

## **Sarah L. Hilgenberg, MD, FAAP**

Lucile Packard Children's Hospital  
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### **PRESENT POSITION**

- 5/2015-current Clinical Assistant Professor, Division of Pediatric Hospital Medicine, Stanford University School of Medicine
- 2/2015-current Associate Program Director, Valley Children's Hospital-Stanford Affiliated Pediatric Residency Program, Lucile Packard Children's Hospital, Stanford University School of Medicine
- 6/2013-current Associate Program Director, Curriculum, Pediatric Residency Program, Lucile Packard Children's Hospital, Stanford University School of Medicine

### **EDUCATION AND TRAINING**

- 2016-2019 **Academic Pediatric Association Educational Scholars Program**
- 2015 **Simulation Instructor**, Center for Immersive and Simulation-Based Learning, Stanford, CA
- 2007-2010 **Seattle Children's Hospital, University of Washington, Seattle, WA**  
Resident, Pediatrics
- 2002-2007 **Stanford University School of Medicine, Stanford, CA**  
Doctor of Medicine
- 1996-2000 **Wellesley College, Wellesley, MA**  
Bachelor of Arts, Psychology, Magna Cum Laude

### **PAST EMPLOYMENT**

- 3/2013-5/2015 Physician Lead, Office of Patient Experience, Lucile Packard Children's Hospital, Stanford University School of Medicine
- 8/2011-4/2015 Clinical Instructor, Division of Pediatric Hospital Medicine, Stanford University School of Medicine
- 9/2010-5/2011 Clinical Instructor, Division of Hospital Medicine, Seattle Children's Hospital, University of Washington School of Medicine
- 6/2000-4/2002 Research Coordinator, Neurology Clinical Trials Unit, Massachusetts General Hospital

### **HONORS and AWARDS**

- 2015 Dedication to Excellence Award - Watsonville Hospitalist Elective Rotation, Stanford Pediatric Residency
- 2015 Rotation of the Year Award - Night Float Rotation, Stanford Pediatric Residency
- 2014 Rathmann Family Foundation E4C Medical Education Fellowship in Patient-Centered Care, Associate Research Scholar, Stanford University School of Medicine
- 2014 Advancing Pediatric Educator eXcellence (APEX) Scholar, AAP Section on Hospital Medicine
- 2012 Recognition of Service Excellence (R.O.S.E) Award, Lucile Packard Children's Hospital

## GRANTS

- 2016 “De-escalating Angry Caregivers: A Randomized Controlled Trial of a Novel Communication Curriculum for Pediatric Residents.” Association of Pediatric Program Directors Special Project Grant. PI: **S.Hilgenberg**. *Submitted February*. Amount: \$10,000.
- 2015 “De-escalating Angry Caregivers: A Randomized Controlled Trial for Pediatric Residents Using a Novel Standardized Patient Simulation-Based Curriculum.” Society for Simulation in Healthcare Novice Research Grant. PI: **S. Hilgenberg**. Amount: \$5,000.

## EDUCATIONAL ACTIVITIES

### *Educational Administration*

- 2/2015-current Associate Program Director, Valley Children’s Hospital-Stanford Affiliated Pediatric Residency Program, Lucile Packard Children’s Hospital, Stanford University School of Medicine
- 7/2014-current Co-Rotation Director, Watsonville Hospitalist Elective, Stanford Pediatric Residency Program
- 6/2013-current Associate Program Director, Curriculum, Pediatric Residency Program, Lucile Packard Children’s Hospital, Stanford University School of Medicine
- 8/2011-current Co-Rotation Director, Night Float Supervisor, Stanford Pediatric Residency Program
- 8/2011-current Co-Rotation Director, Night Float Blue-Yellow Intern, Stanford Pediatric Residency Program

### *Teaching*

- 2013-current Morning report for junior and senior residents (1/week)
- 2011-current Noon conference for residents and medical students (1-2/year)
- 2011-current Night curriculum modules for residents and medical students (2-4/month)
- 2011 Instructor, Healer’s Art, Stanford University School of Medicine
- 2003-2005 Teaching Assistant, Gross Anatomy for both medical students and undergraduates, Stanford University School of Medicine

