

# Digest

Newsletter, October 2020

Pediatric Gastroenterology Special Interest Group, APA DIV54

## A Message from Our Co-Chairs

We are excited to represent you as PG-SIG Co-Chairs for this upcoming year. We are thankful for everyone's interest and dedication to improving the practice and science of PG psychology through this SIG group.

Some of the amazing accomplishments of our SIG 2019-2020 leadership included increasing student membership, expanding membership to include clinically focused members, and improving continuity of leadership. The SIG was successful in adding a student poster award, student poster awardee oral presentation at SPPAC 2020, and increased submission for student poster considerations. We were also able to launch quarterly journal club and modify leadership structure to allow consistency and smoother transition of leadership. We are thankful for the hard work and dedication from Christina Low Kapalu and Laura Slosky, who transitioned as Past Co-Chairs this summer.

As your Co-Chairs, we will be striving to improve membership tracking and improve access to clinical and research resources, our primary goals over the next year. We hope to improve membership tracking to help us learn more about our members, which in turn will allow us to better meet their needs and call upon individuals to share their areas of expertise within our membership. We are also working on updating the SIG website to provide updates on clinical, research, and training/educational resources to have an easily accessible resource bank for our shared interests and needs.

Our SIG board comprises faculty and student leaders dedicated to bringing together a community of providers and trainees who share common interests and goals. Our board includes Margo Szabo of Children's Hospital of Philadelphia as our Secretary and Jaclyn Shepard from UVA School of Medicine as our Membership Coordinator. Kari Baber of Children's Hospital of Philadelphia will continue to serve as our Education MAL. Shayna Coburn of Children's National Health System and Brad Jerson of Connecticut Children's Medical Center will continue to serve as Research and Clinical MAL roles respectively. We are also delighted to have Marissa Koven of DePaul University and Caroline Roberts of Oklahoma State University serving as Student Representatives. As a team, we hope to continue to improve our SIG throughout the year and get to know more about our members. We look forward to the year ahead!

Lindsey and Cindy

### PG-SIG Leadership

#### Co-Chairs

Lindsay Burrell, PhD  
*Emory University School of Medicine*  
Cindy Kim, PhD, ABPP  
*Children's Hospital of Orange County*

#### Past Co-Chairs

Christina Low Kapalu, PhD  
*Children's Mercy Kansas City*  
Laura Slosky, PhD  
*Children's Mercy Kansas City*

#### Secretary

Margo Szabo, PhD  
*Children's Hospital of Philadelphia*

#### Membership Coordinator

Jaclyn Shepard, PsyD  
*UVA School of Medicine*

#### At-Large Members

Kari Baber, PhD - Education  
*Children's Hospital of Philadelphia*  
Shayna Skelley Coburn, PhD -  
Research  
*Children's National Health System*  
Brad Jerson, PhD - Clinical  
*Connecticut Children's Medical Center*

#### Student Representatives

Caroline Roberts, MS  
*Oklahoma State University*  
Marissa Koven, BA  
*DePaul University*

## ADAPTABILITY OF GI PSYCHOLOGY DURING A TIME OF CHANGE

By: Kari Baber & Margo Szabo

As two of the 8 pediatric GI Psychologists at The Children's Hospital of Philadelphia, we provide outpatient psychological intervention and consultation to children and adolescents with various GI disorders. Similar to our colleagues across the nation, our GI Psychology service transitioned all patient care to telehealth in the midst of the COVID-19 pandemic and associated state of emergency.

Our GI Psychology program was well-positioned for a quick and (relatively) seamless transition to telehealth. Just prior to the state of emergency declaration in March 2020, we had completed a small pilot project to assess feasibility of remotely delivered behavioral treatment to improve adherence to constipation management. Accordingly, several of us were familiar with Epic Haiku video visits. Existing institutional and departmental telemedicine policies were rapidly modified and disseminated. As we transitioned all clinical care to video visits, our GI Psychology team benefitted from video conferenced "huddles" and used Slack channels for on-the-spot technical support.

