



Cohen Children's Medical Center
Northwell HealthSM

Gap Year Internship Programs

2021 - 2022

Cohen Children's Medical Center
New Hyde Park, New York



DONALD AND BARBARA
ZUCKER SCHOOL *of* MEDICINE
AT HOFSTRA/NORTHWELL



Cohen Children's Medical Center:

Steven and Alexandra Cohen Children's Medical Center of New York is dedicated to providing the highest levels of care in meeting the special needs of children, from premature babies to adolescents. The specialists in its national and international programs cover a range of specialties. Its 202-bed hospital opened in 1983 as the New York metropolitan area's only hospital designed exclusively for children. Today it is the largest provider of pediatric health services in New York State. Cohen Children's Medical Center serves 1.8 million children in Brooklyn, Queens, Nassau and Suffolk counties – providing state-of-the-art care for children's medical, surgical, psychiatric and dental needs in both inpatient and outpatient settings.

Northwell Health:

Northwell Health is a not-for-profit healthcare network that includes 23 hospitals, the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell, the Feinstein Institute for Medical Research, as well as rehabilitation and skilled nursing facilities, a home care network, a hospice network and progressive care centers offering a range of outpatient services. Northwell Health has more than 12,000 member physicians, and Northwell Health's Physician Partners employs more than 3,100 physicians and is comprised of more than 550 regional ambulatory locations and physician practices.

Available Gap Year Internships for 2021-2022

| Pediatric Sub-specialty Area | # of Positions | Time Commitment | Deadline | Contact Name | Page # |
|------------------------------------------------------------------|----------------|-----------------|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|
| <u>Developmental & Behavioral Pediatrics</u> | 2-3 | 9-12 months | 3/1/21 | Christine Peck <u>CPeck@northwell.edu</u> | <u>4</u> |
| <u>General Pediatrics</u> | 1-2 | 12-24 months | 3/1/21 | Caren Steinway <u>CSteinway@northwell.edu</u> | <u>27</u> |
| <u>Emergency Medicine</u> | 1-2 | 12-24 months | 3/4/20 | Elaine Avshman <u>EAvshman@northwell.edu</u> | <u>32</u> |
| <u>Medical Genetics and Human Genomics</u> | 1 | 9-12 months | 3/1/21 | David Tegay, MD <u>DTegay@northwellhealth.edu</u> | <u>36</u> |
| <u>Nephrology</u> | 1-2 | 12 months | 3/1/21 | Christine Sethna, MD <u>CSethna@northwell.edu</u> Olivia Bullaro <u>OBullaro@northwell.edu</u> | <u>39</u> |

2021 - 2022 “Gap Year”

Clinical Research Assistant Position

Division of Developmental & Behavioral Pediatrics

2021 - 2022 “Gap Year” Clinical Research Assistant Position in Developmental & Behavioral Pediatrics

Description: A 9-12 month paid internship program in clinical research related to child development and neurodevelopmental disorders is offered by Cohen Children’s Medical Center of New York – part of Northwell Health (formerly North Shore-Long Island Jewish Health System).

This Clinical Research Internship offers 2 -3 accomplished students the opportunity to work closely with faculty mentors on research projects related to normal or abnormal child development. Research Assistants (RA’s) will assist clinical faculty with ongoing research projects and/or work collaboratively with one or more mentors in designing new projects of mutual interest. The Division has internal funding for clinical research. RA’s are not expected to write grants, and their research endeavors and activities are not dependent on extramural grants. Although the internship is primarily focused on clinical research, there may also be an opportunity to co-author a review article for publication in a peer-reviewed pediatric journal (see details below).

This clinical research internship is open to students who excelled while pursuing their Bachelor’s degree from any U.S. college or university. Although the ideal candidate is a student who aspires to attend medical school in the near future, has a strong academic record and writing skills, research experience, knowledge of statistics, and a demonstrated interest in psychology, child development, and/or neuroscience, we welcome applications from any students who have excelled in any area of study.

Research Focus: The faculty have eclectic interests, as reflected in the diversity of topics addressed in our recent publications (see pages 8 - 11). The two primary mentors are Dr. Andrew Adesman and Dr. Ruth Milanaik. Dr. Adesman is interested in secondary analyses of data made available by the CDC and other national organizations, though he has also initiated several studies that involve collection of original data nationally on important topics that have not been well studied (e.g., wandering by children with autism; grandparents raising their own grandchildren). Dr. Milanaik is primarily interested in projects that require collection of original data – either from retrospective chart reviews, prospective data collection coincident with out-patient visits, or in some cases, through mailings or on-line surveys.

