Fellowship in Developmental and Behavioral Pediatrics

Steven and Alexandra Cohen
Children’s Medical Center of NY

Division of Developmental and Behavioral Pediatrics
1983 Marcus Avenue, Suite 130
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History

Fellows have been trained in Developmental and Behavioral Pediatrics at the Children’s Hospital of the North Shore – LIJ Health System since 1986, even before it was an established subspecialty. The Program achieved ACGME accreditation the first time it was sought, in 2006. We now have a full complement of three fellows, with one at each of the three levels of training. Our core DBP faculty has continued to grow: by September, 2015, it will consist of 10 Developmental and Behavioral Pediatricians and a Child Neurologist. We have recently completed an aggressive upgrade of our offices, nearly doubling and renovating our space.

Overview and Goals

Developmental and Behavioral Pediatrics (DBP) is the pediatric subspecialty that focuses on (1) understanding the complex developmental processes of infants, children, adolescents, young adults, and their families; (2) understanding the biological, psychological, and social influences on development in the emotional, social, motor, language, and cognitive domains; (3) mechanisms for primary and secondary prevention of disorders in behavior and development; and (4) diagnosis and treatment of disorders of behavior or development throughout childhood and adolescence.

The overall mission of the Fellowship Program in Developmental and Behavioral Pediatrics at Cohen Children’s Medical Center is to provide a comprehensive, well-supervised, quality experience to prepare individuals for an academic career in DBP with the ability to care for children with developmental or behavioral problems independently, competently, and confidently.

The Program provides a progressive educational experience with responsibility for patient care, the development of clinical proficiency, involvement in community-based activities, and the development of skills in teaching, program management, research, and child advocacy. Clinical training includes participation in supervised direct and indirect patient care activities; consultations; becoming familiar with community resources; and formal scheduled teaching conferences. Fellows are taught to understand and foster optimal cognitive, social, and emotional functioning of patients and their families. The multidisciplinary nature of this task is emphasized through collaboration with professionals in a variety of medical and non-medical disciplines who work with children with developmental and behavioral needs.

The Program seeks to produce experts in Development and Behavioral Pediatrics who are proficient in the six general competency areas outlined by the ACGME: 1) Medical Knowledge, 2) Patient Care, 3) Interpersonal Skills and Communication, 4) Practice-Based Learning and Improvement, 5) Professionalism, and 6) Systems-Based Practice.
Why Train in DBP at Cohen Children’s Medical Center?

These are only *some* of the reasons:

- You will work and learn with one of the largest faculties of Developmental and Behavioral Pediatricians in the country. This year our core DBP faculty will grow to 11. Several faculty members have been certified in Neurodevelopmental Disabilities as well as Developmental and Behavioral Pediatrics. The Program Director and Division Chief each has over 25 years of experience training residents and fellows in DBP.

- You will participate in a follow-up program of graduates from a NICU that treats patients from a feeder population of 25,000 births per year. 10% of all NY State births occur in a North Shore - LIJ Health System Hospital.

- Although you will learn to coordinate the care of children who have developmental and behavioral issues with professionals in other disciplines, as a graduate of our program, you will be well-prepared to evaluate children and make decisions about treatment independently, i.e. as in “the real world.”

- You will work and care for patients in an environment more like that of a private medical practice office than a traditional clinic setting. In our practice, no distinction is made between “private” or “clinic” patients. In fact, we shun the “clinic” terminology. Our fellows care for patients with diverse cultural and socioeconomic backgrounds, including those with private insurance coverage in addition to those with public options. We are located in a free-standing professional office building around the corner from the Medical Center.

- When you become a fellow at Cohen Children’s Medical Center, you will be given your first academic appointment, that of Instructor in Pediatrics at the Hofstra North Shore–LIJ School of Medicine. An early academic appointment is a great resume builder.

- With the vastness of the NS-LIJ Health System, including the Feinstein Institute for Medical Research, the Center for Learning and Innovation, and our new Medical School, the opportunities for collaborative research and for you to develop exemplary research and teaching skills are substantial.

- Since accreditation, we have had a 100% first-attempt board passage rate.

