



## Maïke van Niekerk, PhD

MD Student with Scholarly Concentration in Community Health / Surgery, expected graduation Spring 2026

### Bio

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#### BIO

Maïke van Niekerk is pursuing an MD at Stanford School of Medicine as a Knight-Hennessy Scholar.

Maïke earned her bachelor's degree in cancer- and global health-focused nursing at Dalhousie University as a Schulich Leader Scholar, and her Ph.D. in Psychiatry at the University of Oxford as a Rhodes Scholar. Upon completing her Ph.D., she worked as a consultant for the World Health Organization advising on guideline development for integrating mental and physical healthcare in low-resource settings. Her research expertises are in the development and implementation of biopsychosocial models of care.

At Stanford, she is working alongside Dr. Tileston and members of the Pediatric Orthopaedic Research Program to develop new models of care for pediatric patients with scoliosis, aimed at improving mental and physical health outcomes in this patient population.

Maïke aspires to improve healthcare access for underserved communities by pioneering holistic treatment programs combining insights from medicine, psychiatry, and nursing to improve care for diverse patient populations.

#### HONORS AND AWARDS

- Knight-Hennessy Scholarship, The Knight-Hennessy Scholars Program (2021 - 2025)
- Rhodes Scholarship, The Rhodes Trust (2017 - 2020)
- Schulich Leader, Schulich Leader Scholarships (2013 - 2017)
- Silver Governor General's Academic Medal (highest academic standing of baccalaureate graduates), Dalhousie University (2017)

#### EDUCATION AND CERTIFICATIONS

- PhD in Psychiatry, University of Oxford (2020)
- Bachelor of Science in Nursing, Dalhousie University (2017)

#### CLERKSHIPS

- 2024 Winter - FAMMED 301A Family Medicine Core Clerkship Family & Community Medicine
- 2024 Winter - ORTHO 306A Orthopaedics Clerkship Orthopaedic Surgery
- 2023 Autumn - MED 300A Internal Medicine Core Clerkship Medicine
- 2023 Autumn - SURG 300A Surgery Core Clerkship Surgery
- 2023 Summer - MED 300A Internal Medicine Core Clerkship Medicine

- 2023 Summer - OBGYN 300A Obstetrics and Gynecology Core Clerkship Obstetrics and Gynecology

## Publications

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### PUBLICATIONS

- **Strengthening the Pipeline: Promoting Diversity into Orthopedic Surgery.** *Clinics in sports medicine*  
van Niekerk, M., O'Mara, A., Kha, S., Zhou, J., McAdams, T. A., Ladd, A., Shea, K., Frick, S., Maloney, W. J., Chu, C. R.  
2024; 43 (2): 253-270
- **The use of hinged elbow orthosis following surgical management of terrible triad injuries of the elbow.** *European journal of orthopaedic surgery & traumatology : orthopedie traumatologie*  
Cruz, J. P., Salazar, B., van Niekerk, M., Finlay, A. K., Van Rysselberghe, N. L., Goodnough, L. H., Bishop, J. A., Gardner, M. J.  
2024
- **Patient and medical unit staff experiences of proactive and integrated consultation-liaison psychiatry in The HOME Study: a qualitative investigation** *Journal of the Academy of Consultation-Liaison Psychiatry*  
Sharpe, M., Toynbee, M., van Niekerk, M., Bold, R., Walker, J.  
2024
- **"Therapy Deserts" – A Call to Action to Address Inequitable Access to Therapy Services Among Pediatric Patients** *JPOSNA (accepted)*  
van Niekerk, M., Harbacheck, K., Obilo, C., Liu, T., Weisman, A., Johnson, A., Magaña, S., Balakrishnan, K., Cook, K., Shea, K.  
2024
- **Proactive and integrated consultation-liaison psychiatry for older medical inpatients: A mixed methods description of training, care provided and clinician experience in the HOME study** *General Hospital Psychiatry*  
Sharpe, M., Toynbee, M., van Niekerk, M., Solomons, L., Owens, C., Price, A., Yousif, M., Palmer, A., Clay, F., Berk, G., Burns, J., Hill, L., Harris, et al  
2024
- **Student-Athletes' Deteriorating Mental Health During COVID-19: Recommendations on Proactive Strategies for Addressing Unique Mental Health Needs.** *Journal of pediatric psychology*  
Cheng, M., van Niekerk, M., Biviano, G.  
2023
- **A Step-by-Step Guide to Understanding and Conducting Quality Improvement Initiatives in Orthopaedic Surgery** *JPOSNA*  
van Niekerk, M., Shea, K., Samora, J., Jones, K., Brighton, B., Pinney, S., Tileston, K.  
2023; 5 (1)
- **Psychological aspects of return to sport for the female athlete** *Arthroscopy, Sports Medicine, and Rehabilitation*  
van Niekerk, M., Matzkin, E., Christino, M.  
2023
- **System-Level Interventions for Addressing Burnout and Improving Professional Wellness for Orthopedic Surgeons** *JPOSNA*  
van Niekerk, M., Tileston, K., Bouchard, M., Atanda, A., Goldstein, R., Gantsoudes, G., Carter, C., Christino, M.  
2023; 5 (1)
- **A Comprehensive Umbrella Review for Understanding Burnout in Orthopaedic Surgery** *JPOSNA*  
van Niekerk, M., Tileston, K., Bouchard, M., Christino, M., Goldstein, R., Gantsoudes, G., Carter, C., Atanda, A.  
2023; 5 (1)
- **POSNA Safe Surgery Program (PSSP): First-Year Results Implementing Quality Metrics** *JPOSNA*  
Tileston, K., van Niekerk, M., Vitale, M., Cho, R., Brighton, B., Tippabhatla, A., Rohde, M., Shea, K.  
2023
- **Effectiveness of psychosocial interventions for pediatric patients with scoliosis: a systematic review** *World Journal of Pediatric Surgery*  
van Niekerk, M., Richey, A., Vorhies, J., Wong, C., Tileston, K.  
2023; 6 (e000513)
- **The Prevalence of Psychiatric Disorders in General Hospital Inpatients: A Systematic Umbrella Review.** *Journal of the Academy of Consultation-Liaison Psychiatry*  
van Niekerk, M., Walker, J., Hobbs, H., Magill, N., Toynbee, M., Steward, B., Harriss, E., Sharpe, M.