Research Abstracts: RA’s will be co-investigators on multiple research abstracts submitted to national research meetings. A list of research abstracts accepted for presentation at national meetings since 2012 is attached.

Research Abstracts/Publications: With guidance from faculty mentors, RA’s will be responsible for drafting and revising research manuscripts for submission to peer reviewed pediatric journals. RA’s will generally be identified as either the first or second author of any paper submitted for publication.

Review Article: There may be an opportunity for RA's to be first or second author on a review article for a peer-reviewed medical journal. This article would be clinically focused, relating to a specific developmental disorder or behavioral concern.

Program Dates: Start and completion dates for the Gap Year internship are somewhat flexible. Priority will be given to applicants prepared to make at least a full-time 9-month commitment or longer, though alternate schedule arrangements will be considered. With advance notice, research interns may take as many days off (without pay) as needed during their internship to visit medical schools for interviews.

Other Activities/ Expectations/Opportunities: The primary focus of the internship is clinical research and writing, and it is expected that this will comprise 70% - 75% of one's time. Approximately 25% of time will be spent providing administrative support to the Division's clinical faculty, and this will primarily involve scoring of behavioral rating scales and drafting brief summaries of outside psychoeducational testing. RA's will have the opportunity to attend clinical lectures about child development, developmental disorders, and other lectures of interest available through the Children's Hospital. There will also be opportunities for occasional shadowing of clinicians in our sub-specialty area and other pediatric sub-specialties as well. RA's may occasionally be asked to assist with other academic or administrative tasks.

Affiliation with Feinstein Institute for Medical Research: Gap Year interns will be brought on as Visiting Scholars through the [Feinstein Institute for Medical Research](#).

Stipend: As Visiting Scholars, Gap Year interns in the Division of Developmental & Behavioral Pediatrics' will be paid a quarterly stipend based on a total compensation of \$18 per hour for days worked.

To Apply: You must submit a completed application (PDF attached), a résumé, and an unofficial transcript. All materials should be sent electronically using the subject line "Gap Year Research Internship Application – Last Name, First Name" to Ms. Christine Peck at CPeck@northwell.edu.

Application Process & Deadline: The submittal deadline is Monday, March 1, 2021 at 12 noon EST; all materials must be received by that date. The most promising candidates will be invited to interview via Zoom in early March, and notification of decisions will be made shortly thereafter.

Past Interns: The Gap Year Internship program was established in 2014. All of our Gap Year RA's have been accepted to multiple medical schools. Although these RA's are typically very strong applicants even prior to participating in our internship program, the Gap Year internship program typically adds multiple abstracts and publications to each RA's list of accomplishments. Moreover, RA's often find it very helpful to discuss one or more of their different Gap Year research projects when interviewed by medical schools.

For Further Information: The research internship is coordinated by Dr. Andrew Adesman, Chief of the Division of Developmental & Behavioral Pediatrics. Questions regarding the Gap Year internship or the application process may be directed to his assistant, Christine Peck, at 516 802-6101 (CPeck@northwell.edu).

Additional Information:

- **Research Abstracts:** To give you a sense for the breadth, scope and volume of research topics that we have pursued in recent years, we have provided a list of recent publications by Drs. Andrew Adesman and Ruth Milanaik – the primary mentors for research interns on pages 8 - 11. To view a more comprehensive list of publications and presentations at national meetings, you can search Google Scholar (www.Scholar.Google.com), or follow these links:
 - [Andrew Adesman, MD](#)
 - [Ruth Milanaik, MD](#)
- **Testimonials:** Each January, we ask our Gap Year research assistants and summer interns to provide us with feedback about their research experience. You can read the unedited comments from all of our Gap Year research assistants since 2014 (pages 12 – 26).

Recent Publications by Andrew Adesman, MD

(all publications have one or more recent interns as a co-author)

Breastfeeding Is Associated with a Reduced Risk of Attention-Deficit/Hyperactivity Disorder Among Preschool Children; D Soled, SA Keim, E Rapoport, L Rosen, A Adesman; *Journal of Developmental & Behavioral Pediatrics* 42 (1), 9-15; 2021

Sex Differences in Gender-Diverse Expressions and Identities among Youth with Autism Spectrum Disorder; L Brunissen, E Rapoport, K Chawarska, A Adesman; *Autism Research*; 2020

Impact of Medication on Performance of Household Chores by Children with ADHD; F Park, E Rapoport, D Soled, A Adesman. *Journal of Attention Disorders*, 1087054720969980; 2020

