Stanford



Rashmi Parekh Bhandari

Clinical Professor, Anesthesiology, Perioperative and Pain Medicine

NIH Biosketch available Online Curriculum Vitae available Online

CLINICAL OFFICE (PRIMARY)

- **Pediatric Pain Management Clinic**

  321 Middlefield Rd Ste 225

  Menlo Park, CA 94025

  Tel (650) 724-5333 **Fax** (650) 736-1525

Bio

BIO

Pediatric Pain Psychologist for the Pediatric Pain Clinic, Department of Anesthesiology, Perioperative and Pain Medicine at Stanford University Medical Center and a committed clinician, educator, global health scholar and researcher with a focus on assessment and development of treatment interventions to improve the lives of youth with chronic pain.

Skilled in Cognitive Behavioral Therapy (CBT), clinical hypnosis, effective parenting strategies, Mindfulness, Pediatrics, and pain psychology education implementation. Strong healthcare services professional with a Doctor of Philosophy (PhD) focused in Pediatric Psychology. I have researched evidenced-based treatments of pediatric chronic pain and identification of important patient characteristics that may inform treatment outcomes. Integral to this research was the utilization of Peds-CHOIR. My publications in peer-reviewed journals document the development and implementation of this registry platform as well as the potential for deep phenotyping of treatment responsive and non-responsive patients.

In addition to practicing behavioral pain medicine for 20 years, I have directed the pediatric pain psychology fellowship and the pediatric pain psychology programming for over a decade.

My recent efforts are now focused on growing global health education to enhance pediatric pain care through education, cultural exchange, and evidence-based practice.

CLINICAL FOCUS

- Pediatric Pain Psychology
- Pediatric Pain Rehabilitation
- Clinical Psychology

ACADEMIC APPOINTMENTS

- Clinical Professor, Anesthesiology, Perioperative and Pain Medicine
- Member, Maternal & Child Health Research Institute (MCHRI)

ADMINISTRATIVE APPOINTMENTS

- Director of Pediatric Pain Psychology Services, Pediatric Pain Clinic at Stanford Children's Health, (2016-2025)
- Director of Pediatric Pain Psychology Training, Department of Anesthesia,, (2011-2023)

PROFESSIONAL EDUCATION

- PhD Training: Wayne State University School of Medicine (2002) MI
- Professional Education: Yapko 100 Training in Hypnosis (2016) CA
- Professional Education: National Pediatric Hypnosis Training Institute (2014) MN
- Professional Education, American Society of Clinical Hypnosis , Clinical Hypnosis (2015)
- Professional Education, Stens Corporation , 5-Day Professional Biofeedback Certificate Program (2012)
- Fellowship: Wayne State University School of Medicine (2003) MI
- Internship: Wayne State University School of Medicine (2002) MI

LINKS

- Pediatric Pain Fellowship: http://med.stanford.edu/pedsanesthesia/education/felllowship/pediatric-pain-psych.html

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Clinical interventions, treatments, and outcomes in pediatric pain management

Teaching

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Pain Management (Fellowship Program)
- Psychiatry and Behavioral Science (Fellowship Program)

Publications

PUBLICATIONS

- **Clinical utility of CAT administered PROMIS measures to track change for pediatric chronic pain.** *The journal of pain*
  Bhandari, R. P., Harrison, L. E., Richardson, P. A., Arce, A. B., You, D. S., Rajagopalan, A., Birnie, K. A., Sil, S.
  2021

- **Pediatric pain psychology: Guidelines for advanced subspecialty training.** *Clinical Practice in Pediatric Psychology*
  Benore, E., Bhandari, R., Harbeck-Weber, C., Logan, D. E., Banez, G.
  2017; 5 (1): 17-35

- **Pediatric-Collaborative Health Outcomes Information Registry (Peds-CHOIR): a learning health system to guide pediatric pain research and treatment.** *Pain*
  Bhandari, R. P., Feinstein, A. B., Huestis, S. E., Krane, E. J., Dunn, A. L., Cohen, L. L., Kao, M. C., Darnall, B. D., Mackey, S. C.
  2016; 157 (9): 2033-2044

- **Global and regional reference curves for pain across the lifespan in 6.1 million individuals in 118 countries.** *Nature medicine*
  Fillingim, M., Tanguay-Sabourin, C., Neuert, L., Zare, A., Norman, J., Guglietti, G. V., Hobeika, L., Ayorinde, A., Salimzadeh, A., Jamshidi, A., Alenazi, A. M., Tehrani-Banihashemi, A., Alqahtani, et al
  2026

- **Empowered Relief for Youth: Development, feasibility and early effectiveness of a single session pain relief skills class.** *The journal of pain*
  Simons, L. E., Harrison, L. E., Bhandari, R. P., Neville, A., Huft, K., Mayanja, D., Ma, R. S., Jehl, N. M., Darnall, B. D.

