

**CANDO CAREERS, PhD, RD**  
**March 2008**

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**Employment Address:**

The Children's Hospital of Philadelphia  
3535 Market Street, Suite 1556  
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**CURRENT POSITION**

Postdoctoral Fellowship      Combined: Leadership Education in Neurodevelopmental and Related Disabilities (LEND) and Gastroenterology, Hepatology and Nutrition  
The Children's Hospital of Philadelphia, January 2006 to present  
Primary research project: *Striving for an Ideal Learning Environment: An Ethnographic Study of Pediatric Education*  
Research Mentor: Angelo Giardino, MD, PhD, MPH  
Baylor College of Medicine  
Fellowship Advisor: Virginia Stallings, MD  
University of Pennsylvania School of Medicine

Adjunct Instructor      LaSalle University  
Department of Nursing and Health Sciences  
Philadelphia PA

**ACADEMIC PREPARATION**

PhD      Health Studies/Public Health  
Department of Public Health  
Temple University, January 2006  
Concentration: Health Education  
Dissertation: *The Art of the Science: What Pediatric Residents Learn from their Continuity Clinic Preceptors*  
Advisors: Sheryl Ruzek, PhD, MPH; Temple University  
Angelo Giardino, MD, PhD, MPH; Baylor College of Medicine

MA      Nutrition Education  
Immaculata University, May 1994

BS      Nutrition  
Immaculata University, May 1988

**AWARDS AND RECOGNITION**

2007      University of Pennsylvania School of Medicine Medical Education Research Initiative Grant - "*Feedback – Feed forward: An Intervention to Improve Feedback in Medical Education*"  
2005      Ambulatory Pediatric Association Young Investigator Grant – "*The Art of the Science: What Pediatric Residents Learn from their Continuity Clinic Preceptors*"  
1990      SPRANS Training Grant, Maternal and Child Health Bureau, funding advanced training in

neonatal nutrition at Medical University of South Carolina  
1988 Immaculata University, summa cum laude

### **CLINICAL PREPARATION AND EXPERIENCE**

Neonatal Nutritionist Children's Hospital of Philadelphia  
Philadelphia PA, 1991 to 2006

Clinical Nutritionist, Lehigh Valley Hospital  
Maternal-Child Health Allentown, PA, 1990-1991

Neonatal Nutrition  
Fellowship Medical University of South Carolina, 1990

RD Dietetic Registration, 1988

### **TEACHING EXPERIENCE**

*Capstone in Nutrition – Research Design and Methods*  
LaSalle University, spring 2008

*Qualitative Research Methods*  
Leadership Education and Neurodevelopmental Disabilities Program  
The Children's Hospital of Philadelphia, fall 2006 to present

*Qualitative Inquiry*  
Neonatology Subspecialty Fellows Orientation  
The Children's Hospital of Philadelphia, 2005

*Research Methods - Quantitative and Qualitative Inquiry*  
Clinical Nutrition Lecture Series  
The Children's Hospital of Philadelphia, 2001-2003

*Nutrition Support of the Neonate*  
Pediatric Residents Teaching Conferences  
The Children's Hospital of Philadelphia; 1993-2002  
Hospital of the University of Pennsylvania; 2003-2006

*Neonatal Nutrition*  
Guest lecturer  
Immaculata University, spring 1998 and 1999

### **CURRICULUM DEVELOPMENT**

*Alliance for International Medicine*  
International Health Program, The Children's Hospital of Philadelphia, 2004

*Fellowship Curriculum for Nutrition Support*  
Gastroenterology and Nutrition Fellowship, The Children's Hospital of Philadelphia, 2003

*Nutrition Residency for Registered Dietitians*

Clinical Nutrition, The Children's Hospital of Philadelphia, 1994

#### **PUBLICATIONS (Peer Reviewed)**

Careers, C, Schall, J, Stallings, V. Social disadvantage predicts growth outcomes in preadolescent children with cystic fibrosis. *Journal of Cystic Fibrosis* [accepted, pending revisions]