Reporting of child maltreatment during the SARS-CoV-2 pandemic in New York City from March to May 2020; E Rapoport, H Reisert, E Schoeman, A Adesman; *Child Abuse & Neglect*, 2020

Clinical correlates of laterality among school-age children in the United States; N Lu, DC Rigsby, SA Keim, E Rapoport, A Adesman; *Laterality* 25 (5), 620-639; 2020

Parenting challenges of grandparents raising grandchildren: Discipline, child education, technology use, and outdated health beliefs; L Brunissen, E Rapoport, K Fruitman, A Adesman *GrandFamilies: The Contemporary Journal of Research, Practice and Policy*; 2020

Family Well-being in Grandparent-Versus Parent-Headed Households; E Rapoport, N Muthiah, SA Keim, A Adesman. *Pediatrics* 146 (3); 2020

Wandering by Children with Autism Spectrum Disorders: Impact of Electronic Tracking Devices on Elopement Behavior and Quality of Life; L McLaughlin, E Rapoport, SA Keim, A Adesman *Journal of Developmental & Behavioral Pediatrics* 41 (7), 513-521; 2020

Patterns and Outcomes of Diagnosis Disclosure to Youth with Autism Spectrum Disorder; B Kiely, A Adesman, E Rapoport, A Gutman. *Journal of Developmental & Behavioral Pediatrics* 41 (6), 443-451; 2020

Pediatricians' knowledge, attitudes and practices surrounding menstruation and feminine products; MR Singer, N Sood, E Rapoport, H Gim, A Adesman, R Milanaik; *International journal of adolescent medicine and health*. 2020

Impact of ADHD on Household Chores; SL Spaulding, K Fruitman, E Rapoport, D Soled, A Adesman; *Journal of attention disorders*, 1087054720903359; 2020

Physician perceptions of ADHD stimulant diversion and misuse; NM Colaneri, SA Keim, A Adesman; *Journal of attention disorders* 24 (2), 290-300; 2020

Common parenting misconceptions regarding infant care: setting the record straight for parents (and some pediatricians); T Kahan, A Adesman; *Current opinion in pediatrics* 31 (6), 874-880; 2019

Availability of naloxone in pharmacies and knowledge of pharmacy staff regarding dispensing naloxone to younger adolescents; DE Jimenez, MR Singer, A Adesman. *Journal of Adolescent Health* 65 (5), 698-701; 2019.

Electronic vapor product usage and substance use risk behaviors among US high school students DC Rigsby, SA Keim, A Adesman. *Journal of child and adolescent psychopharmacology* 29 (7), 545-553; 2019

Disparities in Prevalence and Treatment of Mental Health Disorders in Children; R Gao, A Adesman; *JAMA pediatrics* 173 (8), 799-800; 2019.

Increased aggressive behavior among youth in the United States who have experienced multiple forms of victimization; TB Pham, N Muthiah, A Adesman. *International journal of adolescent medicine and health*; 2019

Adequacy of Ultraviolet Protection of Children's Sunglasses; T Kahan, S Sidhu, A Adesman *Medical Research Archives* 7 (3); 2019.

Correlates of genetic attributions among parents of children in the USA with developmental disabilities; B Kiely, S Vettam, A Adesman. *The application of clinical genetics* 12, 55; 2019

Physician training and qualification to educate patients on attention-deficit/hyperactivity disorder stimulant diversion and misuse; N Colaneri, SA Keim, A Adesman. *Journal of child and adolescent psychopharmacology* 28 (8), 554-561; 2018.

Wandering by children with autism spectrum disorder: key clinical factors and the role of schools and pediatricians. L McLaughlin, SA Keim, A Adesman. *Journal of Developmental & Behavioral Pediatrics* 39 (7), 538-546; 2018.

Adolescent consumption of sports drinks; K Cordrey, SA Keim, R Milanaik, A Adesman *Pediatrics* 141 (6); 2018.

Pharmacological cognitive enhancement in pediatrics. N Colaneri, M Sheldon, A Adesman *Current opinion in pediatrics* 30 (3), 430-437; 2018

Recent Publications by Ruth Milanaik, DO

(all publications have one or more recent interns as a co-author)

TikTok, Tide Pods and Tiger King: health implications of trends taking over pediatric populations; ER Kriegel, B Lazarevic, CE Athanasian, RL Milanaik. *Current Opinion in Pediatrics* 33 (1), 170-177; 2021

Pediatricians' knowledge, attitudes and practices surrounding menstruation and feminine products; MR Singer, N Sood, E Rapoport, H Gim, A Adesman, R Milanaik. *International journal of adolescent medicine and health.* 2020

Prevalence and longevity of PTSD symptoms among parents of NICU infants analyzed across gestational age categories; R Schechter, T Pham, A Hua, R Spinazzola, J Sonnenklar, D Li, ... *Clinical pediatrics* 59 (2), 163-169; 2020.

