

## Welcome from our co-chairs

### Welcome to our Spring newsletter!

February was **Heart Month** and with it came many opportunities to advocate for greater awareness of childhood-onset heart disease. As a community, many of us took part in the CHD Legislative Conference and lobbied on (virtual) Capitol Hill for greater funding for CHD research and surveillance, as well as federal policy provisions to promote greater patient and family empowerment in CHD care. And the virtual Cardiology 2021 meeting, hosted by the Children's Hospital of Philadelphia in mid-February, was a buzz with a focus on resilience.

In this edition of our newsletter, we showcase the many accomplishments of our community, including the publication of research findings and featured sections spotlighting our members and their work. This month, our Board is also busy putting together a survey to find out what you'd like the SIG to focus on this year, so please keep an eye out for an email about this soon. Oh, and don't forget to check out our website, where you'll find lots of resources, job postings, and regular updates: <https://cardiosig.weebly.com/>

Best wishes for the Spring,  
Nadine & Nicole



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## SIG BOARD

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## Featured Conference

### Virtual Society of Pediatric Psychology Annual Conference (vSPPAC)

vSPPAC is the Society of Pediatric Psychology's annual conference which aims to provide: (1) up-to-date information on evidence-based practice in pediatric psychology services for children and families, (2) a forum for presentation and discussion of current research in pediatric psychology and how such research informs clinical practice, service delivery and policy decisions, and (3) opportunities for productive interaction between and among researchers, practitioners, and trainees.

Join us: **April 8-9, 2021**

More information available at: <https://societyofpediatricpsychology.org/node/726>



## vSPPAC Cardiology Poster Award

Calling all SPP Students and Trainees!

The Cardiology SIG is seeking submissions for our vSPPAC 2021 Student Poster Award. All students and trainees with cardiology-related posters who meet the eligibility criteria below are encouraged to submit. The winner will receive \$50 and an invitation to present their award-winning poster at our Cardiology SIG Meeting in May.

#### Eligibility:

1. The poster has been accepted for presentation at vSPPAC 2021.
2. The first author on the poster is a student or trainee (undergraduate, graduate, intern, or fellow).
3. The poster features cardiology-related research. All topics and study designs are welcome!

**How to submit:** In a single PDF, please email your abstract and poster to Nicole Dempster ([Nicole.Dempster@nationwidechildrens.org](mailto:Nicole.Dempster@nationwidechildrens.org)), Nadine Kasparian ([nadine.kasparian@cchmc.org](mailto:nadine.kasparian@cchmc.org)) and Alexandra Lamari-Fisher ([alexandralfisher@utexas.edu](mailto:alexandralfisher@utexas.edu)) by **March 28th**. In your email, please include: (1) your current institutional affiliation, (2) level of training, and (3) poster title. Please be sure to use the email subject line: **Cardiology SIG vSPPAC 2021 Student Poster Award**.

We will notify our winner by Friday, April 9th. Please direct any questions to Nicole and Nadine. Our SIG Leadership really look forward to receiving your submissions.

## SIG Updates

This year the **Annual General Meeting** of the Cardiology SIG will be held in May. Stay tuned for more details to follow shortly.

## Books, Movies, TV Shows and Podcasts We're Loving!

- Movie: [Just Mercy](#)
- Podcast: [The Moth](#)
- Book: [Together: The Healing Power of Human Connection in a Sometimes Lonely World](#)
- Movie: [WandaVision](#)
- Podcast: [Where Should We Begin?](#)
- Book: [The Vanishing Half](#)
- Book: [Such a Fun Age](#)



## Ask the Expert

### Career beginnings

Dr. Sood started her career as a resident and fellow at Nemours. With a strong background in coping, behavioral management, and assessment for children with chronic illnesses, Dr. Sood found that cardiology was a perfect fit for her career as she is passionate about children at-risk for neurodevelopmental and psychosocial challenges. Dr. Sood's early research focused on examining neurodevelopmental outcomes in children with CHD. As time went on, Dr. Sood developed the Cardiac Learning and Early Development (LEAD) Program to conduct research focused on how to best support parents and children with CHD and designing family-based interventions to meet these needs. Dr. Sood also was involved in the early formation of the Cardiology SIG, which allowed her to collaborate with other psychologists in this unique and novel area.

