is Tinatin Muradashvili, and I am currently a hematology fellow at Emory University in Atlanta, Georgia. I was born and raised in Gori, a city in the country of Georgia. Later, I moved to Tbilisi to complete medical school at Tbilisi State Medical University and started a hematology residency before relocating to the United States to pursue postgraduate training. I completed my residency at the Yale-Waterbury Internal Medicine Program in Connecticut, where I also served as a chief resident. I am now continuing my training in the Hematology Fellowship Program at Emory.

Although I enjoy all aspects of hematology, my particular focus is on bleeding and clotting disorders, such as hemophilia and thrombocytopenia.

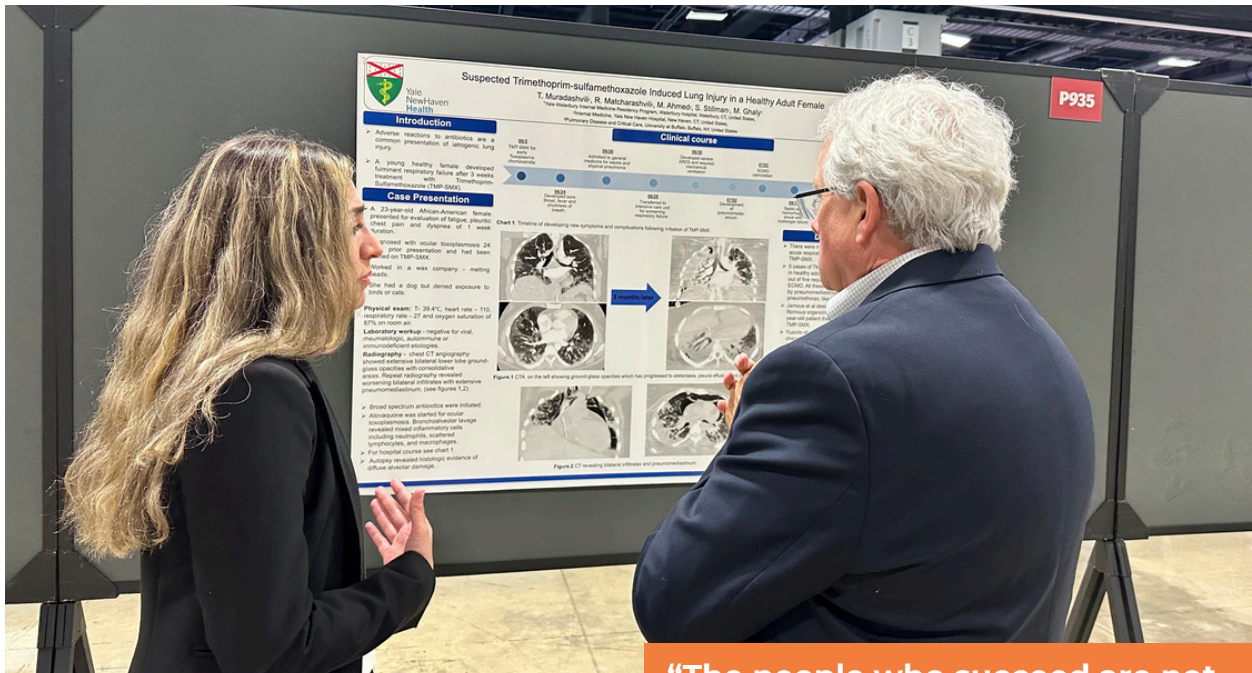


Believe in your potential, you can succeed with the right guidance and determination

Alongside my clinical training, I am pursuing a Master of Science in Clinical Research at Emory to strengthen my skills in epidemiology, data analysis, and study design. My current work includes patient care, clinical research on rare bleeding disorders, and mentoring medical trainees, as time allows. Ultimately, I aspire to become a physician-scientist at an academic center, contributing to research, education, and the advancement of equitable care for patients with rare hematologic conditions.

What inspired you to pursue a career in hematology?

I became interested in hematology during my clinical rotations in medical school. I found myself naturally drawn to the subject—perhaps because I was good at it—but also because it was intellectually stimulating.



“The people who succeed are not those who never doubt themselves, but those who keep going despite it”

Hematology is complex and deeply interconnected with nearly every organ system, which made it both challenging and fascinating to me. I also had a strong interest in biochemistry and molecular biology early on, and I think that was a major reason why I ultimately pursued a career in this field. The way hematologic diseases reflect cellular and molecular processes really spoke to my curiosity. Mentors also played a huge role in why I chose hematology.

What was the biggest challenge during the transition from Georgia to the US medical system?

The biggest challenge was adapting to a new medical culture, both clinically and socially. The pace, structure, and expectations in the US system were very different from what I was used to, and learning to navigate those differences while improving my communication skills in English took time and effort.

Fortunately, I was part of a very supportive residency program. The faculty and my co-residents were incredibly welcoming, which made the transition much easier.

I was also very lucky to have my best friends and some of my family members nearby, which provided both emotional support and a sense of familiarity in a new environment.

What do you enjoy most and least about working in the US healthcare system?

What I enjoy most is the emphasis on multidisciplinary teamwork and access to cutting-edge research and technology. What I enjoy least is the complexity of the insurance system, which sometimes delays or limits patient care.

What does a typical workday look like for you now?

My typical workday can vary significantly depending on the rotation. During inpatient blocks, which last for a full month with only one scheduled day off per week, my day usually starts around 7:30 a.m. I commonly reach 80-90 hours of work per week, depending on the patient census and service intensity.

Unfortunately, I still need to work most weekends, probably about 90% of the time. These inpatient weeks are intense and often physically and emotionally demanding, but they also provide some of the most valuable learning experiences. Outpatient clinic weeks and administrative or research blocks are generally more structured and allow for a better work-life balance. Across all rotations, my day includes a mix of patient care, teaching, research meetings, and administrative tasks. The diversity of responsibilities keeps the work dynamic, challenging, but extremely rewarding.

Have you ever doubted your ability to achieve what you have today? How did you overcome that, and what would you say to others who struggle with self-doubt?

Yes, many times. Self-doubt has come in different forms throughout my journey, especially during major transitions like moving to a new country, adapting to a different medical system, or applying for competitive programs. There were moments when I questioned whether I was good enough, whether I belonged, or whether I could meet the high expectations I had set for myself.

Over time, I learned that doubt doesn't mean I'm not capable; it means I'm growing.

What helped me the most was breaking big goals into small, manageable steps and surrounding myself with mentors, friends, and

colleagues who reminded me of my strengths. For me, it was hard to learn to speak kindly to myself (and still is) and to view setbacks not as failures, but as part of the learning process.

To anyone struggling with self-doubt, I would say this: It is okay to feel uncertain; it's part of being human. But don't let that uncertainty stop you. Keep showing up, keep asking for help, and trust that consistent effort matters more than perfection. The people who succeed are not those who never doubt themselves, but those who keep going despite it.

Lastly, always make time to care for yourself; don't forget to find joy and meaning in your life.



"I learned that doubt doesn't mean I'm not capable; it means I'm growing"

What advice would you give to young oncologists who want to work or study abroad?

Be persistent and proactive. Seek mentors early, improve your English, and look for research or clinical opportunities abroad. Believe in your potential; you can succeed with the right guidance and determination.