Careers, C, Serwint, J, Ruzek, S, Giardino, A. Apprenticeship learning in pediatric residents' continuity experience. *Medical Education* [in press]

Careers, C, Lisby, D, Harris, M, Slap, G. Do pediatric fellows recognize the importance and contribution of training to mastery of the general competencies? *Medical Teacher* [in press]

Careers, C. Education as an act of care: A trailblazer's perspective on graduate medical education. *Patient Education and Counseling*. [in press]

Careers, C. How does it feel to be swung? The experience of a protégé. *Mentoring and Tutoring: Partnership in Learning* [in press]

Careers, C, Ruzek, S, Ludwig, S, Giardino, A. Pediatric residents and continuity clinic preceptor perceptions of the effects of restricted work hours on their learning relationship. *Ambulatory Pediatrics*. 2007; 7, 348-353.

Gusic, M, Chandran, L, Careers, C, Baldwin, C. Educator portfolio template of the Pediatric Academic Societies' Educational Scholars Program. *Med Ed Portal* 2007; MEP 626; available at [www.aamc.org/medportal](http://www.aamc.org/medportal)

Careers, C, Ruzek, S, Ludwig, S, Giardino, A. Learning about systems-based practice in the informal curriculum in pediatric residents' continuity experience. *Ambulatory Pediatrics* 2007;7,214-219.

Careers, C, Serwint, J, Ruzek, S, Ludwig, S, Giardino, A. "Learning behind the scenes": perceptions and observations of role modeling in pediatric residents' continuity experience. *Ambulatory Pediatrics*. 2007;7,176-181.

Jew, R, Owen, D, Kaufmann, D, Careers, C. Osmolality of commonly used medications and formulas in the neonatal intensive care unit. *Nutrition in Clinical Practice*. 1997;12, 158-163

Leonburg B, Careers, C. Development of a pediatric residency program for registered dietitians. *Journal of the American Dietetic Association*. 1997;97:892-893.

Davidoff A, Hebra A, Careers, C, Templeton J, Schnauffer L. Management of the gastrointestinal tract and nutrition in patients with cloacal exstrophy. *Journal of Pediatric Surgery*. 1996;31:771-773.

#### **PUBLICATIONS (Non-Peer Reviewed)**

Careers, C, Dandrea, N. Using classroom assessment techniques to improve nutrition education for pediatric residents in the NICU. *Pediatric Nutrition Practice Group Newsletter*, Spring 2005

Careers, C, Calligaro, I, Jew, R. Parenteral nutrition in the NICU. *Neonatal Pharmacotherapy*, 2003:3:1-29

Careers, C. Vitamins and trace mineral requirements. In: Polin, R & Spitzer, A. (Eds). *Fetal and Neonatal Secrets*. Philadelphia: Hanley & Belfus, 1999.

Pereira, G, Careers, C. Feeding the critically ill neonate. In: Spitzer A. (Ed) *Critical Care of the Fetus and Neonate*. Philadelphia: Mosby Year Book. 1996.

#### **POSTER PRESENTATIONS**

Careers, C, Wrotniak, B, Kawchak, D, Schall, J, Zemel, B, Stallings, V. *Assessment of health related quality of life in preadolescent children with sickle cell disease* Sickle Cell Disease Association of America, Washington DC, September 2007

Careers, C, Giardino, A. *Our academic Tour de France: reflections on a sustained mentoring relationship*. Conference on Interdisciplinary Qualitative Studies, Athens, GA, January 2007

Careers, C, Ruzek, S, Ludwig, S, Giardino, A. *Resident and continuity clinic preceptor perceptions of the effects of restricted work hours*. Association of Pediatric Program Directors, San Francisco, CA, April 2006

Careers, C, Lisby, D, Harris, MC, Ludwig, S. *Effect of restricted work hours on subspecialty training: a fellows' perspective*. Pediatric Academic Society, San Francisco, CA, April 2006

