



## Sarah Hilgenberg

Clinical Professor, Pediatrics

 Curriculum Vitae available Online

### CLINICAL OFFICE (PRIMARY)

- **Lucile Packard Children's Hospital**

725 Welch Rd

Palo Alto, CA 94304

Tel (650) 497-8000

Fax (650) 736-6690

### Bio

---

#### BIO

Dr. Sarah Hilgenberg specializes in the treatment of hospitalized children. She has practiced Pediatric Hospital Medicine for more than 15 years. She has particular interests in optimizing patient-family-healthcare provider communication, medical education scholarship with focus on methodology, faculty development, curriculum development, mentoring, and teaching medical trainees and junior faculty. As a residency Associate Program Director for 11 years, she was heavily involved in mentorship, scholarship, and leadership within the Association of Pediatric Program Directors. She also leads or helps to lead multiple local and national scholarship community initiatives across the education continuum including the Academic Pediatric Association's Educational Scholarship Program and Stanford's Department of Pediatrics Peer Scholarship Communities. For over two years, she has served as the Associate Editor for the View from APPD section of Academic Pediatrics. In her spare time, she enjoys running, reading, gardening, doing crosswords, watching her kids' sports games and music concerts, and spending time with her family outdoors.

#### CLINICAL FOCUS

- Pediatric Hospital Medicine

#### ACADEMIC APPOINTMENTS

- Clinical Professor, Pediatrics

#### ADMINISTRATIVE APPOINTMENTS

- Director, Peer Scholarship Communities, Stanford Department of Pediatrics, (2022- present)
- Mentor, Pediatric Coaching and Mentoring Program, Stanford Department of Pediatrics, (2022- present)
- Medical Education Scholarly Concentration Co-Leader, Pediatric Residency Program, (2018- present)
- Residency Liaison, Valley Children's Hospital-Stanford Affiliated Residency Program, Pediatric Residency Program, (2015-2024)
- Associate Program Director of Curriculum, Pediatric Residency Program, (2013-2024)
- Physician Lead, Patient Experience, LPCH, (2013-2015)

#### HONORS AND AWARDS

- Member, National Academy of Distinguished Educators in Pediatrics (2026)

- Top Abstract, Stanford Pediatrics Research Day (2025)
- Top Abstract, Pediatric Hospital Medicine Conference (2025)
- Honor Roll for Teaching, Stanford Pediatric Residency Program (2024-25)
- Pediatric Clerkship Evaluation Superstar, Stanford School of Medicine (2024-25)
- Pediatrics Core Clerkship Honor Roll for Clinical Teaching, Stanford School of Medicine (2024-25)
- Honor Roll for Teaching, Stanford Pediatric Residency Program (2023-24)
- Pediatric Clerkship Evaluation Superstar, Stanford School of Medicine (2023-24)
- Pediatric Clerkship Evaluation Superstar, Stanford School of Medicine (2022-23)
- Medical Education Scholarship Award, Stanford Pediatrics (2022)
- Pediatric Clerkship Evaluation Superstar, Stanford School of Medicine (2022)
- Honor Roll for Teaching, Stanford Pediatric Residency Program (2021-22)
- Top Article in Pediatric Hospital Medicine, Pediatric Hospital Medicine National Conference (2021)
- Resident Research Award, Academic Pediatric Association (2019)
- Top Article in Medical Education 2018, Academic Pediatric Association (2019)
- Core Clerkship Honor Roll for Clinical Teaching, Stanford School of Medicine (2017-18)
- Novice Research Grant, Society for Simulation in Healthcare (2016-17)
- Special Projects Grant, Association of Pediatric Program Directors (APPD) (2016-17)
- Dedication to Excellence - Watsonville Hospitalist Elective Rotation, Pediatric Residency Program, Stanford University (2015)
- Rotation of the Year Award - Night Float Rotation, Pediatric Residency Program, Stanford University (2015)
- Advancing Pediatric Educator eXcellence Teaching Program Scholar, American Academy of Pediatrics (2014-2016)
- Rathmann Clinician Research Scholar in Medical Education, Stanford University (2014-2015)
- ROSE Award for recognition of service excellence, LPCH (2012)

## **BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS**

- Chair, Curriculum Committee, APA's Educational Scholars Program (2024 - present)
- Member, Executive Committee, APA's Educational Scholars Program (2024 - present)
- Rising Chair, Chair, Past Chair of Associate Program Director Executive Committee, Association of Pediatric Program Directors (2022 - 2025)
- Associate Chair, Curriculum Committee, APA's Educational Scholars Program (2022 - 2024)
- Member, Curriculum Committee, APA's Educational Scholars Program (2019 - present)
- At-Large Member, Associate Program Director Executive Committee, Association of Pediatric Program Directors (2019 - 2022)
- Member, Valley Children's Hospital GME Steering Committee (2015 - 2018)

