

CURRICULUM VITAE
Indira Marie Murr, MD

Personal Information

Indira Marie Murr, MD, FAAEM
Indira Marie Allick (maiden name)

Contact Information: Blue Sparrow Wellness
PO Box 691720
Tulsa, OK 74169

Birth: July 18, 1974
Boise (Mt. Home), Idaho

Education

East Carolina University/Brody School of Medicine/Pitt County Memorial Hospital,
Greenville, NC, Emergency Medicine Resident, July, 2002- June 2005

Baylor College of Medicine, Houston, TX
MD, August 1997-May 2002

The University of Texas at Austin
B.A. Liberal Arts, Plan II/Pre-Med Honors, Dean's Distinguished Graduate, Aug
1992- May 1997

Employment

Emergency Physician, ABEM-Certified, Ascension/St. John's Owasso/Broken Arrow/
Sapulpa Hospitals, Magnum Inc., Tulsa, OK, April 2008-present

Emergency Physician, ABEM-Certified, Saint Francis Hospital, Emergency Care,
Inc., Tulsa, OK, July 2005-April 2008

Chief Resident, Department of Emergency Medicine, Pitt County Memorial
Hospital, Greenville, NC, July 2004-June 2005

Resident, Department of Emergency Medicine, Pitt County Memorial Hospital,
Greenville, NC, July 2002-June 2004

Holocaust Museum, Library Assistant, Work-Study Program, Houston, TX
Oct 2001-May 2002

Baylor College of Medicine Alumni Tour Guide, Office of Public Relations, Houston,

TX, January 1997-December 1998

University of Texas Health Science Center Anesthesia Preceptorship, San Antonio, TX, June-August, 1996

Licensure/Certification

Oklahoma Medical License, License Number 24329, May 2005-present

North Carolina Medical License, License Number 200401283, Certificate Number 110303, September 2004-June 2005

American Board of Emergency Medicine Recertification, Jan 1, 2017-Dec 31, 2026

American Board of Emergency Medicine Certification, June 14, 2006-Dec 31, 2016

PACT Provider/Associate Care Team Peer Support Certification, October, 2020

Nutrition and Healthy Living Certificate, Cornell University/eCornell, October 2020

Plant-Based Nutrition Certificate, T. Colin Campbell Centers for Nutrition Studies/eCornell, May, 2020

QPR Institute Suicide Prevention Gatekeeper Program Certificate, May 1, 2020

ATLS (Advanced Trauma Life Support), April 30, 2010

ACLS (Advanced Cardiac Life Support), October 12, 2009

BLS (Basic Life Support), October 12, 2009

DEA, December 18, 2007-present

Oklahoma State Bureau of Narcotics and Dangerous Drugs Control, September 15, 2010-present

Professional Societies

American Academy of Emergency Medicine, April 2006-present

American College of Emergency Physicians, July 2005-2010

American Medical Association, July 2005-2010

Tulsa County Medical Society, July 2005-2010

Special Skills

Basic medical Spanish
Credentialed in limited bedside emergency ultrasound

Professional Service/Committees

American Academy of Emergency Medicine (AAEM) Wellness Committee member,
February 2020-present

American Board of Emergency Medicine (ABEM) ConCert Standard Setting
Advisory Panel, August, 2020

Ascension/St. John Health System Human Trafficking Executive Steering
Committee/HT Physician Champion, December 2016-present

Ascension/St John Health System Wellness Committee member, July 2019-present

Ascension/St John Health System Mission Integration Committee member, January
2020-present

Ascension/St John Health System Peer/Associate Care Team (PACT) Member,
September 2020-present

Faculty Search Committee, Department of Emergency Medicine at The Brody
School of Medicine, August-November 2004

Internal Review Committee for Interventional Cardiology Fellowship Program,
Office of Graduate Medical Education at Pitt County Memorial Hospital, October
2004

Residency Council, Office of Graduate Medical Education at Pitt County Memorial
Hospital, Aug 2003-June 2004

Presentations/Teaching

Medical Student/Nurse Practitioner Preceptor, Ascension/St John Broken Arrow,
spring/summer 2019

Ascension Community Health presentation: *How Food Affects Your Mood*, CCK
Strategies, July 12, 2018

Ascension Community Health presentation: *How Food Affects Your Mood*,
Oklahoma Methodist Spann Wellness Center, May 11, 2018

A Happy Heart is a Healthy Heart, The Heart of the Matter Women's Conference, First Baptist Church, Broken Arrow, February 15, 2014

Medical Student Preceptor, Bedlam Clinic, Tulsa, OK, July 2008-2010

Controversies in Emergency Medical Services, March 16, 2004

Toxin-Induced Bradycardia, Toxicology Grand Rounds, June 15, 2004

Cervical Spine Trauma, July 20, 2004

Research/Publications

Effects of Amiodarone in a Swine Model of Nortriptyline Toxicity, Journal of Medical Toxicology, December 2006

Honors and Awards

Chief Resident, Department of Emergency Medicine, East Carolina University, July 2004-June 2005

Outstanding Manuscript, Resident Research Day, Department of Emergency Medicine, East Carolina University, June 17, 2005

Baylor College of Medicine Debakey Scholarship, August 1997- May 2002

Dean's Distinguished Graduate, College of Liberal Arts, UT Austin, May 1997

Mortar Board National Honor Society, UT Austin, August 1996- May 1997

Southwest Conference Scholar-Athlete of the Year, 1996

GTE Academic All-America District Team, 1995-96

Texas Achievement Honors Award, UT Austin Full Tuition Academic Scholarship, 1992-97