- Life in Nassau County, New York is less hectic and, we believe, more comfortable than in New York City or other large urban area. Nonetheless, you will be close enough to the City to avail yourself of all that it offers – you can be there in 20–40 minutes by car or the Long Island Railroad.
Core DBP Faculty

David L. Meryash MD
Fellowship Program Director
Certification: Developmental and Behavioral Pediatrics, Neurodevelopmental Disabilities, Medical Genetics, Pediatrics
Fellowship: The Children’s Hospital Boston, Harvard Medical School
Residency: Children’s Hospital of Northern California, Oakland, California
Medical School: University of California, Davis

Andrew Adesman MD
Chief of the Division of Developmental and Behavioral Pediatrics
Certification: Developmental and Behavioral Pediatrics, Neurodevelopmental Disabilities, Pediatrics
Fellowship: Children’s Hospital of Philadelphia, University of Pennsylvania
Residency: Children’s Hospital National Medical Center, Washington D.C.
Medical School: University of Pennsylvania

Alyson Gutman MD
Certification: Developmental and Behavioral Pediatrics, Neurodevelopmental Disabilities, Pediatrics
Fellowship: Albert Einstein College of Medicine
Residency: North Shore University Hospital, Manhasset, NY
Medical School: Albert Einstein College of Medicine

Ruth Milanaik DO
Certification: Developmental and Behavioral Pediatrics, Pediatrics
Fellowship: Schneider Children’s Hospital (now Cohen Children’s Medical Center)
Residency: Winthrop University Hospital
Medical School: New York College of Osteopathic Medicine

Tina Narayan MD
Certification: Child Neurology, Neurology
Fellowship: Children’s Hospital National Medical Center, Washington D.C.
Residency: Medical College of Virginia
Medical School: Christian Medical College, Vellore, India

Helen Papaloannou MD
Certification: Developmental and Behavioral Pediatrics, Pediatrics
Fellowship: Schneider Children’s Hospital (now Cohen Children’s Medical Center)
Residency: Schneider Children's Hospital (Cohen Children’s Medical Center)
Medical School: St. Georges University School of Medicine

Ruee Huang MD
Certification: Developmental and Behavioral Pediatrics, Pediatrics
Fellowship: Bellevue - NYU Medical Center, New York University School of Medicine
Residency: New York University Bellevue Medical Center
Medical School: University of Tennessee College of Medicine
Curriculum

Clinical and academic development activities are intertwined throughout the three years of training, with increasing levels of clinical responsibility, and expectations for scholarly activity in each subsequent year.

The first four months of the fellowship consist of an orientation/survey period. During this time the fellow is acclimated to the clinical responsibilities in which he/she will be engaged for the next three years and will be introduced to a variety of therapeutic services available in the community to children with developmental and behavioral problems. The fellow spends one day each at the Hearing and Speech Center, the Marcus Avenue Early Intervention Program, the Association for Children with Down Syndrome school, and the Lexington School for the Deaf. Clinically, the Fellow becomes immersed in the General Developmental and Behavioral Program and the High-Risk Neonatal Follow-Up Clinics, in both of which she/he will be involved during the entire year. The first-year fellow will also do in-patient consultations, predominantly for high-risk neonates prior to discharge from the nursery. During Year 1 the fellow has experiences in Neuropsychology and at the Lindner Center for Autism and Developmental Disorders in Brookville. Throughout the year the fellow attends all of the Division's formal educational conferences and selected Child Neurology, Child and Adolescent Psychiatry courses, and Pediatrics Grand Rounds. The fellow also participates in the Research Methodology Training for Fellows course run by the Department of Pediatrics and in the Division of Child and Adolescent Psychiatry’s Psychopharmacology Course. During the first year the fellow begins to develop an area of concentration within the subspecialty and to begin exploring possible research endeavors.

During Year 2 of training the fellow continues to see scheduled patients in the General Developmental and Behavioral program and the Neonatal Follow-up Program. During the second year the fellow participates in rotations in Adolescent Medicine, Child and Adolescent Psychiatry, and at the Association for Children with Down Syndrome School in Plainview NY. During the Adolescent Medicine rotation the fellow gains exposure to the evaluation and treatment of eating disorders and drug and alcohol dependency. With regard to development of academic skills, the fellow continues to focus on an area of concentration within the subspecialty, by doing reading and literature searches in the chosen area and refining one or two lecture/presentations on the subject. The Fellow will begin a research project during the second year, and it should be well underway by the end of the year.

In Year 3, in addition to seeing patients in the general DBP and infant follow-up programs, the fellow does a rotation in Clinical Genetics. It is expected that the Fellow will put in a substantial effort during the third year to produce meaningful results from her/his research endeavor and to prepare these for presentation. By the third year the Fellow
should also be contributing maximally to the teaching of general pediatric residents, both assisting the Program Director with the scheduling of their experience, and in direct teaching activities.