2026: 106389

- **A Multisite Implementation of the Comfort Ability® Program Telehealth Intervention for Pediatric Chronic Pain: Insights from Patients, Caregivers, and Providers.** *The Clinical journal of pain*
  Hale, A. E., Bhandari, R., Vassilopoulos, A., Fussner, L. M., Collins, J., Coakley, R.
  2025
- **Beyond the Mainstream: Exploring Parent Protective Behaviors in Asian Families Experiencing Pediatric Chronic Pain.** *Children (Basel, Switzerland)*
  Kim, Y. K., Ma, R. S., Bhandari, R. P.
  2025; 12 (6)
- **Chronic pain among Asian American children and associations with racial and ethnic discrimination: a nationally representative study.** *The journal of pain*
  Ma, R. S., Kim, Y., Bhandari, R., Groenewald, C. B.
  2025: 105432
- **Discrimination and the Prevalence of Pediatric Pain in Asian Americans**
  Ma, R., Kim, Y., Groenewald, C., Bhandari, R.
  CHURCHILL LIVINGSTONE.2025
- **Empowered Relief for Caregivers: Assessing Caregiver Needs for a Single-Session Chronic Pain Psychoeducation Group**
  Jehl, N., Guardino, K., Harrison, L., Darnall, B., Bhandari, R., Simons, L., Neville, A.
  OXFORD UNIV PRESS INC.2025: 113
- **The Relationship Between Fatigue, Pain Interference, Pain-Related Distress, and Avoidance in Pediatric Hypermobile Ehlers-Danlos Syndrome.** *Children (Basel, Switzerland)*
  Sokol, O. E., Biggs, E. E., Berger, A. S., Simons, L. E., Bhandari, R. P.
  2025; 12 (2)
- **Patient vs Parent Proxy Reports: The Asian Experience in Pediatric Chronic Pain**
  Ma, R., Bhandari, R., Kim, Y. K., Sujan, A. C.
  OXFORD UNIV PRESS INC.2024: 149
- **Differences in Parent Protective Behaviors in Pediatric Chronic Pain between Asian and Non-Hispanic White Families**
  Kim, Y. K., Sujan, A. C., Bhandari, R., Ma, R.
  OXFORD UNIV PRESS INC.2024: 145-146
- **Bridging Access to Pediatric Pain Care: Telehealth Utilization.** *The Clinical journal of pain*
  Sepsey, A. M., Sokol, O. E., Huestis, S. E., Bhandari, R. P.
  2023
- **Comparison of pain and psychosocial correlates among Hispanic and Non-Hispanic White youth with chronic pain.** *Pain reports*
  Goya Arce, A. B., Richardson, P. A., Tran, S. T., Bhandari, R. P.
  2022; 7 (4): e1020
- **Comparison of pain and psychosocial correlates among Hispanic and Non-Hispanic White youth with chronic pain** *PAIN REPORTS*
  Arce, A., Richardson, P. A., Tran, S. T., Bhandari, R. P.
  2022; 7 (4)
- **Intensive interdisciplinary pain treatment for children and adolescents with chronic non-cancer pain: a preregistered systematic review and individual patient data meta-analysis.** *Pain*
  Claus, B. B., Stahlschmidt, L., Dunford, E., Major, J., Harbeck-Weber, C., Bhandari, R. P., Baerveldt, A., Neß, V., Grochowska, K., Hübner-Möhler, B., Zernikow, B., Wager, J.
  2022
- **Author Response to "We Need Precise Interventions to Stem the Opioid Epidemic".** *American journal of preventive medicine*
  Richardson, P. A., Birnie, K. A., Goya Arce, A. B., Bhandari, R. P.
  2021; 60 (5): e237–e238
- **Assessing disparities on caregiver factors known to affect children's pain and outcomes**

