

# **Postdoctoral Fellowship in Pediatric Psychology**

The pediatric psychology fellowship offers a variety of experiences in specialty areas and primary care. Fellows will provide both inpatient and outpatient services during their training and receive supervision in individual and family services for children and adolescents with chronic and acute medical conditions and families seen in pediatric primary care clinics.

All rotations involve participation with multidisciplinary teams to provide comprehensive health services to families served by OU Children's Physicians' outpatient clinics and The Children's Hospital at OU Medical Center. Fellows are encouraged to interact with all members of the team, including medical professionals and trainees, nursing staff, social workers, child life specialists, physical therapists, dieticians, genetic counselors, clinical research associates, and administrative staff. Liaison with other agencies, such as mental health providers, schools, and child care providers, may be necessary at times. Interventions provided will be guided by evidence-based practice parameters whenever feasible.

## **OUTPATIENT CLINICS**

### **Primary Care Clinics**

#### **Sooner Pediatric Clinic**

The Sooner Pediatric Clinic provides primary care services to children and adolescents. Fellows will provide services including brief screening and assessment and ongoing treatment services. Common presentations include ADHD, behavioral management/parenting issues, headaches, and elimination disorders. The Sooner Pediatric clinic serves children from birth to age 18; the most common consultations are for toddler- and school-aged children. This rotation is supervised by Amy Cherry, Ph.D. and Stephen Gillaspay, Ph.D.

#### **Fostering Hope Clinic**

Within the Sooner Pediatric Clinic, the Fostering Hope Clinic provides primary care services to children and adolescents in state custody foster placements. Trainees in psychology are often consulted and work very closely with the providers associated with this clinic. Common referrals include behavior management strategies, evaluation of trauma history, and coordinating / evaluating for appropriate psychological services. Opportunities exist for participation in community outreach and presentations affiliated with this clinic. This rotation is supervised by Amy Cherry, Ph.D. and Stephen Gillaspay, Ph.D.

## **Latino Clinic**

The Latino Clinic is a primary care clinic in south Oklahoma City that provides services to children and adolescents from primarily Spanish-speaking families. This clinic offers a unique opportunity for working with Latino families and learning to provide primary care services within a specific cultural context. Proficiency in Spanish language is not required; however, fellows who are fluent in Spanish would be able to consult with families without interpretive assistance. Services administered include brief screening, assessment, and ongoing treatment. Common presentations include ADHD, behavioral management/parenting issues, internalizing disorders, trauma-related issues, headaches, and elimination disorders. The Latino clinic serves children from birth to age 18; the most common consultations are for toddler- and school-aged children. This rotation is supervised by Amy Cherry, Ph.D. and Stephen Gillaspay, Ph.D.

## **Specialty Care Clinics**

### **Pediatric Pain Management Clinic**

The Pediatric Pain Management Clinic provides specialty services to children and adolescents who are experiencing chronic and acute pain disorders. Fellows may provide services including brief assessment and intervention or ongoing treatment services based on empirically-supported techniques for pain management. Fellows also address mood or behavioral concerns as indicated. Trainees work closely with the other providers in this clinic to provide appropriate recommendations and referrals. Common presentations include headaches, abdominal pain, recovery from acute injury, and as well as some additional mood and behavioral concerns. The Pediatric Pain Management clinic serves children from school-age to 18; the most common consultations are for adolescents. This rotation is supervised by Stephen Gillaspay, Ph.D.

### **Pediatric Hematology/Oncology Clinic**

Fellows provide services to patients seen in the Jimmy Everest Center for Cancer and Blood Disorders in Children. Fellows may follow up with patients seen during inpatient consultations or receive new consultations from the outpatient medical staff. The Jimmy Everest Center serves children and adolescents of all ages, from infancy to young adulthood. Common consultations include anxiety, school difficulties, behavior management, pain management, adjustment disorders, and sleep disturbance. Medical illnesses include pediatric cancer, sickle cell disease, bleeding disorders (including hemophilia and von Willebrand disease), and other hematological disorders (e.g., aplastic anemia, thrombophilia). Fellows may also be asked to conduct transplant evaluations prior to bone marrow transplantation. This rotation is supervised by Sunnye Mayes, Ph.D.