The cannabidiol conundrum: potential benefits and risks of cannabidiol products for children L Singer, H Tokish, F Park, C Campisi, RL Milanaik; *Current opinion in pediatrics* 32 (1), 198-205; 2020.

Digital sextortion: Internet predators and pediatric interventions; S Hong, N Lu, D Wu, DE Jimenez, RL Milanaik. *Current opinion in pediatrics* 32 (1), 192-197. 2020.

Augmented Reality in Medical Education and Training: From Physicians to Patients. CA Campisi, EH Li, DE Jimenez, RL Milanaik; *Augmented Reality in Education*, 111-138; 2020.

The Internet's Effect on Parental Trust in Pediatrician Diagnosis of Autism and Likelihood of Seeking a Second Opinion; T Pham, A Kuznetsova, H Gim, K Cordrey, R Milanaik. *Journal of autism and developmental disorders* 49 (10), 4355-4362; 2019.

Are Baby Walker Warnings Coming Too Late?: Recommendations and Rationale for Anticipatory Guidance at Earlier Well-Child Visits; R Schechter, P Das, R Milanaik. *Global pediatric health*, 2019.

Examining US pediatric residents' oral health care knowledge, training, practices and perceptions. P Das, MR Singer, H Gim, N Awadalla, R Milanaik. *Medical Research Archives* 7 (8), 2019.

Paging Dr. Google: The effect of online health information on trust in pediatricians' diagnoses. N Sood, DE Jimenez, TB Pham, K Cordrey, N Awadalla, R Milanaik; *Clinical pediatrics* 58 (8), 889-896; 2019.

New age technology and social media: adolescent psychosocial implications and the need for protective measures. J Shah, P Das, N Muthiah, R Milanaik. *Current opinion in pediatrics* 31 (1), 148-156; 2019

Dangers of machine translation: The need for professionally translated anticipatory guidance resources for limited English proficiency caregivers. P Das, A Kuznetsova, M Zhu, R Milanaik *Clinical pediatrics* 58 (2), 247-249; 2019.

Food Consumption in Popular Children's TV Shows and Food Choice Awareness of Pediatric Viewers. R Milanaik, P Das, J Shah, K Fruitman, J Goldman, N Sood. *Clinics in Pediatrics* 2 (1) 2019.

Health implications of augmented reality games on children and adolescents. DE Jimenez, J Shah, P Das, RL Milanaik. *Augmented Reality Games I*, 149-176; 2019.

Age restriction warning label efficacy and high school student consumption of highly caffeinated products. J Goldman, TB Pham, R Milanaik. *Preventive medicine reports* 11, 262-266; 2018.

Variation in neonate swaddling techniques. L Fletcher, T Pham, S Bar, D Li, R Spinazzola, H Papaioannou, ...; *Advances in Neonatal Care* 18 (4), 302-306

Fidget spinners: Purported benefits, adverse effects and accepted alternatives. RA Schechter, J Shah, K Fruitman, RL Milanaik. *Current opinion in pediatrics* 29 (5), 616-618; 2017

Household diversion of prescription stimulants: medication misuse by parents of children with attention-deficit/hyperactivity disorder. T Pham, R Milanaik, A Kaplan, H Papaioannou, A Adesman. *Journal of child and adolescent psychopharmacology* 27 (8), 741-746; 2017.

Parental perception of risk associated with their premature infant. L Fletcher, T Pham, H Papaioannou, R Spinazzola, R Milanaik, S Thibeau. *Advances in Neonatal Care* 17 (4), 306-312; 2017.

Augmented reality video games: new possibilities and implications for children and adolescents. P Das, M Zhu, L McLaughlin, Z Bilgrami, RL Milanaik. *Multimodal Technologies and Interaction* 1 (2), 8; 2017.

Health implications of new-age technologies: a systematic review. Z Bilgrami, L Mclaughlin, R Milanaik, A Adesman. *Minerva pediatrica* 69 (4), 348-367; 2017.

