



Rachel Bensen

Clinical Associate Professor, Pediatrics - Gastroenterology

CLINICAL OFFICE (PRIMARY)

- **Pediatric Gastroenterology**

730 Welch Rd

2nd Fl

Palo Alto, CA 94304

Tel (650) 491-6686 **Fax** (650) 721-3822

Bio

CLINICAL FOCUS

- Pediatric Gastroenterology

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Pediatrics - Gastroenterology
- Member, Maternal & Child Health Research Institute (MCHRI)

PROFESSIONAL EDUCATION

- Residency: Stanford Health Care at Lucile Packard Children's Hospital (2010) CA
- Internship: Stanford Health Care at Lucile Packard Children's Hospital (2008) CA
- Medical Education: Rutgers Robert Wood Johnson Medical School (2007) NJ
- Board Certification: Pediatric Gastroenterology, American Board of Pediatrics (2015)
- Fellowship: Stanford University - Gastroenterology Department of Pediatrics (2014) CA
- Board Certification: Pediatrics, American Board of Pediatrics (2010)
- Fellowship, Lucile Packard Children's Hospital at Stanford , Pediatric Gastroenterology, Hepatology and Nutrition (2014)
- Fellowship, Clinical Excellence Research Center at Stanford University , Health care innovation (2014)
- Residency, Lucile Packard Children's Hospital at Stanford , Pediatrics (2010)
- MD, University of Medicine & Dentistry of New Jersey - Robert Wood Johnson Medical School , Medicine (2007)
- MPH, Mailman School of Public Health at Columbia University , Health Policy and Management (2002)
- BA, University of Pennsylvania , International Relations (1999)

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

My research focuses on improving health care delivery systems for children, adolescents and young adults with chronic illness and their families. I have particular interests in the development of chronic disease self-management skills, assessment of patient reported outcomes, the transition from pediatric to adult-oriented health care, and comprehensive programs to support families caring for a child with chronic illness.

Publications

PUBLICATIONS

- **Intensified Upadacitinib Dosing for Adolescent Patients with Acute Severe Ulcerative Colitis.** *Children (Basel, Switzerland)*
Patel, P. V., Rigmaiden, M., Goyal, A., Bensen, R., Bass, D., Moses, J., Rosen, M. J., Colman, R. J.
2025; 12 (4)
- **Decisions Using Intra-Operative Gross Assessment of Fontan-Associated Liver Disease: Implications for Heart-Only Transplantation** *PEDIATRIC TRANSPLANTATION*
Rivera, D., Zhang, K., Ebel, N., Bensen, R., Martin, E., Ma, M., Esquivel, C. O., Navaratnam, M., Hollander, S. A., Rosenthal, D. N., Chen, S.
2025; 29 (1)
- **Self-Compassion in Adolescents and Young Adults With Inflammatory Bowel Disease: Relationship of Self-Compassion to Psychosocial and Physical Outcomes.** *Inflammatory bowel diseases*
Neiman, N., Boothroyd, D., Anjur, K., Bensen, R., Yeh, A. M., Wren, A. V.
2024
- **Neurologic complications in en bloc pediatric heart-liver transplants**
Pan, J., Bensen, R., Ebel, N., Mendoza, J., Ma, M., Hollander, S., Gallo, A., Esquivel, C. O., Bonham, A.
WILEY:2022
- **Immunizing pediatric liver transplant recipients against varicella virus using live-attenuated vaccination**
Harmann, K., Sear, K., Nadimpalli, S., Chen, S. F., Gans, H., Bensen, R.
WILEY:2022
- **Response to JHLT-D-21-00302 "Failing Fontan - heart or heart-liver transplant: The jury is (still) out?"** *JOURNAL OF HEART AND LUNG TRANSPLANTATION*
Chen, S., Bensen, R., Hollander, S. A., Sganga, D.
2021; 40 (10): 1248-1249
- **Comparison of combined heart–liver vs heart-only transplantation in pediatric and young adult Fontan recipients.** *The Journal of heart and lung transplantation : the official publication of the International Society for Heart Transplantation*
Sganga, D., Hollander, S. A., Vaikunth, S., Haeffele, C., Bensen, R., Navaratnam, M., McDonald, N., Profita, E., Maeda, K., Concepcion, W., Bernstein, D., Chen, S.
2020
- **Sustained Virologic Remission in an 8-Month-Old Pediatric Patient with Carbamoyl Phosphate Synthetase I Deficiency and Hepatitis C Infection Using Direct Acting Antivirals Prior to Liver Transplant.** *Journal of pediatric gastroenterology and nutrition*
Huang, A. C., Beadles, A., Romero, D., Berquist, W., Bensen, R., Kwo, P., Mckenzie, R. B.
2020
- **Racial and Socioeconomic Disparities in Hospitalization of Pediatrics with Liver Disease from 2005 to 2015.** *Digestive diseases and sciences*
Martin, M. n., Zou, B. n., Hoang, J. n., Jeong, D. n., Bensen, R. n., Nguyen, M. H.
2020
- **Procalcitonin as a Predictive Marker for Bacteremia in Children With a Central Line and Fever.** *Hospital pediatrics*
Damman, J. n., Arias, P. n., Kerner, J. n., Zhang, K. Y., Dehghan, M. n., Krishnan, G. n., Nespor, C. n., Bensen, R. n., Park, K. T.
2019
- **Depression and Health Care Use in Patients With Inflammatory Bowel Disease** *JOURNAL OF CROHNS & COLITIS*