Careers, C, Ruzek, S, Ludwig, S, Giardino, A. *Learning from preceptors in pediatric continuity clinic: contributions of the formal and informal curriculum*. ACGME Annual Education Conference, Orlando, FL, March 2006

Careers, C, Giardino, A, Ludwig, S. *Dancing with different partners: the impact of restricted work hours on learning in continuity clinic*. Eastern Society for Pediatric Research and Pediatric Academic Society, Washington DC, May 2005

Careers, C, Armstrong, G, Feudtner, C. *Faith-based cross cultural experiences for medical students*. Pediatric Academic Society, Washington DC, May 2005

Careers, C, Rezet, B, Master, C, Ludwig, S. *Teaching in continuity clinic: the preceptors' perspective*. Pediatric Academic Society, San Francisco, CA, May 2004

Master, C, Careers, C, Ludwig, S. *Pilot use of a parent questionnaire for the assessment of pediatric resident competencies*. Pediatric Academic Society, San Francisco, CA, May 2004

Careers, C, Master C, Rezet, B, Ludwig, S. *An ethnographic study of resident learning in*

*continuity clinic*. Association of American Medical Colleges, Washington DC, November 2003

Careers, C, Master, C, Ludwig, S. *Learning approach of first-year pediatric residents* Pediatric Academic Society, Baltimore, MD, May 2002

### **PROFESSIONAL PRESENTATIONS (National)**

*Perceptions and Observations of Bedside Teaching Rounds in General Pediatrics*. Pediatric Academic Society [accepted for presentation, May 4, 2008]

*Qualitative Program Evaluation*. Pediatric Academic Societies' Educational Scholars Program, Toronto, Canada, May 8, 2007

*Do Pediatric Fellows Recognize the Importance and Contribution of the Competencies to their Training?* Pediatric Academic Society, Toronto, Canada, May, 8 2007

*Sustained Mentoring Relationships in an Academic Environment*. Association of Pediatric Program Directors, Toronto, Canada, May 4, 2007

*Social Disadvantage and Growth Outcomes in Preadolescent Children with Cystic Fibrosis* National Cystic Fibrosis Foundation Meeting, Denver, CO, November 2006

*Learning Systems-Based Practice in the Formal and Informal Curriculum*. Association of American Medical Colleges, Seattle, WA, October 2006

*Beyond the ACGME Competencies: Learning the Art of the Science*. Pediatric Academic Society, San Francisco, CA, April 2006

### **PROFESSIONAL PRESENTATIONS/WORKSHOPS (Regional)**

*Perceptions and Observations of Bedside Teaching Rounds in General Pediatrics*. Academic Pediatric Association Regional Meeting, New York, NY, March 7, 2008

*Do Pediatric Fellows Recognize the Importance and Contribution of the Competencies to their Training?* Ambulatory Pediatric Association Regional Meeting, Camden, NJ, March 16, 2007

### **INVITED PRESENTATIONS**

*Understanding Weight Bias: Medical Students Use of Cynical and Derogatory Humor*  
Nutrition Seminar Series  
The Children's Hospital of Philadelphia, September 2007

*Creating a Culture of Growth*  
Mentoring Workshop for Advanced Practice Nurses  
University of Pennsylvania School of Nursing, July 2007

*Learning Behind the Scenes: Using Qualitative Research in Health Education*  
Public Health Research Symposium  
Temple University, April 2007

*The Role of the Protégé in Mentoring Relationships*  
 Leadership Education and Neurodevelopmental Disabilities Program  
 The Children's Hospital of Philadelphia, December, 2006

*The Impact of Financial, Human and Social Capital on Growth of Preadolescent Children with Cystic Fibrosis*  
 Nutrition Seminar Series  
 The Children's Hospital of Philadelphia, September 2006

*The Art of the Science: What Residents Learn from their Continuity Clinic Preceptors*  
 Primary Care, Faculty Development  
 The Children's Hospital of Philadelphia, January 2006

*Qualitative Research in Health Education*  
 Faculty Development; Nursing Research Conference  
 Temple University, Philadelphia, November 2005

