Stanford



John D. Mark

Clinical Professor, Pediatrics - Pulmonary Medicine

CLINICAL OFFICE (PRIMARY)

- **Pediatric Pulmonary and Cystic Fibrosis Clinic**
  770 Welch Rd Ste 380
  MC 5882
  Palo Alto, CA 94304
  Tel (650) 724-4788 **Fax** (650) 723-5201

ACADEMIC CONTACT INFORMATION

- **Alternate Contact**
  Marifin Besona - Fellowship Coordinator
  Email mbesona@stanford.edu
  Tel (650) 721-7079

Bio

BIO

Dr. Mark received his medical degree from the University of Kansas and completed his residency in pediatrics at Children's Mercy Hospital in Kansas City, Missouri. He then completed a fellowship in pediatric pulmonary medicine at the University of Rochester, Rochester, New York. In 1984, Dr. Mark completed the first fellowship in Pediatric Integrative Medicine at the University of Arizona om 2001. He practices at Packard Children's Hospital where he utilizes non-pharmaceutical approaches with patients with chronic pulmonary disorders such asthma and cystic fibrosis. He is interested in nutrition, lifestyle changes, exercise and mind/body approaches to healing in an effort to decrease dependence on medication and improve overall lung health.

Dr. Mark is the past Program Director for the Pediatric Pulmonary fellowship program, Co-Director for the Pediatric Integrative Medicine fellowship program and the Medical Director for the Coordinating and Optimizing Resources Effectively (CORE) Program at Packard Children's Hospital, Stanford University. This innovative program assists with care coordination and communication with all health care providers for children with complex medical needs. Dr. Mark is also the Chair of the Credentials Committee at Packard Children's Hospital.

CLINICAL FOCUS

- Pediatric Integrative Medicine
- Children iwth Medical Complexity
- Pediatric Pulmonology

ACADEMIC APPOINTMENTS

- Clinical Professor, Pediatrics - Pulmonary Medicine
- Member, Maternal & Child Health Research Institute (MCHRI)

ADMINISTRATIVE APPOINTMENTS

- Program Director, CORE (Coordinating and Optimizing Resources Effectively), Lucile Packard Children's Hospital at Stanford, (2013- present)
- Program Director, CORE (Coordinating and Optimizing Resources Effectively), Lucile Packard Children's Hospital at Stanford, (2013- present)

- Pediatric Pulmonary Fellowship Program Director, Lucile Packard Children's Hospital at Stanford, (2007- present)
- Associate Program Director, Pediatric Residency, Lucile Packard Children's Hospital at Stanford, (2007- present)
- Medical Director, Case Management, Lucile Packard Children's Hospital at Stanford, (2008-2015)
- Medical Director, Complex Care Initiative, Lucile Packard Children's Hospital at Stanford, (2011- present)
- Medical Director, Respiratory Care Department, Lucile Packard Children's Hospital at Stanford, (2006-2011)

PROFESSIONAL EDUCATION

- Fellowship: University of Arizona Center for Integrative Medicine (2001) AZ
- Fellowship: University of Rochester Pediatric Pulmonology Fellowship (1984) NY
- Residency: Children's Mercy Hospital Pediatric Residency Program (1981) MO
- Internship: Children's Mercy Hospital Pediatric Residency Program (1979) MO
- Medical Education: University of Kansas School of Medicine (1978) KS
- Board Certification: Pediatric Pulmonology, American Board of Pediatrics (1992)
- Board Certification: Pediatrics, American Board of Pediatrics (1982)
- BA/BS, Wichita State University , Biology/Chemistry (1975)
- MD, University of Kansas , Medicine (1978)
- Residency, Children's Mercy Hospital, UMKC , Pediatrics (1981)
- Fellowship, University of Rochester , Pediatric Pulmonary (1984)
- Fellowship, University of Arizona , Pediatric Integrative Medicine (2001)

LINKS

- Our Center of Excellence: http://www.lpch.org/clinicalSpecialtiesServices/COE/PulmonaryCareCF/overview.html

Teaching

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Pediatric Pulmonology (Fellowship Program)