- Wong, J. J., Sceats, L., Dehghan, M., Wren, A. A., Sellers, Z. M., Limketkai, B. N., Bensen, R., Kin, C., Park, K. T.
2019; 13 (1): 19–26
- **Foregone Inclusion: Neonatal CMV Hepatitis and Cholestasis.** *Digestive diseases and sciences*
Martin, M. n., Holmes, S. n., Sim, J. n., Hassan, M. n., Mathew, R. n., Bensen, R. n., Barakat, M. n.
2019
 - **Starting Young: Trends in Opioid Therapy Among US Adolescents and Young Adults With Inflammatory Bowel Disease in the Truven MarketScan Database Between 2007 and 2015** *INFLAMMATORY BOWEL DISEASES*
Wren, A. A., Bensen, R., Sceats, L., Dehghan, M., Yu, H., Wong, J. J., Maclsaac, D., Sellers, Z. M., Kin, C., Park, K. T.
2018; 24 (10): 2093–2103
 - **Depression and Healthcare Utilization in Patients with Inflammatory Bowel Disease.** *Journal of Crohn's & colitis*
Wong, J. J., Sceats, L., Dehghan, M., Wren, A. A., Sellers, Z. M., Limketkai, B. N., Bensen, R., Kin, C., Park, K. T.
2018
 - **Nationwide Trends in Acute and Chronic Pancreatitis Among Privately Insured Children and Non-Elderly Adults in the United States, 2007-2014** *GASTROENTEROLOGY*
Sellers, Z. M., Maclsaac, D., Yu, H., Dehghan, M., Zhang, K., Bensen, R., Wong, J. J., Kin, C., Park, K. T.
2018; 155 (2): 469+
 - **Improving the quality of pediatric colonoscopy bowel preparations through pre-procedure patient education**
Yang, C., Christofferson, M., Bensen, R.
AMER ACAD PEDIATRICS.2018
 - **Nationwide Trends in Acute and Chronic Pancreatitis Among Privately Insured Children and Non-Elderly Adults in the United States, 2007-2014.** *Gastroenterology*
Sellers, Z. M., Maclsaac, D. n., Yu, H. n., Dehghan, M. n., Zhang, K. Y., Bensen, R. n., Wong, J. J., Kin, C. n., Park, K. T.
2018
 - **Starting Young: Trends in Opioid Therapy Among US Adolescents and Young Adults With Inflammatory Bowel Disease in the Truven MarketScan Database Between 2007 and 2015.** *Inflammatory bowel diseases*
Wren, A. A., Bensen, R. n., Sceats, L. n., Dehghan, M. n., Yu, H. n., Wong, J. J., Maclsaac, D. n., Sellers, Z. M., Kin, C. n., Park, K. T.
2018
 - **Near-Fatal Gastrointestinal Hemorrhage in a Child with Medulloblastoma on High Dose Dexamethasone** *CUREUS*
Yecies, D., Tawfik, D., Damman, J., Thorson, C., Hong, D. S., Grant, G. A., Bensen, R., Damian, M.
2017; 9 (7)
 - **Diabetes Device Use in Adults With Type 1 Diabetes: Barriers to Uptake and Potential Intervention Targets.** *Diabetes care*
Tanenbaum, M. L., Hanes, S. J., Miller, K. M., Naranjo, D., Bensen, R., Hood, K. K.
2017; 40 (2): 181-187
 - **Implementation of Depression Screening and Global Health Assessment in Pediatric Subspecialty Clinics.** *The Journal of adolescent health : official publication of the Society for Adolescent Medicine*
Iturralde, E. n., Adams, R. N., Barley, R. C., Bensen, R. n., Christofferson, M. n., Hanes, S. J., Maahs, D. M., Milla, C. n., Naranjo, D. n., Shah, A. C., Tanenbaum, M. L., Veeravalli, S. n., Park, et al
2017
 - **Spanish and English Language Symposia to Enhance Activation in Pediatric Inflammatory Bowel Disease.** *Journal of pediatric gastroenterology and nutrition*
Martin, M., Garcia, M., Christofferson, M., Bensen, R., Yeh, A. M., Park, K. T.
2016; 63 (5): 508-511
 - **Transitions in Pediatric Gastroenterology: Results of a National Provider Survey.** *Journal of pediatric gastroenterology and nutrition*
Bensen, R., McKenzie, R. B., Fernandes, S. M., Fishman, L. N.
2016; 63 (5): 488-493
 - **Better health, less spending: Redesigning the transition from pediatric to adult healthcare for youth with chronic illness.** *Healthcare (Amsterdam, Netherlands)*
Vaks, Y., Bensen, R., Steidtmann, D., Wang, T. D., Platchek, T. S., Zulman, D. M., Malcolm, E., Milstein, A.

2016; 4 (1): 57-68

- **BRIDGING THE GAP: A NEW MODEL OF TRANSITION CARE FOR YOUNG ADULTS WITH SERIOUS CHRONIC CONDITIONS**

Bensen, R., Steidtmann, D., Vaks, Y., Malcolm, E., Zulman, D., Milstein, A.
ELSEVIER SCIENCE INC.2015: S34-S35

- **Legislative advocacy: evaluation of a grand rounds intervention for pediatricians.** *Academic pediatrics*

Bensen, R., Roman, H., Bersamin, M., Lu, Y., Horwitz, S., Chamberlain, L. J.
2014; 14 (2): 181-185

- **Geographical Rural Status and Health Outcomes in Pediatric Liver Transplantation: An Analysis of 6 Years of National United Network of Organ Sharing Data** *JOURNAL OF PEDIATRICS*

Park, K. T., Bensen, R., Lu, B., Nanda, P., Esquivel, C., Cox, K.
2013; 162 (2): 313-?

- **Effects of rural status on health outcomes in pediatric liver transplantation: A single center analysis of 388 patients** *PEDIATRIC TRANSPLANTATION*

Park, K. T., Nanda, P., Bensen, R., Strichartz, D., Esquivel, C., Cox, K.
2011; 15 (3): 300-305