*An Overview of Qualitative Research and Software Application in Medical Education*  
 Faculty Development  
 Center for Research in Medical Education and Health Care  
 Jefferson Medical College, Philadelphia, October 2005

*Teaching Spirituality to Medical Students: The Role of Qualitative Research*  
 Faith in Medicine Retreat  
 Boston, MA, August 2005

*Competency-Based Residency Education*  
 Physician Faculty Retreat  
 The Children's Hospital of Philadelphia, Philadelphia PA, November 2004

*Theory-based Nutrition Intervention: Stages of Change*  
 Pediatric Nutrition Conference  
 The Children's Hospital of Philadelphia, Philadelphia PA, April 2001

## **RESEARCH SUPPORT**

Post-doctoral Research Stipend – Jean Cortner Endowed Chair, The Children's Hospital of Philadelphia, January 2006 – present

Post-doctoral Research Stipend – Cystic Fibrosis Foundation, January - December, 2006

## **MEMBERSHIPS**

2007-present	American Public Health Association
2004-present	Ambulatory Pediatric Association
1990-present	Pediatric Nutrition Practice Group
1984-present	American Dietetic Association

## **ACADEMIC ACTIVITIES and COMMITTEES**

Dr. Cando Careers, Curriculum Vitae – March 2008

2006-present	Ambulatory Pediatric Association, Education Committee
2006-present	Pediatric Academic Societies' Educational Scholars Program Evaluation Committee Research and Dissemination Task Force
2006-present	<i>Ambulatory Pediatrics</i> , reviewer
2006-present	<i>Mentoring and Tutoring: Partnership in Learning</i> , reviewer
2007-present	<i>Medical Education</i> , reviewer
2005-present	Graduate Education Committee, The Children's Hospital of Philadelphia

## SERVICE PROJECTS

*Summer Medical Institute – Mexico*

Qualitative Program Evaluation - July, 2004

*Grace Brethren International Missions - Central African Republic*

Nutrition Education - December, 1991; September, 1997

## WORKS IN PROGRESS

*Striving for an Ideal Learning Environment*

GME research at The Children's Hospital of Philadelphia,

Status: Internally funded research in GME; data collection completed, analysis in progress

Collaborators: Drs. Angelo Giardino, Christina Master, Stephen Ludwig

*Quality of Life in Children with Sickle Cell Disease*

Post-doctoral research

Status: Co-investigator; leading analysis of Health-related Quality of Life

Post-doctoral Research Mentor: Dr. Virginia Stallings

*Feedback – Feed forward: An Intervention to Improve Feedback in Medical Education*

Status: Co-investigator for this mixed-method study; responsible for intervention design, moderating focus group and leading qualitative analysis

Collaborators: Drs. David Rubin, Dr. Stephen Ludwig

*A Longitudinal Study of Mentoring*

Faculty Development Research with the PAS Educational Scholars Program

Status: Co-investigator and focus group moderator, leading qualitative analysis

Collaborators: Drs. Mary Ellen Gusic, Donna D'Alessandro, Wanessa Risko

*Analysis of Educational Portfolios*

Faculty Development Research with the PAS Educational Scholars Program

Status: Co-investigator; assisting in the qualitative analysis of educational portfolios

Collaborators: Drs. Constance Baldwin, Maryellen Gusic, Latha Chandra, Wanessa Risko, David Keller, Miriam Bar-on, Elisa Zenni, Lindsey Lane

*Centers of Excellence for Education in Substance Abuse*

Educational Research funded by the National Institute of Drug Abuse; Development of multi-media web-based learning modules which are informed by focus group research

Status: Consultant (focus group moderator)

Collaborators at the University of Pennsylvania and Drexel University: Drs. Paul Lanken

and Barbara Schindler

*Use of Lorazepam for the Treatment of Pediatric Status Epilepticus: A Randomized Double Blind Trial of Lorazepam and Diazepam*

Status: Consultant (focus group moderator and analyst for community consultation)

Site PI at Children's Hospital of Philadelphia: Dr. Jill Baren