Graduate, Summa Cum Laude, James Madison High School, 1992

Achievements

IRONMAN World Championship 70.3, 8th place in AG, St George, UT 2021

BOSTON QUALIFIER, Route 66 Marathon, 2nd place in AG, Tulsa, OK 2021

IRONMAN All World Athlete Gold Team (top 1% in age group in world), Ironman Association, 2015-2017, 2019

IRONMAN World Championship 140.6 qualifier/finisher Kona, Hawaii, 2016, 2019
IRONMAN World Championship 70.3 qualifier/finisher, Chattanooga, TN, 2017
IRONMAN World Championship 70.3 qualifier/finisher, Zell Am See, Austria, 2015
IRONMAN World Championship 70.3 qualifier/finisher, Mont Tremblant, Canada
2014
IRONMAN Boulder, Age Group Winner, 10th Female Overall, Boulder, CO August
7, 2016
IRONMAN Muncie, 70.3, Age Group Winner, 8th Female Overall, Muncie, IN, July
9, 2016
IRONMAN Finisher, Memorial Hermann Ironman, Houston, TX, May 2013
(Fundraised \$2000 for Samaritan's Purse)
UNITED STATES SWIMMING (USS) OLYMPIC TRIALS qualifier/competitor,
Indianapolis, IN, August 2000;
UNITED STATES SWIMMING (USS) OLYMPIC TRIALS, qualifier/competitor, 10th
place, Indianapolis, IN, March 1992
UNITES STATES SWIMMING (USS) OLYMPIC TRIALS qualifier/competitor, Austin,
TX, August 1988
Go Girl Run Half Marathon, Age Group Winner, 2nd Overall Female, June 2, 2018
Fort Smith Half Marathon Overall Female Winner, February 14, 2016
Route 66 Half Marathon Age Group Winner, November 21, 2015
USS Nationals qualifier/competitor, Federal Way, WA, March 2000
U. S. Open Swimming International qualifier/competitor, San Antonio, TX,
December 1999
Full Athletic Swimming Scholarship to University of Texas at Austin, 1992-97
Two-time Varsity Swim Team Captain, UT Austin, 1994-96
Eleven-time NCAA All-American, Swimming, UT Austin, 1992-96
WORLD UNIVERSITY GAMES, Gold-medallist, swimming, Buffalo, NY, August 1993
Three time U.S. Swimming National Team Member, 1990, 1991, 1993
Texas State High School Swimming record holder in 50 freestyle (held for 20 years),
100 freestyle and 200 Individual Medley

Activities/Volunteer Work

IRONMAN TULSA/Ascension St John, Volunteer Physician, May 24, 2021
Ascension/St John Medical Mission at Home, Volunteer Physician, March 29, 2019
Ascension/St John annual Volunteer Physician for local high school sports physicals, 2009-present
Arms Around Broken Arrow free medical clinic, Volunteer Physician, Broken Arrow, OK 2013-2020
LifeChurch Host Team Volunteer, LifeChurch Broken Arrow, OK, May 2020-present
LifeKids Konnect/Loop Team Leader, LifeChurch Broken Arrow, OK, Nov 2016-present
Champions Special Ministries Summer Day Camp for special needs youth, Volunteer Physician, Tulsa, OK, July 27-31, 2015
First Baptist Church Broken Arrow, Nursery Volunteer, 2013
World Medical Missions/Samaritan's Purse Volunteer Physician, Hospital Vozandes del Oriente, Shell, Ecuador, February 2012
Annual Fundraiser for Christian charitable organizations Samaritan's Purse, A21, Amazima
Swimathon Organizer/Fundraiser for Go International, Inc./Go Nigeria, February 2012
Church at Battle Creek Nursery Volunteer, July 2011-2012
First Baptist Church Rolling Hills, Children's Church and Nursery Volunteer, 2006-2011
American Diabetes Association Tour de Cure, May 16, 2009, 2013, 2014, 2015, 2016
Bedlam Community Clinic Volunteer, Tulsa, OK, July 2008-2010 (free inner-city clinic)
Health Fair, Rolling Hills Baptist Church, Catoosa, OK, September 15, 2007
Scheduler for ED Residents, bimonthly schedule for Dept. of EM residents as Co-chief, 2004-05
Residency Council, East Carolina University/PCMH, August 2003-June 2004
Volunteer, " Super Kids" Healthy for Life Nutrition and Fitness program for school children
Greenville, NC, March-April 2004
Volunteer, North Carolina Special Olympics Basketball Tournament
Greenville, NC, March 2004 and March 2005
Volunteer, Salvation Army disaster relief services after Tropical Storm Allison, Houston, TX, June 2001
Volunteer, Lakewood Church/Red Cross disaster relief services after Tropical Storm Allison, Houston, TX, June 2001
Volunteer, RFK Hospital Emergency Department, El Segundo, CA, October 1999-July 2000
Officer (Secretary) of Baylor Chapter of AMA/TMA Medical Student Section, April 1998-April 1999

Volunteer at Harris County Inner City Games of Greater Houston "Street Olympics" for inner city youth, August 1998

Co-Chair for American Medical Women's Association (AMWA) service project with Houston Area Women's Shelter, May 1998

Member of medical mission trip to Allende, Mexico with Christian Medical/Dental Society April 1998

MS150, completed 150 mile bike ride to raise funds for multiple sclerosis research, April 1995

Hobbies/Interests

Teaching/homeschooling my children, reading, writing/journaling, hiking with my family/nature immersion, international travel/cruises, puzzles, jogging with friends, politics, wellness/nutrition, symphony/ballet/theater arts, singing/dancing