### *Curriculum Development and Evaluation*

- 2015-current Developing Interprofessional Curriculum on Building Therapeutic Alliances with Patients and Families
- 2014-current Developing Physician-Patient-Family Communication Curriculum and research study entitled “De-escalating Angry Caregivers: A Randomized Controlled Trial for Pediatric Residents Using a Novel Standardized Patient Curriculum,” Stanford University School of Medicine
- 2014-current Created On-Site Community Pediatric Curriculum for Stanford pediatric residents and fellows at Watsonville Community Hospital and Salud Para La Gente FQHC, Watsonville, CA
- 2014-2015 Developed Hands-On Night Float Curriculum for general pediatric residents, Stanford University School of Medicine
- 2013-current Design Faculty Development Curricula for Pediatric Residency Education Leader Meetings (x3/year)
- 2013-current Create Morning Report Curriculum for weekly junior and senior resident morning report, Stanford University School of Medicine
- 2010-2011 Co-created Night Float Curriculum for general pediatric residents, University of Washington School of Medicine

### *Mentoring*

- 2015-current Research Mentor, Medical Education Scholarly Concentration, Pediatric Residency Program (1 formal advisee)
- 2014-current Career and Wellbeing Advisor for Pediatric Hospital Medicine fellow (1 formal advisee to date)
- 2013-current Career Advisor for General Pediatric resident (1 formal advisee to date)
- 2013-2015 Research Mentor, Medical Education Scholarly Concentration, Pediatric Residency Program (2 formal advisees)

## PROFESSIONAL ACTIVITIES

- 2015-current Academic Pediatric Association (APA) Member
- 2013-current Association of Pediatric Program Directors (APPD) Member

2007-current American Academy of Pediatrics (AAP)  
Section of Hospital Medicine Member

## SERVICE

### *Stanford*

2015-current Member, Mission Zero Abusive and Disruptive Behavior in the Workplace Workgroup  
2015-current Member, Graduate Medical Education Steering Committee, Valley Children's Hospital  
2015-current Member, Dean's Physician Wellness Task Force  
2015-current Physician Lead, Interprofessional Committee on Developing Communication Curricula for LPCH nurses and pediatric residents  
2012-current Member, Intern Selection Committee  
2012-2015 Co-Creator and Editor, general pediatric Cerner ordersets  
2011-current Hospitalist Lead, multidisciplinary steering committee for hospital-wide asthma protocol  
2011-2014 Physician Lead, Acute Care Excellence (ACE) Quality Improvement Team

### *University of Washington*

2011 Hospitalist Lead, Night Curriculum Committee  
2010 Reviewer, Intern Selection Committee  
2008 Member, Rapid Process Improvement project on discharge criteria

## PAPERS, LECTURES, PRESENTATIONS

### *Original Articles*

**Hilgenberg S.** Recipient of a finding incidental to research. *Incidental Findings in Research, Presidential Commission for the Study of Bioethical Issues*. 30 April 2013. <http://bioethics.gov/node/1617>.  
Qureshi M et al. Analysis of factors that modify susceptibility and rate of progression in amyotrophic lateral sclerosis. *Amyo Lat Scler*. 2006;7:173-182.  
**Hilgenberg, S.** Transformation: From Medical Student to Patient. *Ann Intern Med*. 2006;144:779-780.  
**Hilgenberg, SL.** Formation, Malformation, Transformation: My Experience as Medical Student and Patient. *Stanford Medical School Clinical Journal*, fall 2004.  
Cudkowicz ME et al. A randomized, placebo-controlled trial of topiramate in amyotrophic lateral sclerosis. *Neurology*. Aug 2003; 61:456-464.  
Lorenzl S, Albers DS, Relkin N, Ngyuen T, **Hilgenberg SL**, Chirichigno J, Cudkowicz ME, Beal MF. Increased plasma levels of matrix metalloproteinase-9 in patients with Alzheimer's disease. *Neurochem Internatl*. 2003; 43:191-196.  
Lorenzl S, Albers DS, LeWitt PA, Chirichigno JW, **Hilgenberg SL**, Cudkowicz ME, Beal MF. Tissue inhibitors of matrix metalloproteinases are elevated in cerebrospinal fluid of neurodegenerative disorders. *J Neurol Sci*. 2003; 207(1-2):71-

### *Peer-Reviewed Workshops*

Barber L, Stevenson T, **Hilgenberg S**, Jabaji D, Morris H, Lamphier K, Fromme B, Blankenburg R, Maniscalco J. "Nighttime Can Be the Right Time for Education." Pediatric Hospital Medicine Annual Meeting, Chicago, IL, July 2016.  
Whitgob E, Bogetz A, Chua I, **Hilgenberg S**, Bachrach L, Blankenburg R. "I Don't Want Someone Like You Taking Care of My Child: Identifying Strategies to Address Discrimination Toward Physicians by Patients and Families." Association of Pediatric Program Director Annual Spring Meeting, Orlando, FL, March 2015.