### The unique psychosocial needs of families in cardiology

In many chronic illness populations, the parent-child relationship is established before children are diagnosed with a chronic illness. Dr. Sood noted that CHD is unique in that it is often diagnosed prenatally or shortly after birth. This means families are bonding and developing a relationship with their newborn child while also adjusting to a CHD diagnosis. As a result, promoting the healthy adjustment of families in cardiology involves developmentally-focused care beginning as early as possible. Dr. Sood also emphasized that children with CHD face a wide range of neurodevelopmental and psychosocial challenges that require specialized care throughout each stage of development. As such, pediatric psychologists of all types of specialization have the opportunity to be involved in the care of cardiology patients.

### The future of pediatric psychology in cardiology

Dr. Sood has been a champion for developing and disseminating evidence-based interventions designed to address the neurodevelopmental and psychosocial challenges patients and families may experience. Although there is a standard with regard to managing neurodevelopmental needs, formalized psychosocial standards of care for how to best assess and treat psychosocial difficulties are needed. Dr. Sood hopes that promoting the need for psychology in cardiology will lead to each center having a cardiology psychologist liaison working with their families.

### An accomplished career

Dr. Sood's career has been full of accomplishments such as an immediate past co-chair of the CNOC steering committee and the director of the LEAD Program. Yet, she is most proud of developing a partnership with parents of children with CHD and involving them on her research team. Dr. Sood reflected on how the inclusion of stakeholders on the study team has helped direct each stage of research and ensure what is being studied is important to these families.

### Advice for trainees

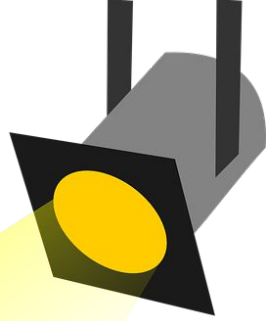
To psychology trainees hoping to pursue a career in cardiology, Dr. Sood recommends you seek out as many training opportunities as possible, get involved in our SIG, and reach out to experienced psychologists in your area of interest. Dr. Sood also advises trainees to not be intimidated if they struggle to obtain clinical or research experience in cardiology. Most pediatric psychologists in cardiology learn on the job. If you are interested in a role in cardiology and can learn areas of specialization through other pediatric populations, there are likely needs in cardiology for those specialized areas too.

We sat down with Dr. Erica Sood for this edition's Ask the Expert. Dr. Sood is an associate professor of pediatrics at Thomas Jefferson University and a pediatric psychologist at Nemours/A.I. duPont Hospital for Children where she directs the Nemours Cardiac Learning and Early Development (LEAD) Program. Dr. Sood is a recent past co-chair of CNOC, psychologist lead for the Family CaRes learning lab of NPC-QIC, and secretary for the board of SPP.



## Member Spotlight

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



### Dr. James McKeever



Dr. McKeever is a pediatric neuropsychologist with the Heart Failure and Heart Transplant Program at Seattle Children's Hospital. He will be retiring this summer and will be posting a position description for a mid- or early-career pediatric psychologist. Someone with the vision and initiative to build the program into a nationally-recognized model of population-based, developmentally-oriented and family-based heart transplant care will be an ideal fit for the position. When Dr. McKeever was invited to join the Heart Transplant and Heart Failure Program in 2015, it was clear that there were a broad substrate of problems related to family functioning as well as patient executive functioning that gave rise to adherence and other life-course impairments. He sees his role as assuring that heart transplant patients and families receive optimal cognitive, academic, emotional and social intervention and care, within a developmental and family-oriented context. Dr. McKeever's advice to those newly in the field would be to become proficient in as many assessment and intervention strategies as possible. His cardiology colleagues want someone with the knowledge and skill to take the initiative to engage with their patients and families over time, whatever their age, helping them develop as optimally as possible and addressing whatever struggles they may have. Dr. McKeever shared that he loves the challenge, breadth and critical nature of the work he has been allowed to do within his position and he knows there is even more to do to help patients and families and help our field understand their struggles, strengths and life course.