Our group completed over 1,000 video visits from mid-March to the end of June, which was comparable to the number of in-person visits 3 months prior to the pandemic. Moreover, our no-show rates decreased by 7-12% for telehealth visits compared to the two previous fiscal years. We were able to continue interdisciplinary clinic models via telehealth, including shoulder-to-shoulder GI and GI Psychology visits. Additionally, one of our colleagues successfully conducted a video-conferenced group treatment for 4 patients with functional constipation and encopresis in July 2020. We also have noticed increased attendance for all of our disease-specific patient and family support groups (IBD, VEO-IBD, EoE, gastroparesis, complex intestinal disorders) after the shift to video-conferenced meetings.

Beyond patient care, our GI Psychology group has developed new programs to provide education and support to our patients and to medical colleagues. We published an article and corresponding video on Managing Emotions during COVID in our GI Division Family Newsletter to provide education and outreach to those patients not receiving GI Psychology care. We gave a series of presentations to support our medical colleagues in coping with secondary traumatic stress and burnout during the pandemic. Lastly, we began holding a daily GI Psychology huddle and monthly psychosocial rounds (both video conferenced) to maintain peer consultation and collegial support as we navigate these new and often stressful times together.

Telehealth and video-conferenced meetings and conferences may be "here to stay" due to widespread appreciation for their capacity to improve access and reduce costs (both financial and time). Our GI Psychology team has appreciated the accessibility of video-conferencing for our own team meetings, particularly as our program expands across a network of locations. Our patients frequently comment on both the increased accessibility and comfort with GI Psychology telehealth services and many families continue to request video appointments for their GI Psychology care despite their medical care returning to in-person visits. As we anticipate the future of clinical practice, it will be imperative to evaluate the effects of remote service delivery not only on patient access and treatment acceptability but also on clinical outcomes and effectiveness in reaching underserved patients.

## HIGHLIGHT ON DIVERSITY

By: Christina Low Kapalu & Caroline Roberts

In response to the racism pandemic, the Society for Pediatric Psychology has created several anti-racist initiatives including creation of an anti-racism work group, placing a call for anti-racist grant proposals, and highlighting the need for vSPPAC 2021 content specifically addressing health disparities and individual differences in pediatric psychology. The PG-SIG would also like to acknowledge the current racism pandemic by beginning the conversation about health disparities for patients with gastrointestinal disorders. To achieve this goal, we have put together a short list of articles examining health disparities in GI below. We encourage PG-SIG member discussion regarding the content of these and any other relevant articles. Unsurprisingly, there is a paucity of research on health disparities related to pediatric GI conditions. The PG-SIG board would like to encourage members to think about ways to be more inclusive in clinical work and research, provide equitable care for all youth, and increase awareness of systems that perpetuate racism.

Andrews, A., Franklin, L., Rush, N., Witts, R., Blanco, D., & Pall, H. (2017). Age, gender, health insurance, and race associated with increased rate of emergent pediatric gastrointestinal procedures. *Journal of Pediatric Gastroenterology & Nutrition*, 64, 907–910. doi:10.1097/MPG.0000000000001377.

Barnes, E.L., Kochar, B., Long, M.D., Martin, C.F., & Kappelman, M.D. Minority pediatric patients with inflammatory bowel disease demonstrate an increased length of stay. *Inflammatory Bowel Diseases*, 23, 2189–2196. doi: 10.1097/MIB.0000000000001267

Dotson, J.L., Kappelman, M.D., Chisolm, D.J., & Crandall, W.V. (2015). Racial disparities in readmission, complications, and procedures in children with Crohn's disease. *Inflammatory Bowel Diseases*. 21, 801-808. doi: 10.1097/MIB.0000000000000325

Huang, J.S., Tobin, A., & Tompane, T. (2012). Clinicians poorly assess health literacy-related readiness for transition to adult care in adolescents with inflammatory bowel disease. *Clinical Gastroenterology & Hepatology*, 10, 626-632. doi: 10.1016/j.cgh.2012.02.017.

Proksell, S.S., Greer, J.B., Theisen, B.K., Davis, P.L., Rosh, J.R., Keljo, D.J., Goyal, A., ...Regueiro, M.D. (2018). IBD LIVE case series: Case 9: Do race and extraintestinal manifestations affect treatment of severe Crohn's colitis? *Inflammatory Bowel Diseases*, 24, 698–713, <https://doi.org/10.1093/ibd/izx114>

## CLINICAL AND RESEARCH ANNOUNCEMENTS: RESOURCES & OPPORTUNITIES

By: Marissa Koven & Caroline Roberts

### Compiling Expertise

We are seeking out members to help compile a list of clinical and research resources and tools to share through the Clinical and Research Resources sections of the PG-SIG website. We currently have assessment tools for working with pediatric patients with functional abdominal pain and Inflammatory Bowel Disease, but we would like to expand our assessment tools to include additional GI conditions and challenges (e.g., motility, GERD, EoE, feeding, elimination disorders, celiac, transplant). We are also seeking out other helpful resources including, but not limited to, clinical practice guidelines and coping tools. Please reach out if you know of, have developed, or use a clinical or research tool that other GI clinicians and researchers would benefit from learning more about.

