



## Sarah Hilgenberg

Clinical Associate Professor, Pediatrics

 Curriculum Vitae available Online

### CLINICAL OFFICES

- **Lucile Packard Children's Hospital**

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Palo Alto, CA 94304

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### Bio

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#### BIO

Dr. Sarah Hilgenberg specializes in the treatment of hospitalized children. She has practiced Pediatric Hospital Medicine for more than 12 years. She has particular interests in optimizing patient-family-healthcare provider communication, medical education scholarship, and teaching medical trainees. She enjoys spending time with her family outdoors.

#### CLINICAL FOCUS

- Pediatric Hospital Medicine
- Pediatrics

#### ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Pediatrics

#### ADMINISTRATIVE APPOINTMENTS

- Physician Lead, Patient Experience, LPCH, (2013-2015)
- Associate Program Director of Curriculum, Pediatric Residency Program, (2013- present)
- Residency Liaison, Valley Children's Hospital-Stanford Affiliated Residency Program, Pediatric Residency Program, (2015- present)
- Medical Education Scholarly Concentration Co-Leader, Pediatric Residency Program, (2018- present)

#### HONORS AND AWARDS

- Medical Education Scholarship Award, Stanford Pediatrics (06/2022)
- Top Article in Pediatric Hospital Medicine, Pediatric Hospital Medicine National Conference (7/2021)
- Top Article in Medical Education 2018, Academic Pediatric Association (5/2019)
- Resident Research Award, Academic Pediatric Association (4/2019)
- Core Clerkship Honor Roll for Clinical Teaching, Stanford School of Medicine (2017-18)
- ROSE Award for recognition of service excellence, LPCH (2012)
- Rathmann Clinician Research Scholar in Medical Education, Stanford University (2014-2015)

- Advancing Pediatric Educator eXcellence Teaching Program Scholar, American Academy of Pediatrics (2014-2016)
- Dedication to Excellence - Watsonville Hospitalist Elective Rotation, Pediatric Residency Program, Stanford University (June 2015)
- Rotation of the Year Award - Night Float Rotation, Pediatric Residency Program, Stanford University (June 2015)
- Novice Research Grant, Society for Simulation in Healthcare (2016-17)
- Special Projects Grant, Association of Pediatric Program Directors (APPD) (2016-17)

## BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

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

## PROFESSIONAL EDUCATION

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

## Research & Scholarship

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### CURRENT RESEARCH AND SCHOLARLY INTERESTS

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

## Publications

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### PUBLICATIONS

- **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*  
Lorenzl, 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*  
Lorenzl, 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