## **PROFESSIONAL EDUCATION**

- Residency: University of Washington Pediatric Residency (2010) WA
- Medical Education: Stanford University School of Medicine (2007) CA
- Board Certification: Pediatrics, American Board of Pediatrics (2010)
- Board Certification, American Board of Pediatrics , Pediatric Hospital Medicine (2019)

## Research & Scholarship

---

### CURRENT RESEARCH AND SCHOLARLY INTERESTS

Physician-patient-family communication, patient experience; medical education; performance improvement; clinical pathway and orderset creation, implementation and use

### Publications

---

#### PUBLICATIONS

- **Dynamic Duo: Managing Mentor-Mentee Relationships for High-Quality Publications** *ACADEMIC PEDIATRICS*  
Gorecki, M. C., Orr, C. J., Guevara, J. P., Hilgenberg, S. L., Klein, M. D., Li, S. T., Lopez, M. A., Poehling, K. A., Corley, A.  
2026; 26 (4): 103231
- **A Year in (Re)View From the Association of Pediatric Program Directors: 2025 Edition** *ACADEMIC PEDIATRICS*  
Weisgerber, M., Aylor, M., Hilgenberg, S.  
2026; 26 (4): 103290
- **AI Healthcare Industry Expert Perspectives: How AI Will Impact Physician Roles and Medical Education.** *Academic pediatrics*  
Coker, E., Lockspeiser, T., Hilgenberg, S. L.  
2026: 103225
- **Multi-institutional exploration of pediatric residents' perspectives on anti-racism curricula: a qualitative study** *MEDICAL EDUCATION ONLINE*  
Martin, J., Johnson, R., Yemane, L., Unaka, N., Ebo, C., Hippolyte, J., Jones, M., Quinn, M., Barber, A., Floyd, B., Blankenburg, R., Hilgenberg, S. L.  
2025; 30 (1): 2474134
- **A Year in (Re)View from the Association of Pediatric Program Directors: 40th Anniversary Edition** *ACADEMIC PEDIATRICS*  
Weisgerber, M., Aylor, M., Hilgenberg, S.  
2025; 25 (4): 1-3
- **An Untold Story: The Feelings of Pediatric Residents Early in the COVID-19 Pandemic and What They Can Teach Us Today** *ACADEMIC PEDIATRICS*  
Winn, A. S., Naifeh, M. M., Hilgenberg, S., Unaka, N. I., Grow, H., Myers, R. E., Schwartz, A., Lieberman, R., Schumacher, D. J.  
2025; 25 (2)
- **Laying the Foundation: How to Develop Rigorous Health Professions Education Scholarship.** *Hospital pediatrics*  
Gilliam, C., Ramos, M., Hilgenberg, S., Rassbach, C., Blankenburg, R.  
2024
- **Pediatric residents' procedural competency requirements: a national needs assessment of program directors and chief residents.** *Academic pediatrics*  
Nguyen, E. L., Cunanan, K., Liu, Y., Hilgenberg, S. L.  
2023
- **Impact of an Interactive, Animation-Based Electroencephalography Curriculum on Learner Confidence and Knowledge.** *Pediatric neurology*  
Silverman, A., Hilgenberg, S., Shen, S., Spelbrink, E. M., Klotz, J.  
2023; 151: 96-103
- **Building an Anti-Racist Department through an Experiential Department-Wide Anti-Racism Curriculum.** *Academic pediatrics*  
Guerin, A., Lee, J., Floyd, B., Yemane, L., Fassiotto, M., Griffith, E., Blankenburg, R., Hilgenberg, S. L., Dali, S., De Araujo, M., Jones, K., Kuo, K., Rassbach, et al  
2023
- **Enhancing Learner Engagement Through Experiential Learning With Learner-Generated Data** *ACADEMIC PEDIATRICS*  
Li, S. T., Abramson, E., Hilgenberg, S., Lichtenstein, C., Lockspeiser, T.  
2023; 23 (4): 846-848