### Clinical and Research Connections

*Clinician Referral List:* To increase access for children and adolescents with gastrointestinal problems to well-trained therapists, a list of therapists who have experience treating patients with GI problems was compiled and can be accessed through our website in the Clinical Resources section. Please let us know if you would be interested in being added to our referral list of GI-specific mental health providers.

*Research Opportunities:* We are showcasing current research projects on our Research Resource website page. If you have a research project that you would like us to share through the PG-SIG website, please reach out.

- *Feeding Treatment Research Study:* Lindsey Burrell, PhD is currently recruiting children nationwide between the ages of 9 months and 6 years with feeding problems for a treatment research study. Please refer patients who you feel would be appropriate to Dr. Burrell or reach out to her with questions. She can be reached at [Lindsey.Burrell@choa.org](mailto:Lindsey.Burrell@choa.org).

*Research Networking and Collaborations:* To help encourage research collaborations and networking among GI researchers across levels of training and career stages, we are re-establishing our list of researcher topic areas and interest in collaboration. Please reach out if you would like to be included.

If you are interested in getting in touch about any of the above, please reach out through the PG-SIG or Division 54 listservs or directly to the PG-SIG co-chairs Lindsey Burrell ([Lindsey.Burrell@choa.org](mailto:Lindsey.Burrell@choa.org)) and Cindy Kim ([CKim@choc.org](mailto:CKim@choc.org)).

See our PG-SIG website <http://pgsig.weebly.com> for more information about our SIG, our activities, new and exciting GI research, and clinical, research, and training resources.

## SPOTLIGHT ON NASPGHAN CONFERENCE

***Below are NASPGHAN presentations that may be of particular interest to PG-SIG members. Please refer to the official conference program for GI psychology-related posters.***

### **Monday, November 2**

*Concurrent Session II - 3:00 PM-4:30 PM ET; Obesity - When to Intervene, What's Available, What Works*

3:00 PM Current guidelines for the treatment of pediatric obesity: A focus on empirically supported behavioral interventions; Ann Davis, PhD, MPH, ABPP, KU Medical Center

*Concurrent Session II - 3:00 PM-4:30 PM ET; Sex, Drugs and Rock n Roll in IBD*

3:37 PM Riding the wave of IBD: Promoting resilience; Bonney Reed, PhD, Emory University

### **Wednesday, November 4**

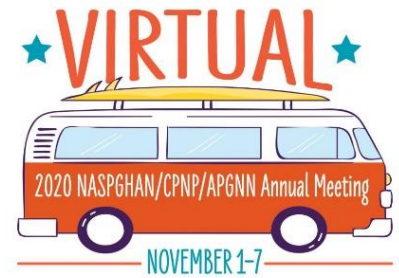
*Concurrent Session III - 1:00 PM-2:30 PM ET; Multidisciplinary Perspectives on Chronic Cough*

2:00 PM Habit reversal for chronic cough; Jennifer Verrill Schurman, PhD, ABPP, Children's Mercy Hospital

### **Thursday, November 5**

*Concurrent Session VI - 3:00 PM-4:30 PM ET; Rumination Syndrome*

3:25 PM Behavioral psychological approach to Rumination Syndrome; Alan Silverman, PhD, Medical College of Wisconsin



## SPOTLIGHT ON NEW RESEARCH

**Check out some of the great research our PG-SIG members have been busy disseminating.**

Baudino, M. N., Perez, M., Roberts, C. M., Edwards, C., Gamwell, K. L., Tung, J., Jacobs, N., Grunow, J. E., Mullins, L. L., & Chaney, J. M. (2020). Stigma by association: The influence of parents' experience of stigma on parent and youth illness intrusiveness and youth depressive symptoms in pediatric inflammatory bowel disease. *Journal of Pediatric Psychology*. Advance online publication.