2022

- **PASS: A checklist for assessing the quality of systematic reviews of prevalence studies** *General Hospital Psychiatry*  
Walker, J., Hobbs, H., Magill, N., van Niekerk, M., Sharpe, M.  
2022: 133-134
- **Patients Who Return to Sport After Primary Anterior Cruciate Ligament Reconstruction Have Significantly Higher Psychological Readiness: A Systematic Review and Meta-analysis of 3744 Patients** *Am J Sports Med*  
Xiao, M., van Niekerk, M., Trivedi, N., Hwang, C., Sherman, S., Safran, M., Abrams, G.  
2022
- **World mental health report: Transforming mental health for all**  
World Health Organization, I.  
World Health Organization.  
2022
- **Framework for collaborative action on tuberculosis and comorbidities**  
WHO Global TB Programme, I.  
World Health Organization. Geneva.  
2022 1-88
- **Letter to the editor: Improving Biopsychosocial Care for Adolescents with Scoliosis “A systematic scoping review and textual narrative synthesis of the qualitative evidence related to adolescent idiopathic scoliosis”** *International Journal of Orthopaedic and Trauma Nursing*  
van Niekerk, M., Tileston, K.  
2022
- **'Do not attempt cardiopulmonary resuscitation' (DNACPR)-difficulty in discussions with older medical inpatients and their families: a survey of hospital doctors.** *BMJ supportive & palliative care*  
Walker, J., Burke, K., Magill, N., van Niekerk, M., Wanat, M., Hobbs, H., Rocroi, I., Frost, C., Sharpe, M.  
2021
- **The effectiveness of inpatient consultation-liaison psychiatry service models: A systematic review of randomized trials** *GENERAL HOSPITAL PSYCHIATRY*  
Toynbee, M., Walker, J., Clay, F., Hollands, L., van Niekerk, M., Harriss, E., Sharpe, M.  
2021; 71: 11-19
- **Major Depression and Survival in People With Cancer** *PSYCHOSOMATIC MEDICINE*  
Walker, J., Mulick, A., Magill, N., Symeonides, S., Gourley, C., Burke, K., Belot, A., Quartagno, M., van Niekerk, M., Toynbee, M., Frost, C., Sharpe, M.  
2021; 83 (5): 410-416
- **The prevalence of anxiety in general hospital inpatients: A systematic review and meta-analysis** *General Hospital Psychiatry*  
Walker, J., van Niekerk (joint first author), M., Hobbs, H., Toynbee, M., Magill, N., Bold, R., Hampsey, E., Harriss, E., Frost, C., Sharpe, M.  
2021; 72: 131-140
- **Different independent associations of depression and anxiety with survival in patients with cancer** *JOURNAL OF PSYCHOSOMATIC RESEARCH*  
Walker, J., Magill, N., Mulick, A., Symeonides, S., Gourley, C., Toynbee, M., van Niekerk, M., Burke, K., Quartagno, M., Frost, C., Sharpe, M.  
2020; 138: 110218
- **The HOME Study: Statistical and economic analysis plan for a randomised controlled trial comparing the addition of Proactive Psychological Medicine to usual care, with usual care alone, on the time spent in hospital by older acute hospital inpatients** *TRIALS*  
Magill, N., White, I. R., Walker, J., Burke, K., Toynbee, M., van Niekerk, M., Yang, F., Walker, S., Sculpher, M., Sharpe, M., Frost, C.  
2020; 21 (1): 373
- **The HOME Study: study protocol for a randomised controlled trial comparing the addition of Proactive Psychological Medicine to usual care, with usual care alone, on the time spent in hospital by older acute hospital inpatients** *TRIALS*  
Walker, J., Burke, K., Toynbee, M., van Niekerk, M., Frost, C., Magill, N., Walker, S., Sculpher, M., White, I. R., Sharpe, M.  
2019; 20 (1): 483
- **Risk for psychological distress among cancer patients with a familial history of Indian Residential School attendance: Results from the 2008-10 First Nations Regional Health Survey**  
van Niekerk, M., Bombay Amy  
2017: 3-195