Publications

PUBLICATIONS

- **Pediatric Integrative Medicine in Residency Program: Relationship between Lifestyle Behaviors and Burnout and Wellbeing Measures in First-Year Residents** *CHILDREN-BASEL*
  McClafferty, H., Brooks, A. J., Chen, M., Brenner, M., Brown, M., Esparham, A., Gerstbacher, D., Golianu, B., Mark, J., Weydert, J., Yeh, A., Maizes, V.
  2018; 5 (4)

- **Pediatric Integrative Medicine in Academia: Stanford Children's Experience.** *Children (Basel, Switzerland)*
  Ramesh, G. n., Gerstbacher, D. n., Arruda, J. n., Golianu, B. n., Mark, J. n., Yeh, A. M.
  2018; 5 (12)

- **Complementary and alternative medicine in pulmonology** *CURRENT OPINION IN PEDIATRICS*
  Mark, J. D., Chung, Y.
  2015; 27 (3): 334-340

- **Pediatric Integrative Medicine in Residency (PIMR): Description of a New Online Educational Curriculum.** *Children (Basel, Switzerland)*
  McClafferty, H., Dodds, S., Brooks, A. J., Brenner, M. G., Brown, M. L., Frazer, P., Mark, J. D., Weydert, J. A., Wilcox, G. M., Lebensohn, P., Maizes, V.
  2015; 2 (1): 98-107

- **Pediatric Integrative Medicine in Residency (PIMR): Description of a New Online Educational Curriculum** *Children*
  McClafferty, H., Dodds, H., Mark, J., et al
  2015; 2: 98-107
- **Pediatric plastic bronchitis: case report and retrospective comparative analysis of epidemiology and pathology.** *Case reports in pulmonology*
  Kunder, R., Kunder, C., Sun, H. Y., Berry, G., Messner, A., Frankovich, J., Roth, S., Mark, J.
  2013; 2013: 649365-?
- **Integrating the home management plan of care for children with asthma into an electronic medical record.** *Joint Commission journal on quality and patient safety / Joint Commission Resources*
  Patel, S. J., Longhurst, C. A., Lin, A., Garrett, L., Gillette-Arroyo, J., Mark, J. D., Wood, M. S., Sharek, P. J.
  2012; 38 (8): 359-365
- **Pediatric Asthma: An Integrative Approach to Care** *NUTRITION IN CLINICAL PRACTICE*
  Mark, J. D.
  2009; 24 (5): 578-588
- **Integrative medicine and asthma** *PEDIATRIC CLINICS OF NORTH AMERICA*
  Mark, J. D.
  2007; 54 (6): 1007-?
- **Integrating complementary and alternative medicine with allopathic care in the neonatal intensive care unit** *ALTERNATIVE THERAPIES IN HEALTH AND MEDICINE*
  Mark, J. D., Barton, L. L.
  2001; 7 (4): 136-?
- **The use of dietary supplements in pediatrics: A study of echinacea** *CLINICAL PEDIATRICS*
  Mark, J. D., Grant, K. L., Barton, L. L.
  2001; 40 (5): 265-269
- **POLYMICROBIAL BACTERIAL SEPSIS AND DEFECTIVE NEUTROPHIL CHEMOTAXIS IN AN INFANT WITH CYSTIC-FIBROSIS** *PEDIATRICS*
  Kurland, G., Mark, J. D., HALSTED, C. C., Miller, M. E.
  1986; 78 (6): 1097-1101
- **AIRWAY HYPERREACTIVITY AND A HISTORY OF CLINICAL MANIFESTATIONS OF ASTHMA IN CHILDHOOD** *PEDIATRIC PULMONOLOGY*
  Mark, J. D., McBride, J. T., Brooks, J. G., McConnochie, K. M., Hall, W. J.
  1986; 2 (3): 170-174
- **NORMAL PULMONARY-FUNCTION MEASUREMENTS AND AIRWAY REACTIVITY IN CHILDHOOD AFTER MILD BRONCHIOLITIS** *JOURNAL OF PEDIATRICS*
  McConnochie, K. M., Mark, J. D., McBride, J. T., Hall, W. J., Brooks, J. G.
  1985; 107 (1): 54-58
- **SLEEP-ASSOCIATED AIRWAY PROBLEMS IN CHILDREN** *PEDIATRIC CLINICS OF NORTH AMERICA*
  Mark, J. D., Brooks, J. G.
  1984; 31 (4): 907-918