Dietary supplements and young teens: misinformation and access provided by retailers. M Herriman, L Fletcher, A Tchaconas, A Adesman, R Milanaik. *Pediatrics* 139 (2); 2017

Comments from 2020 - 2021 “Gap Year” Research Interns:
(solicited, but unedited)

As a gap year intern in the oddest of all gap years (COVID-19), I can say that this gap year internship has been an extremely efficient investment of my time. Very few gap year positions give as much flexibility as the internship position with Dr. Adesman and Dr. Milanaik. The program is unique as it is a one-year program that also gives interns the opportunity to take initiatives and to lead on projects from day one. For context, most similar gap year positions require a two-year commitment and do not offer many opportunities to take an initiative, lead, or publish. Dr. Adesman and Dr. Milanaik have put me in positions to be successful, and have resulted in the publication of a few manuscripts and will likely result in a few more in the coming months.

Dr. Adesman and Dr. Milanaik have truly demonstrated how excellent research is done and have included me on every step of the process. This position is not simply about entering data, like many other gap year positions, but it is about developing you as a researcher and giving you that base to conduct your own important research in the future. I can truly say that there are very few, if any gap year internship positions that will be a better investment of your time. This internship has never been and never will be about what you can do for Dr. Adesman and Dr. Milanaik. They approach it as what they can do to help you. I am extremely grateful and lucky to have had the opportunity to work with Dr. Adesman and Dr. Milanaik, and you will be too.

-- C.A., Harvard University

I am extremely grateful for the opportunities I've had as a gap year intern in the Division of Developmental and Behavioral Pediatrics at Cohen Children's Medical Center. It is very difficult to find a one-year research position, let alone one that encourages and allows you to pursue your own intellectual interests. Drs. Milanaik and Adesman have worked diligently with me and my co-workers over the past year through a virtual platform on several projects related to pediatric development. Through their support and mentorship, I have intimately learned about every step of the research process, from brainstorming a research question to writing a manuscript and engaging in the peer review process. While this position taught me the skills to become an independent researcher, both Drs. Milanaik and Adesman made time in their busy schedules to meet with me whenever I needed help and always made sure I never felt lost or alone while working on projects remotely. Because of their guidance, I have coauthored three published works, and feel very prepared to participate in research during medical school and beyond in my future career as a physician.

One of my favorite parts of this internship was having the opportunity to work with amazing fellow interns. Especially during a time when most people stayed home and had limited interaction with others, it was always great to get on a video call to chat with my co-workers while we worked on our projects. They brought fresh perspectives to each assignment and made tackling large projects much more manageable. Having support during the medical school application cycle was also very comforting. I truly appreciated the collaborative environment of this gap year position, and feel lucky to have had the opportunity to work with incredibly bright and kind individuals. I

highly recommend this gap year position in the Division of Developmental and Behavioral Pediatrics as it is rewarding, flexible, and will prepare you for a future in research and academic medicine.

-- B.L., Princeton

My gap year intern position at Cohen Children's Medical Center in the Division of Developmental and Behavioral Pediatrics has provided me with the opportunity to expand my research abilities, gain the valuable guidance of dedicated mentors, and meet talented peers. This experience has helped me develop skills for medical research that will be useful throughout my entire career. I have designed research protocol, written multiple manuscripts, abstracts and textbook chapters, and have been involved in the peer-review process. This was all done even in the virtual internship setting necessitated during the pandemic. I have been given independence when working on these projects to explore my ideas, while still getting constructive feedback from my mentors that has inevitably made me a more successful researcher. As a result, I have already had four accepted publications in the first eight months of this internship. Additionally, I have submitted multiple abstracts to a conference. Without the limitations imposed from the pandemic, future gap year interns will have the opportunity to attend these conferences in person as well as conduct research with patients in the office.

I am very grateful for the environment created by Dr. Adesman and Dr. Milanaik during this internship. They have provided mentorship throughout the medical school application cycle and flexibility in my work schedule to accommodate the demands of applying. Another highlight of the experience that the doctors encouraged was a collaborative spirit among gap year interns. As a result, I have met impressive peers that I have had the honor to work with. Working together has allowed us to compare and build off each other's ideas, take advantage of our unique abilities, and improve our research skills.

Overall, this experience has helped me make the most of my gap year and I am incredibly grateful to have had this opportunity.

-- E.K., Cornell University

Comments from 2019 - 2020 “Gap Year” Research Interns:
(solicited, but unedited)

“My gap year internship at Cohen Children’s Medical Center has allowed me the opportunity to explore topics of interest to me, collaborate with incredibly motivated and enthusiastic peers, and work with mentors who truly have our best interests at heart. While I loved conducting research during my undergraduate years, I was initially worried about how I would handle the independence given to gap year interns during this program. However, I quickly learned that while Dr. Adesman and Dr. Milanaik want us to gain independence as researchers, they are also so helpful in teaching us about the research process and how we can bring a project of interest to us to life.