### Dr. Lauren Mikula Schneider

Dr. Schneider is a pediatric psychologist in the Pediatric Cardiac Psychology Program at Stanford Children's Health. She began her work at Stanford with the solid organ transplant team, and transitioned to a formal role in cardiology in 2013 through her work with heart transplant patients. She enjoys the ability to provide support to cardiac patients throughout the journey of their illness and believes that our training as pediatric psychologists allows us to diagnose difficulties, but also to promote strengths and help patients and families identify what is most meaningful to them in the context of their heart condition. Dr. Schneider recently led her team in a needs assessment of patients with implantable cardioverter defibrillators and their parents, which was published in 2020, and will serve as the basis for creating clinical programs for this population, as well as a resource for others hoping to meet the needs of ICD patients. She emphasized the importance of considering the patient and parent perspective when designing clinical programs for cardiology patients. During the COVID-19 pandemic, Dr. Schneider and her team have rapidly adapted the way they provide multidisciplinary care for their patients, and now offer telehealth groups for heart failure patients to decrease isolation and support the social needs of patients following transplant. For trainees, Dr. Schneider recommends obtaining a strong foundation in general pediatric psychology skills to meet the wide variety of needs cardiology patients have.



## Member Publications | Fall 2020-Spring 2021

- **Anton CM**, Drake MB, Butts RJ, Rezaeizadeh A, Trivedi MH, Triplett KN. Electronic mental health screening in a pediatric heart failure and transplant clinic. *Journal of Clinical Psychology in Medical Settings*. In Press.
- Bucholz E, Sleeper L, **Sananes R**, **Brosig CL**, Goldberg C, Pasquali S, Newburger J. Trajectories in neurodevelopmental, health-related quality of life, and functional status outcomes by socioeconomic status and maternal education in children with single ventricle heart disease. *J Pediatrics* 2020, doi: <https://doi.org/10.1016/j.jpeds.2020.09.066>.
- **Cousino MK**, Pasquali SK, Romano JC, Norris MD, Yu S, Reichle G, Lowery R, Viers S, Schumacher KR. Impact of the COVID-19 pandemic on CHD care and emotional wellbeing. *Cardiology in the Young*. 2020 Dec 14:1-7.
- Elliott M, Erickson L, Russell CL, Chrisman M, **Gross Toalson J**, Emerson A. Defining a new normal: A qualitative exploration of the parent experience during the single ventricle congenital heart disease interstage period. *J Adv Nurs*. 2021;00:1-10. <https://doi.org/10.1111/jan.14785>
- **Ilardi D**, **Sanz JH**, Cassidy AR, **Sananes R**, Rollins CK, Ullman Shade C, Carroll G, **Bellinger DC**. Neurodevelopmental evaluation for school-age children with congenital heart disease: Recommendations from the Cardiac Neurodevelopmental Outcome Collaborative. *Cardiology in the Young*. 2020;30(11):1609-1622. doi: 10.1017/S1047951120003534.
- Jones CE, Desai H, Fogel JL, Negrin KA, Torzone A, Willette S, **Butler SC**. Disruptions in the development of feeding for infants with congenital heart disease. *Cardiology in the Young*, 2020 December, 1-8.