### *Peer-Reviewed Platform Presentations*

Toney A, Goldstein R, **Hilgenberg S**, Blankenburg R. "Is There an App for That? A Point of Care Resource for Busy Residents on the Go," Regional Academic Pediatric Association Meeting, Monterey, CA, January 2014.

### *Peer-Reviewed Poster Presentations*

Stewart S, Lin J, Everhart K, **Hilgenberg S**. "Don't Be Brash With a Rash," Pediatric Hospital Medicine National Conference, San Antonio, TX, July 2015.  
Goldstein R, Toney A, **Hilgenberg S**, Blankenburg R. "What Do Residents Want? Faculty and Resident Perspectives on Point-of-Care Clinical Tools," Pediatric Academic Societies Annual Meeting, San Diego, CA, April 2015.

- Goldstein R, Toney A, **Hilgenberg S**, Blankenburg R. "What Do Residents Want? Faculty and Resident Perspectives on Point-of-Care Clinical Tools," Association of Pediatric Program Director Annual Spring Meeting, Orlando, FL, March 2015.
- Goldstein R, Toney A, **Hilgenberg S**, Blankenburg R. "What Do Residents Want? Faculty and Resident Perspectives on Point-of-Care Clinical Tools," Academic Pediatric Association Regional Meeting, Monterey, CA, January 2015.
- Ehlenbach M, Mallon D, **Hilgenberg S**, Romero H. "Developing, Implementing and Evaluating a Hospitalist-Facilitated Night Teaching Curriculum," American Academy of Pediatrics National Conference And Exhibition, Boston, MA, October 2011.
- Hilgenberg S**, Mallon D, Gotcsik M, Mackowiak B, Batra M, Romero H, Ehlenbach M, Tamura G, Shugerman R, Marshall S, McPhillips H. "The Design and Implementation of an Ongoing Night Curriculum for General Pediatric Residents: The Seattle Children's Hospital Experience," American Academy of Medical Colleges Western Group on Educational Affairs, Stanford, CA, April 2011.

***Invited Oral Presentations***

- Hilgenberg S**, Peterson J, Gribben V, Rassbach C. "Teaching on the Fly," Valley Children's Hospital Medical Education Day, Madera CA, May 2016.
- Hilgenberg S**. "Reading the Brain," Stanford University Department of Psychology Undergraduate Seminar, February 2016.
- Hilgenberg S**. "Reading the Brain," Stanford University Department of Psychology Undergraduate Seminar, February 2015.
- Hilgenberg S**. "Incidental Findings in the Research Setting," Presidential Commission for the Study of Bioethical Issues, Washington DC, March 2011.
- Hilgenberg S**. "The Human Face of Incidental Findings in Brain Imaging Research," Stanford University School of Medicine, September 2005.
- Hilgenberg S**. "Transformation: From Medical Student to Patient," Medicine and the Muse, Stanford University School of Medicine, April 2004.

***Work-in-Progress Oral Presentations***

- Hilgenberg S**. "Update on Study Design and Assessment Tool for De-escalation of Angry Caregivers Project," General Pediatrics Research in Child Health Meeting, Stanford CA, March 2016.
- Chi K, Blankenburg R, **Hilgenberg S**. "De-escalating High Intensity Patient Encounters (DeHIPE): An Interactive Online Curriculum for Medical Students," Academic Pediatric Association Regional Meeting, Monterey, CA, January 2016.
- Hilgenberg S**. "Study Design for De-escalation of Angry Caregivers Project," General Pediatrics Research in Child Health Meeting, Stanford CA, October 2015.

**LICENSURE AND CERTIFICATIONS**

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| 2011-current | CA Physician and Surgeon License A 116398     |
| 2010-current | American Board of Pediatrics, Board Certified |
| 2007-current | DEA   |
| 2007-current | Pediatric Advanced Life Support Provider      |