Not only are Dr. Adesman and Dr. Milanaik encouraging research mentors, they also have been so supportive of each of us throughout the medical school application process. From giving us flexibility in our schedules to giving advice for update letters, they have made this process far less stressful for us. Additionally, the opportunities I have had in this internship to interact with patients and families, extrapolate from interactions to inform research interests, and learn more about the multifaceted role of a physician has strengthened my love of medicine and helped me better understand what I want in my future career.

Another highlight of this internship was the opportunity to work with incredible fellow interns. They took on every challenge without hesitation, were genuinely excited about the projects we undertook together, and supported each other throughout the medical school application process. They truly are some of the brightest people I have ever had the privilege of working with, and working with them fostered a supportive and collaborative environment that helped us all succeed. Applying for this internship was the best decision I could have possibly made for my gap year, and I cannot recommend it enough to those considering applying.”

-- C.C., Washington University in St. Louis

“The gap year internship at the Cohen Children’s Medical Center had everything I was looking for in a post-baccalaureate program, and then some. I hoped to find a clinical research position that would allow for project independence and creativity, have ample opportunities to improve my scientific thinking and writing, and connect me with life-long mentors. Looking back, working with Dr. Adesman and Dr. Milanaik during this internship has exceeded all my expectations.

Through my research experiences in undergrad, I knew that I worked best in labs where I could consult my mentor for advice but still had enough room to think for myself and make my own decisions about the direction of my project. And that is exactly how this program is set up: Dr. Adesman and Dr. Milanaik are happy to let me take the lead on as many projects as I am interested in but also never fail to make room in their busy schedules to answer any questions I may have. Project independence aside, I also treasure the creative freedom gap year interns have when coming up with new studies. As long as the project is feasible, Dr. Adesman and Dr. Milanaik are eager to help realize studies on almost any topic. The wide breadth of topics consequently allows gap year interns to explore several areas of interest—a unique opportunity that few other labs can offer. The multiple projects I have become involved in have consequently created numerous opportunities to present and publish my work at national conferences and in journals.

However, I would have to say what makes the gap year internship truly one of a kind is the chance to work with mentors like Dr. Adesman and Dr. Milanaik. I feel so lucky to have such amazing advisors who are so supportive, understanding, and eager to help. The fact that this attitude applies not just to research but also extends beyond to other areas of our lives—such as the medical school application process and our wellbeing—is a testament to how sincerely they care about each and every one of the gap years. Their values are further reflected by the stellar cohort of gap year interns they pick each year—my co-workers are all incredibly motivated and helpful, and it has been a pleasure getting to know and work with each of them. In retrospect, I am extremely happy with my decision to work at Cohen Children's and cannot recommend this gap year internship highly enough!"

-- E.L., Yale

"The gap year internship in Developmental and Behavioral Pediatrics at Cohen Children's Medical Center is a wonderful opportunity for anyone looking to hone their research skills as they prepare for a career in medicine. Unlike most gap year positions available for college graduates, which tend to assign interns to existing projects, this program encourages interns to actively pursue their intellectual interests, allowing interns to experience all aspects of the research process, from developing a research question to navigating the peer review process. Although this freedom seems daunting at first, Dr. Adesman and Dr. Milanaik offer constant support and mentorship. Thanks to their guidance, in just nine months of working in this position, I have already had the opportunity to present my research at several national conferences, and I have coauthored three published works.

Their support extends beyond the office, especially during the medical school application season. Both Dr. Adesman and Dr. Milanaik were our biggest supporters as we prepared our applications and traveled around the country for interviews, offering us not only advice for structuring our applications, but also a flexible work schedule to accommodate the demands of the application process.

In addition to the support offered by Dr. Adesman and Dr. Milanaik, the collaborative environment created by the amazing cohort of interns in this program has been an essential driving force in my development as a researcher. Each intern has brought a unique set of skills and perspectives to the position, creating an environment where we are constantly helping each other improve our projects as we learn from each other. Ultimately, it is this environment, in conjunction with the extensive mentorship of Dr. Adesman and Dr. Milanaik, which makes me confident that this position is one of the best, if not the best, opportunities for anyone interested in contributing to the field of academic medicine."