- **MODIFIED ASSESSMENT OF COMPETENCY IN THORACIC SONOGRAPHY (ACTS) SCALE IN THE NICU AND PICU**  
Dasani, R., Bhargava, V., Chan, B., Hamilton, C., Seekins, J., Halabi, S., Chen, D., Reddy, C., Hilgenberg, S., Haileselassie, B., Bhombal, S.  
*LIPPINCOTT WILLIAMS & WILKINS*.2023: 302
- **Pediatric Resident Perspectives on the Impact of COVID-19 on Training.** *Hospital pediatrics*  
Winn, A. S., Myers, R., Grow, H. M., Hilgenberg, S., Lieberman, R., Naifeh, M. M., Unaka, N. I., Schwartz, A.  
2021
- **Impact of a relationship-centered care communication curriculum on pediatric residents' practice, perspectives, and opportunities to develop expertise.** *Patient education and counseling*  
Selling, S. K., Kirkey, D., Goyal, T., Singh, A., Gold, C. A., Hilgenberg, S. L., Weimer-Elder, B., Kuo, K. W., Rassbach, C. E.  
2021
- **Categorical Pediatric Residency Program Curriculum Needs: A Study of Graduating Residents and Residency Program Leadership** *ACADEMIC PEDIATRICS*  
Hilgenberg, S. L., Frintner, M., Blankenburg, R. L., Haftel, H. M., Gellin, C. E.  
2021; 21 (4): 589-593
- **Advancing Our Understanding of Pediatric Resident Communication Skills and Disruptive Behavior and Mistreatment Strategies.** *Academic pediatrics*  
Hilgenberg, S. L., Bogetz, A. L., Leibold, C., Blankenburg, R. L.  
2020
- **Virtual Cafes: An Innovative Way for Rapidly Disseminating Educational Best Practices and Building Community During COVID-19.** *Academic pediatrics*  
Blankenburg, R., Poitevien, P., Gonzalez Del Rey, J., Degnon, L., Virtual Cafe Study Team  
2020; 20 (6): 756–57
- **Righting the Autonomy-Supervision Pendulum: Understanding the Impact of Independent Rounds on Medical Students, Residents, and Faculty.** *Academic medicine : journal of the Association of American Medical Colleges*  
Moriarty, J. A., Vellanki, S. n., Trope, L. A., Hilgenberg, S. L., Blankenburg, R. L.  
2020
- **De-escalating Angry Caregivers: A Randomized Controlled Trial of a Novel Communication Curriculum for Pediatric Residents.** *Academic pediatrics*  
Hilgenberg, S. L., Bogetz, A. L., Leibold, C., Gaba, D., Blankenburg, R. L.  
2018
- **Well-Appearing Newborn With a Vesiculobullous Rash at Birth.** *Pediatrics*  
Stewart, S. E., Lin, J. L., Everhart, J. L., Pham, T. H., Marqueling, A. L., Rieger, K. E., Hilgenberg, S. L.  
2018
- **Outcomes of a Novel Curriculum on De-Escalating Angry Caregivers for Pediatric Residents (Descriptive Abstract)** *Academic Pediatrics*  
Hilgenberg, S. L., Bogetz, A. L., Leibold, C., Gaba, D., Blankenburg, R. L.  
2017; 17 (5): e3
- **“Recipient of a finding incidental to research”** *Incidental Findings in Research, Presidential Commission for the Study of Bioethical Issues*  
Hilgenberg, S.  
<http://bioethics.gov/node/1617>.2013
- **Analysis of factors that modify susceptibility and rate of progression in amyotrophic lateral sclerosis (ALS)** *AMYOTROPHIC LATERAL SCLEROSIS*  
Qureshi, M. M., Hayden, D., Urbinelli, L., Ferrante, K., Newhall, K., Myers, D., Hilgenberg, S., Smart, R., Brown, R. H., Cudkowicz, M. E.  
2006; 7 (3): 173-182
- **Transformation: from medical student to patient.** *Annals of internal medicine*  
Hilgenberg, S.  
2006; 144 (10): 779-780
- **Increased plasma levels of matrix metalloproteinase-9 in patients with Alzheimer's disease** *NEUROCHEMISTRY INTERNATIONAL*  
Lorenz, S., Albers, D. S., Relkin, N., Ngyuen, T., Hilgenberg, S. L., Chirichigno, J., Cudkowicz, M. E., Beal, M. F.

2003; 43 (3): 191-196

- **Tissue inhibitors of matrix metalloproteinases are elevated in cerebrospinal fluid of neurodegenerative diseases** *JOURNAL OF THE NEUROLOGICAL SCIENCES*

Lorenz, S., Albers, D. S., LeWitt, P. A., Chirichigno, J. W., Hilgenberg, S. L., Cudkowicz, M. E., Beal, M. F.  
2003; 207 (1-2): 71-76