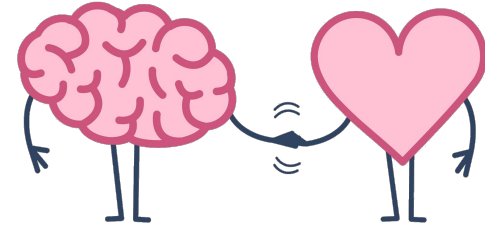
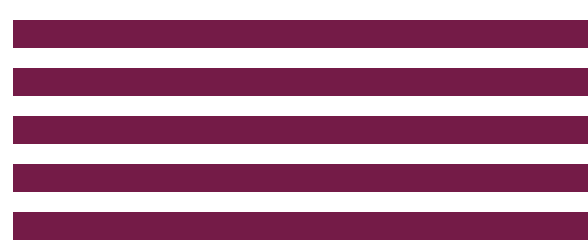


SOCIETY OF PEDIATRIC PSYCHOLOGY

CARDIOLOGY SIG

NEWSLETTER | FALL 2020



Welcome from our co-chairs

We're thrilled to welcome you to our first Cardiology SIG newsletter!

In a year that has challenged us all, we're humbled by the camaraderie of our Cardiology SIG and the ways in which our community has supported one another, our patients, and their families. We greatly appreciate our membership, and especially our SIG Board, for their hard work (and creativity!) developing our new website and now this newsletter. We hope these provide opportunities to share information and resources, to catch up on news in our field, and to feel a little more connected with one another in these uncertain times.

Also, we wanted to give a special shout out to all the students, trainees, and early career members thinking about applying for one of the first Cardiology SIG Publication Awards (see page 2). We can't wait to read your applications!

Best wishes for the Fall,
Nadine & Nicole



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SIG BOARD

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New SPP Cardiology SIG Publication Awards

We recognize the importance of celebrating the successes of its talented graduate students and emerging leaders. With this in mind, we have created two new Publication Awards:

1. SPP Outstanding Publication in Pediatric Cardiology – Graduate Student, Pre-Doctoral Intern, or Post-Doctoral Fellow
 2. SPP Outstanding Publication in Pediatric Cardiology – Early Career Psychologist or Behavioral Scientist
- Applications must be emailed to cardio.sig.spp@gmail.com.
 - A cash prize of \$50 will be awarded to the successful applicants.
 - Awardees will be invited to showcase their work with the SIG.
 - See <https://cardiosig.weebly.com/awards.html> for more information

Applications Due: **October 15th, 2020**

Featured Conference

Cardiac Neurodevelopmental Outcome Collaborative 9th Annual (Virtual) Scientific Sessions

The Annual Scientific Sessions of CNOC is an interdisciplinary conference for all providers involved in the care of children and young adults with congenital heart disease, including cardiologists, psychologists, neurologists, nurses, therapists and educators, as well as patients and family members.

Conference Highlights:

- Maternal and Paternal Psychological Stress in the Perinatal Period.
- Child and Family Psychosocial Stress and Impact on Outcomes.
- Delivering Developmentally-Sensitive Care for Infants in the ICU.
- Developmental Care in a Telemedicine World.
- Patients, Parents, and Providers Working Together to Improve Developmental Outcomes: *A CNOC and MLH collaboration provided for free to patients and parents* (use code MLHPRT to register [here](#))

Join us: **November 18-20th, 2020**

More information available at: <https://www.cardiacneuro.org/meetings2/>



SIG Updates

In addition to our new SIG awards and our first newsletter, check out our brand new website! Find updates from our annual general meeting, information about upcoming conferences, clinical and research resources, resources for trainees, and much more.

<https://cardiosig.weebly.com/>

We sat down with the founder of our SIG, Dr. Cheryl Brosig, for this edition's Ask the Expert. Dr. Brosig is a professor of pediatrics and the interim chief of the Division of Child Development at the Medical College of Wisconsin. She is the director of the Neurodevelopmental Follow-Up Program and the School Intervention Program at the Herma Heart Institute at Children's Wisconsin.



Ask the Expert

Career beginnings:

Dr. Brosig started at Children's Wisconsin as a generalist on the consultation-liaison service, which included transplant evaluations. As she received more and more requests for heart transplant evaluations and consults in the CICU, she, and the Division of Cardiology, realized there was a need for a dedicated psychologist in cardiology. Dr. Brosig made the switch and began research projects examining neurodevelopmental outcomes for children with CHD as well. As evidence accumulated that children with CHD need neurodevelopmental supports, Dr. Brosig began a Neurodevelopmental Follow-Up Program to meet this patient and family need. Dr. Brosig also founded the Cardiology SIG around this time to bring together other psychologists doing work in this unique and novel area.