-- E.R., Cornell

Comments from 2018 - 2019 “Gap Year” Research Interns:
(solicited, but unedited)

“Working with Dr. Adesman and Dr. Milanaik at the Cohen Children’s Medical Center has been an incredibly informative and rewarding educational experience. They truly empower their interns to pursue any research question that is “meaningful” and “feasible”, while providing us with any guidance we would need to turn our interests into an original research project. Through this internship, I have been able to design and execute an entire survey research project, improve my scientific writing abilities, and refine my statistical analysis skills. I was a little intimidated to have so much freedom and responsibility over my research, but it has been a refreshing and unique opportunity to critically explore my interests in child development at a deeper level.

Both Dr. Adesman and Dr. Milanaik were also always available and excited to assist us in every step of the research process. Whether it was helping us brainstorm project ideas, troubleshooting any issues that arose, or editing abstracts, they provided much needed insight and advice. They are both amazing role models who are not only great researchers and dedicated clinicians, but also fantastic mentors who genuinely care about your success and wellbeing beyond this internship. I definitely would not have been able to apply and interview for medical schools with relatively low stress without their flexibility and support.

One of the other remarkable features of this program is the collaborative work environment. I have had the privilege to work on a multitude of other projects and study new areas of pediatrics that I had never been exposed to before. My fellow researchers are all exceptionally hard working and passionate and have been an incredible source of support and advice throughout this experience.

Overall, I am extremely happy with my decision to spend my gap year here at Cohen Children’s and would certainly recommend it to anyone who wants to conduct interesting and meaningful research with a fantastic group of mentors and peers.”

-- R.G, Yale

“This internship is an incredible opportunity for those embarking on a gap year between their undergraduate careers and medical school. Not only do you develop a thorough understanding of each step in the research process, but you are also exposed to unique opportunities. For example, within my first few months in the office I was co-writing a textbook chapter regarding the potential health effects of augmented reality gaming on children and adolescents. Furthermore, I have gained considerable insight into a physician’s daily tasks and responsibilities.

Dr. Adesman and Dr. Milanaik are our biggest supporters. They are constantly encouraging us to explore topics we find interesting, providing productive and sincere feedback, and are extremely understanding of how inconsistent our schedules can become during the application process. Their primary objective is to prepare us as best they can, both as medical school applicants and future physicians.

The biggest benefit this internship provides is the privilege of working with such talented, thoughtful, and encouraging co-workers or in my mind, teammates. My fellow interns—summer and gap year—have supported me in a variety of ways, from providing constructive feedback and

unique perspectives on project ideas and abstracts to creating a spreadsheet of the best restaurants to grab lunch.”

-- D.J., Duke

“This gap year internship is one of the best for any competitive applicant interested in gaining firsthand research experience. When I was deciding what to do during my gap year, I had three priorities in mind: (1) having access to mentors invested in my success, (2) working with like-minded, driven peers, and (3) being able to develop my own projects. Through this internship, I have found my expectations exceeded. Each day, I have the opportunity to work with valuable mentors who are deeply invested in ensuring that I have the most productive, enjoyable gap year possible; collaborate closely with the four other gap year interns, with whom I have authored multiple abstracts and manuscripts; and grow my research skills by executing my own projects from start to finish.

Of equal importance, however, is how this experience has fulfilled aspects of a gap year that I didn't even realize would be important. Throughout the entire application process, Dr. Adesman and Dr. Milanaik were incredibly understanding, encouraging me to take the necessary time off to work on secondaries and perfect pieces of my application. They have also developed a work environment filled with people I genuinely like and who push me to grow. In my fellow interns, I have found long-term friends who have helped me with my applications and who I truly enjoy spending time with outside of the office. In Dr. Adesman and Dr. Milanaik, I have found mentors who have given me advice for my research, my medical school applications, and my future career. I am immensely grateful for this experience and cannot recommend this internship enough!”

-- N.S., University of Pennsylvania

“As a gap year intern, I have had the opportunity to hone my research skills while working in a collaborative, supportive environment. Since day one, Dr. Milanaik and Dr. Adesman have continuously encouraged me to independently investigate research questions that I find most interesting. As a result, I have had the freedom to conduct research on topics that I am most passionate about, including an investigation surrounding adolescent menstrual health. My research projects were a common topic during my interviews, giving me the opportunity to talk about ideas that I care deeply about.

While Dr. Adesman and Dr. Milanaik gave me independence, they also provided me with continuous support, using their vast research expertise to help guide me. They prioritize their role as mentors and despite their many responsibilities, they have an open-door policy, welcoming interns at all times. They are also extremely flexible, and were very understanding when I had to take time off to finish medical school applications and attend interviews, making a pretty stressful period so much easier!