Cushman GK, Stolz MG, Shih S, Blount R, Otley A, Talmadge C, Grant A, Reed B. (2020). Parent IMPACT-III: Development and validation of an inflammatory bowel disease-specific health-related quality-of-life measure. *Journal of Pediatric Gastroenterology & Nutrition*, 70(2), 205-210. doi: 10.1097/MPG.0000000000002540.

Cushman, G. K., Stolz, M. G., Shih, S., Listerneck, Z., Talmadge, C., Gold, B., & Reed, B. (Online ahead of print). Age, disease symptoms, and depression associated with body image dissatisfaction in pediatric inflammatory bowel disease. *Journal of Pediatric Gastroenterology and Nutrition*.

David, J.G., Moreno, S., Daniel, R., & Pall, H. (2020). The Perceived Ostomy Educational Needs of Pediatric Patients with Inflammatory Bowel Disease and Their Caregivers. *Journal of Pediatric Gastroenterology and Nutrition*, 70, 849-852. doi: 10.1097/MPG.0000000000002665

Enck, P., Benninga, M.A., Crowell, M.D., Di Lorenzo, C., Mack, I., Nurko, S., Saps, M., Shulman, R.J., Szajewska, H., van Tilburg, M.A.L., Thapar, N. (in press). Paediatric Functional Abdominal Pain Disorders. *Nature Review Disease Primer*.

Friesen, C. A., Singh, M., Singh, V., & Schurman, J. V. (in press). A cross-sectional study of nausea in functional abdominal pain: Relation to mucosal mast cells and psychological functioning. *BMC Gastroenterology*.



Gray, W. N., Wagoner, S. T., Schaefer, M. R., Reed, B., Morgan, P., Holbrook, E., Yacyshyn, B., Mackner, L., Young, M., Maddux, M., Saeed, S. A., Denson, L. A., & Hommel, K. (in press). Transition to adult IBD care: A pilot multi-site, telehealth hybrid intervention. *Journal of Pediatric Psychology*.

Hart, L.C., Díaz-González de Ferris, M., Nazareth, M., Faldowski, R.A., Rak, E., Hooper, S.R., Ndugga, M., van Tilburg, M.A.L. (in press) Evaluation of the TRANSITION Index-Parent Version for Assessment of Readiness to Transition to Adult Care among Youth with Chronic Conditions. *Journal of Pediatric Nursing*.

Hollier, J.M., Czyzewski, D.I., Self, M.M., Liu, Y., Weidler, E.M., Tilburg, M.A.L., Varni, J.W., Shulman, R.J. (2020) Comparison of Abdominal Pain and Psychosocial Distress Measures Associated with Health-Related Quality-of-Life in Pediatric Healthy Controls and Irritable Bowel Syndrome. *Journal of Clinical Gastroenterology*. Epub June 18 2020 doi: 10.1097/MCG.0000000000001373

Kaur, P., Attard, T. M., Fishman, D. S., Zapata, F., Ditsch, D., Thomson, M., & Schurman, J. V. (in press). A conceptual framework for rescheduling elective pediatric gastroenterology procedures following Covid-19 pandemic lockdown. *Gastroenterology Nursing*.

Lynch, M. K., Thompson, K. A., Dimmitt, R. A., Barnes, M. J., and Goodin, B. R. (2020). Pain and internalizing symptoms in youth with gastrointestinal conditions including recurrent abdominal pain, eosinophilic esophagitis, and gastroesophageal reflux disease. *Children's Health Care*, doi: 10.1080/02739615.2020.1810575

Lynch, M. K., Thompson, K. A., Dimmitt, R. A., Barnes, M. J., and Goodin, B. R. (2020). Risk Models for Predicting the Health Related Quality of Life of Caregivers of Youth with Gastrointestinal Concerns. *Quality of Life Research*, 1-9. doi: 10.1007/s11136-020-02601-7

Monzon, A. D., Cushing, C. C., Friesen, C. A., & Schurman, J. V. (2020). The differential association between affect and sleep in adolescents with and without FGIDs. *Journal of Pediatric Psychology*, 45(1), 110–119. doi: <https://doi.org/10.1093/jpepsy/jpsz092>

Reed, B., Buzenski, J., & van Tilburg, M.A.L. (2020). Implementing psychological therapies for gastrointestinal disorders in pediatrics. *Expert Review of Gastroenterology & Hepatology*, <https://doi.org/10.1080/17474124.2020.1806055>