The unique psychosocial needs of families in cardiology:

Although cardiac patients share similar challenges to other patients with chronic illnesses, Dr. Brosig noted that cardiac patients are unique in that their illness is often invisible to others. As a result, they may receive less support, their needs can go unnoticed, and there is limited public awareness of CHD. While CHD impacts one in one hundred children, Dr. Brosig reflected on the limited research funding allocated to CHD as compared to other childhood illnesses. Dr. Brosig also emphasized the unique way that the needs of cardiac patients change over time, as a patient diagnosed during infancy grows to be a child, an adolescent, and ultimately an independent adult who makes care decisions for themselves.

The future of pediatric psychology in cardiology:

Dr. Brosig reflected on the collaborations that have emerged out of the SIG and other organizations such as CNOC. She hopes to see more collaboration internationally, as well as advocacy efforts by psychologists in cardiology, and to ultimately expand our services into regions and countries with fewer resources.

An accomplished career:

Since founding this SIG, Dr. Brosig has gone on to be a member of the original steering committee of CNOC, to present her research at large academic cardiology meetings, and to become a full professor at a medical school, a challenging accomplishment for any woman in academia and particularly a psychologist.

Advice for trainees:

To psychology trainees hoping to pursue a career in cardiology, Dr. Brosig recommends that you join our SIG! She recommends that trainees learn as much as they can by attending meetings such as CNOC and seeking out opportunities to participate in research projects and community groups focused on pediatric cardiology.

Member spotlight

By highlighting the exciting work being done by our colleagues we hope to create connections and collaborations across the SIG

Dr. Nneka Morris Alexander

Dr. Alexander is a pediatric psychologist at Children's Healthcare of Atlanta, who transitioned to providing services in cardiology fulltime in 2018. She provides neurodevelopmental follow-up and inpatient care, and started the department's developmental care rounds. When asked about the unique psychosocial needs of families in cardiology, Dr. Alexander highlighted the impact of trauma on infants and families as they navigate surgeries and the CICU shortly after birth. Dr. Alexander has focused much of her work on transforming the CICU into a healing environment to support neurodevelopment. She noted that this has been a culture change at her hospital, but that psychology can make a big difference in how patients are cared for during their admissions to the cardiac unit. Dr. Alexander is also leading several research projects, including a study examining changes in parental stress from the prenatal period through the first hospital discharge to identify the best time to provide education to families. Looking forward, Dr. Alexander hopes that psychosocial care will become the standard in cardiology, and that cardiac centers will continue to grow their ACHD and transition programs. For psychology trainees interested in cardiology, Dr. Alexander recommends learning as much as you can about the medical aspects of cardiology care, learning to work well on interdisciplinary teams, and focusing on self-care.



Dr. Corinne Anton

Dr. Anton is a pediatric psychologist at Children's Health in Dallas, where she has been The Heart Center's dedicated psychologist since 2015. Dr. Anton enjoys having the ability to work with patients across the entire lifespan, from neonates to adults with CHD, and has been passionate about developing her center's neurodevelopmental follow-up program. She feels that pediatric psychologists are vital for addressing the unique challenges of cardiac patients, including neurodevelopmental differences, coping and adjustment, and anxiety related to uncertainty. She and her colleagues noticed a particular gap in transition care, and started a transition program for heart families, which includes education and support for patients and families. An evaluation of this program was published in 2019. Dr. Anton noted that COVID has highlighted the need to assess for the impact of stress on families, but ultimately parents have been eager to continue neurodevelopmental assessments at their regularly scheduled times. In the future, Dr. Anton hopes our field will address difficulties with documentation and billing when providing psychosocial care to parents. For psychology trainees interested in cardiology, Dr. Anton recommends joining our SIG, attending cardiac conferences, and reaching out to others in the field as early as you can to make connections.



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Fall Recipes We're Loving!

- [Pumpkin cinnamon rolls](#)
- [Pumpkin chili](#)
- [Keto pumpkin spice latte](#)
- [Pumpkin pie with pecan sauce](#)
- [Chicken noodle soup](#)