Arce, A., Hartmann, M., Bhandari, R.
CHURCHILL LIVINGSTONE.2021: 598

- **Evaluating Telehealth Implementation in the Context of Pediatric Chronic Pain Treatment during COVID-19.** *Children (Basel, Switzerland)*
  Richardson, P. A., Parker, D. M., Chavez, K., Birnie, K. A., Krane, E. J., Simons, L. E., Cunningham, N. R., Bhandari, R. P.
  2021; 8 (9)
- **Clinical Correlates of Opioid Prescription Among Pediatric Patients With Chronic Pain.** *American journal of preventive medicine*
  Richardson, P. A., Birnie, K. A., Goya Arce, A. B., Bhandari, R. P.
  2020
- **A BRIEF 10-ITEM MEASURE FOR RAPID IDENTIFICATION OF PAIN-RELATED FEAR-AVOIDANCE IN YOUTH WITH CHRONIC PAIN**
  Rush, G., Heathcote, L. C., Bhandari, R., Timmers, I., Harrison, L., Simons, L. E.
  OXFORD UNIV PRESS INC.2020: S787
- **Parent physical and mental health contributions to interpersonal fear avoidance processes in pediatric chronic pain.** *Pain*
  Birnie, K. A., Heathcote, L. C., Bhandari, R. P., Feinstein, A., Yoon, I. A., Simons, L. E.
  2020
- **Factors Related to Agreement between Child and Caregiver Report of Child Functioning with Chronic Pain: PROMIS Pediatric and Parent-proxy Report.** *The Clinical journal of pain*
  Birnie, K. A., Richardson, P. A., Rajagopalan, A. V., Bhandari, R. P.
  2019
- **Rapid identification and clinical indices of fear-avoidance in youth with chronic pain.** *Pain*
  Heathcote, L. C., Bhandari, R. P., Timmers, I., Harrison, L. E., Simons, L. E.
  2019
- **Interpersonal Dyadic Influences of Pain Catastrophizing Between Caregivers and Children with Chronic Pain.** *The Clinical journal of pain*
  Parker, D. M., Birnie, K. A., Yoon, I. A., Bhandari, R. P.
  2019
- **Profiling Modifiable Psychosocial Factors among Children with Chronic Pain: A Person-Centered Methodology.** *The journal of pain : official journal of the American Pain Society*
  Richardson, P. A., Birnie, K. A., Harrison, L. E., Rajagopalan, A. n., Bhandari, R. P.
  2019
- **The role of fatigue in functional outcomes for youth with chronic pain.** *European journal of pain (London, England)*
  Yoon, I. A., Sturgeon, J. A., Feinstein, A. B., Bhandari, R. P.
  2019
- **Risk and Resilience in Pediatric Pain: The Roles of Parent and Adolescent Catastrophizing and Acceptance** *CLINICAL JOURNAL OF PAIN*
  Feinstein, A. B., Sturgeon, J. A., Bhandari, R. P., Yoon, I. A., Ross, A. C., Huestis, S. E., Griffin, A. T., Simons, L. E.
  2018; 34 (12): 1096–1105
- **Traumatic Stress and Pediatric Pain: Towards a Neurobiological Stress-Health Perspective.** *Journal of child & adolescent trauma*
  Kao, G. S., Bhandari, R. P., Huestis, S. E., Golianu, B.
  2018; 11 (2): 249-255
- **A Pilot Study of Mindfulness Meditation for Pediatric Chronic Pain.** *Children (Basel, Switzerland)*
  Waelde, L. C., Feinstein, A. B., Bhandari, R., Griffin, A., Yoon, I. A., Golianu, B.
  2017; 4 (5)
- **The Effect of Pain Catastrophizing on Outcomes: A Developmental Perspective Across Children, Adolescents, and Young Adults With Chronic Pain.** *journal of pain*
  Feinstein, A. B., Sturgeon, J. A., Darnall, B. D., Dunn, A. L., Rico, T., Kao, M. C., Bhandari, R. P.
  2017; 18 (2): 144-154
- **Traumatic stress and pediatric pain: A neurobiological stress-health perspective** *Journal of Child and Adolescent Trauma*
  Kao, G. S., Bhandari, R., Huestis, S., Golianu, B.
  2017; in press

- **Pediatric pain and traumatic stress: Towards a neurobiological stress-health perspective** *Journal of Child and Adolescent Trauma*
  Kao, G. S., Bhandari, R. P., Huestis, S. E., Golianu, B.
  2017
- **Social Risk and Resilience Factors in Adolescent Chronic Pain: Examining the Role of Parents and Peers.** *Journal of pediatric psychology*
  Ross, A. C., Simons, L. E., Feinstein, A. B., Yoon, I. A., Bhandari, R. P.
  2017
- **Multi-family pediatric pain group therapy: Capturing acceptance and cultivating change** *Children*
  Huestis, S. E., Kao, G., Dunn, A., Hilliard, A. T., Yoon, I. A., Golianu, B., Bhandari, R. P.
  2017; 4 (12)
- **Spotlight on the Pediatric Pain Psychology Special Interest Group** *Clinical Practice in Pediatric Psychology*
  Harbeck-Weber, C., Benore, E., Bhandari, R., Logan, D. E., Banez, G.
  2017; 5 (1): 15-16
- **The Impact of Pain Catastrophizing on Outcomes: A Developmental Perspective across Children, Adolescents and Young Adults with Chronic Pain** *Journal of Pain*
  Feinstein, A. B., Sturgeon, J. A., Bhandari, R. P., Dunn, A., Rico, T., Kao, M. C., Darnall, B. D.
  2016
- **Restrictive parenting buffers head start students from stress** *INFANTS AND YOUNG CHILDREN*
  Bhandari, R. P., Barnett, D.
  2007; 20 (1): 55-63