Richards, J., Nazareth, M., van Tilburg, M.A.L., Jain, N., Hart, L., Faldowski, R.A., Coltrane, C., Hooper, S.R., Ferris, M., & Rak, E. (2020). Engagement in Household Chores in Youth with Chronic Conditions: Health care Transition Implications. *OTJR: Occupation, Participation and Health*. Epub Ahead of Print 06242020. <https://doi.org/10.1177/1539449220928142>

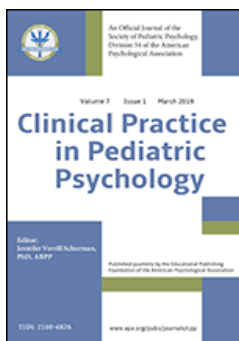


Roberts, C. M., Baudino, M. N., Gamwell, K. L., Edwards, C. S., Traino, K. A., Tung, J., Grunow, J. E., Jacobs, N. J., Mullins, L. L., & Chaney, J. M. (2020). Illness stigma, IBD worry, illness intrusiveness, and depressive symptoms in youth with inflammatory bowel disease. *Journal of Pediatric Gastroenterology and Nutrition*. Advance online publication. doi: 10.1097/MPG.000000000000293

Santucci, N, Saps, M, & van Tilburg M.A.L. (2020). Newer horizons in the treatment of pediatric functional abdominal pain disorders. *The Lancet Gastroenterology & Hepatology*, 5(3), 316-328. doi: 10.1016/S2468-1253(19)30256-0.

Simon, D. A., Friesen, C. A. Schurman, J. V., & Colombo, J. M. (in press). Biliary dyskinesia in children and adolescents: A mini review. *Frontiers in Pediatrics*.

Singh, M., Friesen, C. A., & Schurman, J. V. (2020). Mucosal Th17 cells are increased in pediatric functional dyspepsia associated with chronic gastritis. *Digestive Diseases and Sciences*. Advance online publication. Doi: 10.1007/s10620-019-06041-3.



Singh, M., Singh, V., Schurman, J. V., Colombo, J. M., & Friesen, C. A. (in press). The relationship between mucosal inflammatory cells, specific symptoms, and psychological functioning in youth with irritable bowel syndrome. *Scientific Reports*.

Van Tilburg, M.A.L., Parisien, M., Boles, R.G., Drury, G.L., Smith-Voudouris, J., Verma, V., Khoury, S., Chabot-Doré, A.J., Nackley, A.G., Smith, S.B., Whitehead, W.E., Zolnoun, D.A., Slade, G.D., Tchivileva, I., Maixner, W., Diatchenko, L. (2020). A genetic polymorphism that is associated with mitochondrial energy metabolism increases risk of fibromyalgia. *Pain Epub* 2020 Jul 10. doi: 10.1097/j.pain.0000000000001996.

Whitehead, W.E., Simren, M., Busby-Whitehead, J., Heymen, S., van Tilburg, M.A.L., Sperber, A.D., Palsson, O.S. (2020) Fecal Incontinence Diagnosed by the Rome IV Criteria in the United States, Canada, and the United Kingdom. *Clinical Gastroenterology and Hepatology*, 18(2), 385-391: doi: 10.1016/j.cgh.2019.05.040.

Wojtowicz, A. A., Schurman, J. V., Cushing, C. C., Plevinsky, J. M., & Greenley, R. N. (2020). Perceptions of clinical training in biopsychosocial treatment of pediatric functional abdominal pain: A survey of medical students. *Clinical Practice in Pediatric Psychology*, 8(1), 37-44. <https://doi.org/10.1037/cpp0000286>