### **Sickle Cell Clinic**

Trainees assess academic, behavioral, and emotional functioning of children and adolescents with Sickle Cell Disease. The sickle cell team includes a pediatric hematologist/oncologist, sickle cell nurse coordinator, transition coordinator, in addition to a pediatric psychologist and psychology trainees. Common consultations include liaison with schools, medication adherence, pill-swallowing interventions, nocturnal enuresis, and behavior management. Trainees also screen for neurocognitive deficits and refer families for neuropsychological evaluation as needed. This clinic meets for a full day weekly, with one additional half-day clinic per month. Trainees may also be asked to follow up with ongoing patients during inpatient hospitalizations. This rotation is supervised by Sunnye Mayes, Ph.D.

### **Hemophilia Clinic**

Fellows participate in the comprehensive hemophilia clinic one half-day per week. OUHSC has the only hemophilia center in the state, which serves children from all over Oklahoma, as well as parts of Kansas, Arkansas, and Texas. Trainees interact with a multidisciplinary team including the hematologist/oncologist, physician's assistant, hemophilia nurse coordinator, physical therapist, social worker, genetics counselor, clinical research associate, and pharmaceutical representative. This clinic also includes one to two half-day adult clinics per month. Trainees assess psychosocial, educational, and behavioral health concerns and provide recommendations, referrals, and/or services as needed. Common concerns presented during pediatric clinics include procedural distress with young children, adherence to medical regimens (often entailing encouragement of prompt treatment and regular implementation of preventive strategies), addressing problematic and health-risk behaviors, and parenting concerns. Common concerns presented during adult clinics include depression, pain management, sleep difficulties, and difficulties with health maintenance behaviors. The pediatric hemophilia team also offers an outreach clinic in Tulsa, OK that meets once per quarter. This rotation is supervised by Sunnye Mayes, Ph.D.

### **Brain Tumor Clinic**

Brain Tumor Clinic provides ongoing follow-up care for individuals who completed treatment for brain tumors. This clinic meets two half-day clinics per month. This multidisciplinary team is comprised of professionals from the following specialty areas: pediatric hematology/oncology, neurosurgery, endocrinology, pediatric psychology, and nursing. Trainees assess the emotional, behavioral, academic, cognitive, and health-maintenance functioning of survivors of pediatric brain tumors. Patients are also screened for neurocognitive concerns and referred for neuropsychological evaluation as necessary. This clinic serves children and young adults of all ages. Common consultations during this clinic include school liaisons, difficulty with peer interactions, depression, anxiety, and difficulty with health maintenance behaviors (e.g., medication adherence). This rotation is supervised by Sunnye Mayes, Ph.D.

## **Taking on Life after Cancer (TLC) Clinic**

The TLC Clinic provides long-term follow-up for children, adolescents, and young adults who have completed treatment for various forms of pediatric cancer. This clinic meets biweekly for a half-day. This clinic is staffed by a physician's assistant and pediatric psychologist. Trainees assess survivors of pediatric cancer for difficulties with emotional, behavioral, academic, or social functioning. Assessment and treatment for health maintenance behaviors is also regularly conducted. Common presentations during this clinic include non-adherence to medication regimens, difficulties with health-maintenance behaviors (e.g., treatment for obesity, smoking cessation), and internalizing disorders. This rotation is supervised by Sunnye Mayes, Ph.D.

## **ONGOING OUTPATIENT THERAPY**

Pediatric psychology trainees will have the opportunity to carry a case-load of ongoing outpatient therapy cases. The focus of the outpatient therapy cases can vary across mental health and medical diagnoses. Most cases have a health psychology or medical component. Common presenting concerns include adjustment to illness or a change in functional status, non-adherence to medical or dietary regimens, sleep disturbances, difficulty with pain management, and internalizing or externalizing disorders that occur among patients with other health concerns. This rotation provides an opportunity for application of the bio-psycho-social model as well as empirically supported treatment modalities. Therapy may include individual and/or family therapy interventions. Common presentations of medical diagnoses include feeding difficulties, elimination disorders, asthma, cystic fibrosis, pain, obesity, diabetes, gastro-intestinal problems and various forms of pediatric cancer. Supervision is provided on a case-by-case basis by Amy Cherry, Ph.D., Stephen Gillaspay, Ph.D. and Sunnye Mayes, Ph.D.

## **INPATIENT SERVICES**

### **Inpatient Consultation & Liaison – General Pediatrics**

Pediatric psychology trainees will participate in consultation and liaison services throughout The Children's Hospital at OU Medical Center. This rotation involves weekly attendance during inpatient rounds to discuss current patients and any potential contributions by psychology to their medical care. When consulted, fellows will provide an assessment and treatment plan to address presenting concerns and coordinate follow-up care in preparation for discharge as necessary. Interventions for this service are often brief, highly structured, and targeted to specific problems. Communication with the medical and nursing staff and timely intervention and documentation are required from all trainees. Common consultations include pain management, procedural distress, internalizing disorders, and non-adherence to medical regimens. This rotation is supervised by Stephen Gillaspay, Ph.D.

