




Rashmi Parekh Bhandari

Clinical Professor, Anesthesiology, Perioperative and Pain Medicine

 NIH Biosketch available Online

 Curriculum Vitae available Online

CLINICAL OFFICE (PRIMARY)

- **Pediatric Pain Management**

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Bio

BIO

Dr. Rashmi Bhandari joined the Pediatric Pain Management Clinic and Stanford faculty in 2005 and has since been working with children who have complex chronic pain conditions and their families. She is the Director of Psychology Services for the Pediatric Pain Clinic and oversees all aspects of clinical pain psychology services. In addition to practicing behavioral pain medicine, Dr. Bhandari launched the pediatric pain psychology fellowship training. The education curriculum created for the pain psychology fellowship is one of the leading standard in the field, educating future pediatric psychologists who want to specialize in pain medicine. Dr. Bhandari has extensive training in bio behavioral interventions for chronic pain such as biofeedback and is certified by the American Society of Clinical Hypnosis.

Dr. Bhandari is a committed clinician, educator, and researcher with a focus on assessment and development of treatment interventions to improve the lives of youth with chronic pain. Decisions about the appropriate treatments, however, are dependent on accurate and useful data—data that have been lacking for adults and children who experience chronic pain. This lack of information inspired the creation of a health registry called CHOIR. Dr. Bhandari helped lead the pediatric adoption of CHOIR, called Peds-CHOIR (Pediatric Collaborative Health Outcomes Information Registry) which is a novel, open-source outcome-dual tracking vehicle for youth with chronic pain and their caregivers. This registry is utilized by clinicians to offer patient tailored interventions in real time while creating opportunities to study important predictors and consequences of treatment factors.

Dr. Bhandari, has successfully lead the Pediatric Pain Clinic in multiple clinical innovations including tele-medicine, canine-assisted therapy, and sleep treatment interventions to continue offering evidence based treatments and improving access to care.

Dr. Bhandari has researched evidenced-based treatments for pediatric chronic pain and identification of important patient characteristics that may inform treatment outcomes. Integral to this research was the utilization of Peds-CHOIR, which was designed to track outcomes for children and adolescents with chronic pain and their caregivers. Her publications in peer reviewed journals documents the development and implementation of this registry platform as well as the potential for deep phenotyping of treatment responsive and non-responsive patients.

CLINICAL FOCUS

- Psychology

- Pediatric Pain Psychology
- Pediatric Pain Rehabilitation

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- present)
- Director of Pediatric Pain Psychology Training, Department of Anesthesia,, (2011- present)

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/fellowship/pediatric-pain-psych.html>

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Clinical interventions, treatments, and outcomes in pediatric pain management

CLINICAL TRIALS

- Empowered Relief for Youth, Recruiting

Teaching

STANFORD ADVISEES

Postdoctoral Faculty Sponsor

Courtney Hess, Alexandra Neville

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
- **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