Research

Over the course of the three years, the time set aside for academic development, including involvement in teaching and in research, increases. During the first year all fellows will participate and assist in current research projects of DBP core or affiliated faculty. In addition, each fellow is expected to develop a specific area of academic interest within DBP and to design and complete a research project of her or his own. This should result in publication or presentation at a national meeting by the end of the third year. The following is a list of some of the research projects completed by recent fellows:

- **Papaloannou H, Milanaik R, Spinazzola-Kinney R, Adesman A, Meryash D.** Clinical Correlation of the Neurodevelopmental Risk Examination and the Cognitive Adaptive Test/Clinical Linguistic and Auditory Milestone Scale (CAT/CLAMS) Scores in Extremely Low Birth Weight (500-750g) and Very Low Birth Weight (750-1000g) Infants at 12 Months and 24 Months. Poster presentation, Annual Meeting of the Society for Developmental and Behavioral Pediatrics, Portland OR, September 2009.

- **Lee JH, Meryash D, Gutman A, Kohn N, Adesman A.** ADHD medication holidays: Factors involved in the parental decision whether or not to continue medical treatment during the summer. Presented at the Annual Meeting of the Society for Developmental and Behavioral Pediatrics, San Antonio TX, September, 2011.


- **Chung J, Sunday S, Meryash D, Adesman A.** Clinical criteria for pharmacotherapy in preschool children with ADHD. Presented at the Annual Meetings of the Pediatric Academic Societies, Washington DC, May, 2013.


The work of both our faculty and fellows has been consistently well-represented at various national and regional academic meetings, including the annual meetings of the Society for Developmental and Behavioral Pediatrics and the Pediatric Academic Societies (PAS-APS-SPR).
Training Locations

The training program is based in the office suite of the Division of Developmental and Behavioral Pediatrics, which is offsite from but within a half mile of the Steven and Alexandra Cohen Children's Medical Center (CCMC) of New York. This is where the vast majority of the fellows’ clinical activities take place.

The fellow also does in-patient consultations at the main hospitals of the Steven and Alexandra Cohen Children's Medical Center, mostly in the neonatal intensive care units.

During the course of the fellowship, trainees also spend time in other departments and divisions of the North Shore-LIJ Health System, including the Department of Hearing and Speech, the Division of Adolescent Medicine, the Division of Child and Adolescent Psychiatry, and the Division of Clinical Genetics. In addition, the fellow also spends time at schools and other facilities serving children who have developmental disabilities, including the Fay Lindner Center for Autism in Brookville, NY, the Association for Children with Down syndrome school, the Lexington School for the Deaf, and the Brookville Centers for Children’s Services.
Recent Graduates and Current Fellows

Current Position: Attending Physician, Division of Developmental and Behavioral Pediatrics, Cohen Children’s Medical Center of New York

**Shabana Jessani** (2004)  
Current Position: Practicing Developmental and Behavioral Pediatrician at the Melmed Center in Scottsdale, Arizona

**Julie Jacob** (2006)  
Current Position: Developmental and Behavioral Pediatrician in Dallas, Texas

**Helen Papaioannou** (2009)  
Current Position: Attending Physician, Division of Developmental and Behavioral Pediatrics, Cohen Children’s Medical Center of New York

**Jay Hoon Lee** (2012)  
Current Position: Developmental and Behavioral Pediatrician, Kaiser Permanente Medical Group, Santa Monica, California

**Jaeh Chung** (2013)  
Current Position: Attending Physician, Developmental and Behavioral Pediatrics, Stony Brook University Hospital, Stony Brook, New York

**Marla Mendoza** (2014)  
Current Position: Attending Physician, Developmental and Behavioral Pediatrics, University of Louisville School of Medicine

**Anna Krevskaya** (2015)  
Residency: Cohen Children’s Medical Center of New York, followed by 3 years in General Pediatrics Practice  
Current Position (as of September, 2015): Attending Physician, Division of Developmental and Behavioral Pediatrics, Cohen Children’s Medical Center of New York

**Chuck Ng** (pending 2016)  
Residency: Cohen Children’s Medical Center of New York

**Sarl Bar** (pending 2017)  
Residency: Cohen Children’s Medical Center of New York