- **Kasparian NA**. L'intégration des soins de santé mentale pour les enfants en Australie (Mental health care integration for children). In Malâtre-Lansac A, Docherty M, Kasparian NA, Old A, Shields-Zeeman L. *Santé mentale: Faire face à la crise*. Institut Montaigne. 2020 Dec. <https://www.institutmontaigne.org/ressources/pdfs/publications/sante-mentale-faire-face-la-crise-etude.pdf>
- **Kroll KH**, Kovach JR, Ginde S, Jacobsen RM, Danduran M, Foster A, **Brosig CL**. Impact of a paediatric cardiac rehabilitation programme upon patient quality of life. *Cardiology in the Young*. 2021; 7:1-8 <https://doi.org/10.1017/S1047951120004710>
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- Marino BS, **Sood E**, Cassidy AR, Miller TA, Sanz JH, Bellinger D, Newburger J, Goldberg CS. The Origins and Development of the Cardiac Neurodevelopmental Outcome Collaborative: Creating Innovative Clinical, Quality Improvement, and Research Opportunities. *Cardiol Young*. 2020;30:1597-1602. doi: 10.1017/S1047951120003510.
- McDonald HM, Sherman KA, **Kasparian NA**. Factors associated with psychological distress among Australian women during pregnancy. *Personality and Individual Differences*. 2021;172:110577 <https://www.sciencedirect.com/science/article/pii/S0191886920307686>
- Miller TA, Lisanti AJ, Witte MK, Elhoff JJ, Mahle WT, Uzark KC, Alexander N, **Butler SC**. A Collaborative Learning Assessment of Developmental Care Practices for Infants in the Cardiac Intensive Care Unit. *Journal of Pediatrics* 2020; 220: 933-100.
- Miller TA, **Sadhwani A**, Sanz J, **Sood E**, **Ilardi D**, Newburger JW, Goldberg CS, Wypij D, Gaynor JW, Marino BS. Variations in Practice in Cardiac Neurodevelopmental Follow-up Programs. *Cardiol Young*. 2020;30:1603-1608. doi: 10.1017/S1047951120003522.
- **Sananes R**, Goldberg CS, Newburger JW, Hu C, Trachtenberg F, Gaynor JW, Mahle WT, Miller T, Uzark K, Mussatto KA, Pizarro C, Jacobs JP, Cnota J, Atz AM, Lai WW, Burns KM, Milazzo A, Votava-Smith J, **Brosig CL**. Six-Year Neurodevelopmental Outcomes for Children With Single-Ventricle Physiology. *Pediatrics* 2021;147(2):e2020014589.
- **Schneider LM**, Wong JJ, Trela A, Hanisch D, Shaw RJ, Sears SF, Motonaga KS, Ceresnak SR, Hood KK, **Dubin AM**. An exploratory assessment of pediatric patient and parent needs after implantable cardioverter defibrillator implant. *Pacing Clin Electrophysiol*. 2020;43:289-296.
- **Sood E**, Wysocki T, Alderfer M, Aroian K, **Christofferson J**, Karpyn A, Kazak AE, Pierce J. Crowdsourcing as a Novel Approach to Qualitative Research with Hard-to-Reach Populations. *J Pediatr Psychol*. 2021;46:189-196.
- **Sood E**, Jacobs JP, Marino BS. The Cardiac Neurodevelopmental Outcome Collaborative: A New Community Improving Outcomes for Individuals with Congenital Heart Disease. *Cardiol Young*. 2020;30:1595-1596. doi: 10.1017/S1047951120003509.
- Tan A, Semmel ES, Wolf I, Hammett B, **Ilardi D**. Implementing standard screening for autism spectrum disorder in CHD. *Cardiology in the Young*. 2020;30(8):1118-1125.
- Tesson S, Swinsburg D, **Kasparian NA**. Maintaining Momentum in Infant Mental Health Research During COVID-19: Adapting Observational Assessments. *Journal of Pediatric Psychology*. 2021; In Press.
- Verrall CE, Yang JYM, Chen J, Schembri A, d'Udekem Y, Zannino D, **Kasparian NA**, et al. Neurocognitive Dysfunction and Smaller Brain Volumes in Adolescents and Adults with a Fontan Circulation. *Circulation*. 2020 Nov 24 <https://doi.org/10.1161/CIRCULATIONAHA.120.048202>
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