## **Inpatient Consultation & Liaison – Pediatric Hematology/Oncology**

Fellows will also participate in consultation and liaison services specific to pediatric hematology/oncology. This rotation involves weekly attendance during inpatient rounds to discuss updates with ongoing patients (hematology and oncology) and information regarding patients newly diagnosed with pediatric cancer. Fellows work closely with patients who are newly diagnosed with cancer, conducting screening assessments and facilitating multidisciplinary services as needed. The inpatient hematology/oncology unit serves patients from infancy through young adulthood. Common consultations include adjustment to diagnosis, pain management, sleep disturbances, anticipatory nausea, and treatment of internalizing and externalizing disorders. This rotation is supervised by Sunnye Mayes, Ph.D.

## **OTHER PEDIATRIC PSYCHOLOGY ACTIVITIES**

### **Didactics in Pediatric & Behavioral Health Psychology**

#### **Primary Care Seminar**

Primary Care Seminar meets twice monthly and is a forum for discussion and presentation of issues that commonly arise in providing behavioral health services in primary care settings. This seminar is not exclusive to pediatric psychology, but focuses on behavioral health issues for those working in a primary care setting. Individuals working in Adolescent Medicine Clinic, General Pediatrics Clinic, and the VA Primary Care Clinic attend this seminar, although it is open to all trainees wishing to attend. Presentations may include models of service delivery in primary care, use of health and behavior billing codes, psychopharmacology, and motivational interviewing. Additionally, assessment and treatment strategies for common presenting issues in primary care are addressed. These strategies may include sleep problems, dementia, elimination disorders, behavior management, medication adherence, pain management, and implementation of dietary or lifestyle changes.

#### **Pediatric Psychology Professional Issues**

Pediatric Psychology Professional Issues meets weekly and is a forum for discussion of issues related to clinical, research, and consultation services in pediatric psychology. Trainees completing child behavioral health/pediatric psychology rotations are required to attend, although attendance is open to all trainees. Presentations may include discussion of specific types of interventions, strategies to improve communication among interdisciplinary teams, ethical concerns in pediatric psychology, and end-of-life issues.

#### **Pediatrics Grand Rounds**

Grand Rounds for the Department of Pediatrics is held every Thursday morning at 8:00. Trainees in pediatric psychology are encouraged, and depending upon their rotations, may be required to attend these seminars. Presentations are provided by the faculty at OUHSC, as well as invited lectures by outside speakers. Topics vary throughout the year.

### **Pediatric Hematology/Oncology Imaging Conference**

Fellows may attend weekly imaging conference. This multidisciplinary seminar is attended by many specialty areas including numerous medical specialty areas within pediatrics (hematology/oncology, radiology, radiation oncology, surgery), medical students and residents, and child life. Scans from imaging techniques, such as MRI and CT scans, are reviewed and discussed in a multidisciplinary format. Discussions may involve presenting concerns, differential diagnosis, effects of treatment, and/or other psychosocial issues regarding the patients.

### **Pediatric Hematology/Oncology Sign-Out Conference**

This conference occurs every Friday afternoon in the Jimmy Everest Center. This conference is a forum for discussion of updates and ongoing issues among the inpatient and outpatient population of the Jimmy Everest Pediatric Cancer Center. Discussions often involve concerns regarding medical treatment, updates of medical or psychosocial functioning of patients, and management of any behavioral, emotional, or parenting issues. This conference often provides an opportunity to discuss patient care with the pediatric hematology/oncology attending physicians, physician's assistants, nurse practitioners, outpatient nurses, and research associates.

### **Pediatric Hematology/Oncology Psychosocial Rounds**

This weekly meeting occurs on the pediatric hematology/oncology unit at the OU Children's Hospital. Participants include individuals from nursing, social work, physical therapy, child life, and nutrition. Discussions focus on patient and family functioning, staff members' concerns regarding patients and their families, coordination of services, and updates regarding ongoing interventions.

### **Research Opportunities in Pediatric Psychology**

Ongoing research projects by faculty members in Pediatric Psychology:

- Injury prevention in children and adolescents with hemophilia
- Psychosocial and educational concerns among children and adolescents with sickle cell disease
- Treatment of Pediatric Obesity
- Screening for post-partum depression in mothers of infants in the NICU
- Intervention for parental smoking-cessation