## JOB ANNOUNCEMENTS

### **Pediatric Psychologist at Columbia University Irving Medical Center**

The Department of Pediatrics at Columbia University Irving Medical Center is seeking a full-time clinical psychologist to join our team. This position will support both the Division of Pediatric Gastroenterology, Hepatology & Nutrition and the Division of Pediatric Allergy & Immunology. The Division of Gastroenterology, Hepatology & Nutrition provides comprehensive outpatient and inpatient care for a broad range of gastrointestinal diseases including disorders affecting the brain-gut axis (e.g. neurogastrointestinal and motility disorders). We are continually ranked among the top hospitals in the nation for the treatment of childhood digestive conditions by U.S. News & World Report. Our world-class reputation comes from the unparalleled success of our clinical programs and research advancements. We strive for excellence in clinical care, research, and teaching and maintain a team committed to advancing the frontiers of our discipline. The Division of Allergy & Immunology provides outpatient and inpatient services for children diagnosed with allergic diseases of all sorts, including food allergy, as well as immune deficiencies and immune dysregulation. We have robust clinical and research endeavors, crossing genetics, immunology, and clinical science. The clinical psychologist will develop psychosocial and clinical programming, screening, and research within outpatient services. The psychologist will collaborate with multidisciplinary medical, psychiatry consultation-liaison, psychosocial, and integrative therapy teams. The overall responsibility distribution is 80% clinical and 20% research and teaching with responsibilities equally shared in both Divisions. Please apply at: <http://pa334.peopleadmin.com/postings/5978>

### **Pediatric Feeding Psychologist at Peyton Manning Children's Hospital**

Peyton Manning Children's Hospital at Ascension St. Vincent in Evansville, Indiana is seeking a full time pediatric psychologist to expand our Feeding Program team as part of our commitment to be the leader in comprehensive regional pediatric specialty services. The program provides a comprehensive evaluation team, outpatient program, inpatient consults, and intensive day program services. Utilizing a transdisciplinary approach, the program integrates nutrition, occupational therapy, speech therapy, and psychology in the treatment plans specifically developed for each individual patient. This program utilizes a collaborative treatment approach requiring care coordination and experience with a team-based model of intervention. This position requires a doctoral degree in psychology from an APA-accredited program and license eligibility in Indiana. The Feeding Program is located in the Center for Children which is part of Peyton Manning Children's Hospital at Ascension St. Vincent in Evansville, IN. The Center for Children was created to address the unmet healthcare needs of children in the region. It is a central resource where parents and caregivers can get the answers they need for pediatric specialty services, feeding disorders, psychology resources - more quickly, more clearly, more accurately. Contact Seth Turner, Physician Recruiter, (317) 338 – 6064 or [Seth.turner@acsension.org](mailto:Seth.turner@acsension.org)

## Feeding Psychologist at CHOA

Position: Full-time Psychologist

Location: Children's Multidisciplinary Feeding Program, Children's Healthcare of Atlanta, Atlanta, GA

<https://www.choa.org/medical-services/gastroenterology/feeding-and-swallowing/multidisciplinary-feeding-program>

Contact person: Wes Jones: [wes.jones@choa.org](mailto:wes.jones@choa.org)

## OTHER ANNOUNCEMENTS/ HIGHLIGHTS

### PG-SIG Clinical Best Practice and Education Virtual Lunchroom

Bring your own lunch, brunch, or snack to our rotating clinical and educational spotlight. Beginning in November, the first Friday of every month we will begin rotating our popular Pediatric GI Psych Journal Club with a brand new PG SIG feature – a virtual discussion of Best Practices in Pediatric Psychogastroenterology. This will provide an opportunity to brush up on, or learn for the first time, the core approaches to common (and not so common) presenting problems. We expect this will be valuable for students and seasoned professionals alike who are seeking to expand clinical repertoires and receive peer consultation. We will be seeking volunteers to lead discussions on various clinical presentations. Please email Brad Jerson at [BJerson@connecticutchildrens.org](mailto:BJerson@connecticutchildrens.org) if interested in volunteering.

### CE Opportunity

Dr. Lindsey Burrell and Dr. Lawrence Scahill will be conducting a virtual webinar on "Treatment of Children with Feeding Problems and Autism Spectrum Disorder: An Evidence-Based Treatment" on Friday, December 11, 2020 from 11:00-2:00pm through the Applied Behavior Analysis Center (ABAC), LLC. Continuing education credits are offered for psychologists, speech-language pathologists, occupational therapists, and BCBA's. Cost is \$135 to attend. If you are interested, you can receive more information at:

<https://abacnj.com/product/treatment-of-children-with-feeding-problems-and-autism-spectrum-disorder-an-evidence-based-treatment/>

## SAVE THE DATE FOR SPPAC 2021



*Do you have a feature idea for an upcoming newsletter?  
Email the PG-SIG secretary, Margo Szabo, directly at [szabom@chop.edu](mailto:szabom@chop.edu)*