In addition to learning from Dr. Adesman and Dr. Milanaik, I have had the immense privilege of learning from the other interns in my cohort. Each intern brings unique skills to the table and, by collaborating with each of them, I have been able to achieve research goals that I would have been unable to accomplish alone. I have also been able to build lasting friendships, and have cherished getting to know my coworkers outside of work as well.



At Cohen Children's, I have developed skills essential to conducting research. I have also furthered my medical career by publishing my work. Most importantly, though, I have gained lifelong mentors and friends. I am so incredibly grateful for this opportunity and would encourage everyone to apply!"

-- M.S., Duke

Comments from 2017 - 2018 “Gap Year” Research Interns:
(solicited, but unedited)

“What began as a brief summer internship after my junior year of college has evolved into an extremely fruitful professional experience that has profoundly shaped my long-term career goals.

I first began working in the Division of Developmental and Behavioral Pediatrics in the summer of 2014, and was immediately impressed by the degree of freedom that Dr. Adesman and Dr. Milanaik granted to their research interns. Whereas many research experiences for undergraduates require students to work on projects conceived by graduate students or other senior personnel, this position grants interns an unparalleled degree of intellectual autonomy. Students are given the opportunity to identify a research question of their choice and to take complete ownership of the project – from the conception of the idea to the publication of the findings in a peer-reviewed journal. This independence is balanced by the guidance of Dr. Adesman and Dr. Milanaik, both of whom are exceptionally accomplished clinical researchers and extraordinary mentors.

Thanks to their guidance, I have had the opportunity to publish three first-author manuscripts in peer-reviewed journals and have given more than a dozen poster or oral presentations at regional and national research meetings. I have worked on numerous projects that I am truly passionate about, gaining experience with a diverse range of research studies – including large-scale epidemiological datasets, cross-sectional surveys, and prospective, longitudinal studies.

Overall, this opportunity is truly unmatched in its ability to prepare motivated undergraduates for productive careers in medicine and clinical research.”

-- B.K., Yale (also a summer intern, 2014)

“As a premedical student with a fairly nontraditional background, I searched extensively for programs that combined my desire to conduct research with my passion for working with families and children, particularly those with disabilities. The Gap Year Internship Program fit my interests and career goals perfectly and I was absolutely thrilled to have the chance to participate in this one-of-a-kind opportunity.

Throughout my time as a Gap Year Intern, I have investigated topics ranging from supplementary learning tools for students with ADHD to pediatric medical education on vaccine-preventable diseases. Dr. Adesman and Dr. Milanaik are brilliant researchers in the field of developmental and behavioral pediatrics and have been the most supportive mentors in helping me explore pediatric issues, synthesize questions, design whole studies, and write up abstracts and manuscripts for consideration to national conferences and peer-reviewed medical journals. Thanks to their guidance, all of my abstracts were accepted as either platform or poster presentations to pediatric conferences, and I even won an award for my work at one of these meetings! To date, I have published three papers with another two currently being reviewed and at least two others in the process of being written.

I cannot thank Dr. Adesman and Dr. Milanaik enough for all the amazing opportunities I have had. My experiences and achievements during this program have by far been some of the strongest aspects of my medical school application and have been discussed extensively during my

interviews. Without a doubt, the skills I learned in this position will help me in my future research endeavors, and I wholeheartedly recommend this internship!”

-- P.D., Cornell (also a summer intern, 2015)

“Under the mentorship of Dr. Adesman and Dr. Milanaik, I have had the opportunity to pursue a myriad of research interests in a supportive and friendly environment. Dr. Adesman always says, “if it’s feasible and it is worthwhile, we can do it,” a motto that is truly emblematic of the freedom I have experienced in pursuing personal research interests. Given the encouragement and independence to collaborate with my peers, I have designed novel experiments, collected and analyzed data, and submitted several abstracts to national pediatric conferences. I am tremendously grateful to have the chance to learn from clinician-scientists like Dr. Adesman and Dr. Milanaik as well as from my peers, whose diverse research interests have also informed and inspired my own.

This gap year position is undoubtedly an excellent choice for students interested in expanding their understanding of clinical research while having fun! Working with Dr. Adesman and Dr. Milanaik has been the absolute best way to spend my gap year, an experience that has truly transformed my skillset as a scientist, renewed my interest in pursuing a career in medicine, and given me lifelong mentors. If you are looking for a rewarding year of research with warm, compassionate and driven colleagues, I strongly encourage you to apply!”

-- K.F., Cornell

“Looking back, I am so happy I decided to spend my gap year conducting clinical research with Dr. Adesman and Dr. Milanaik at the Cohen Children’s Medical Center. This position enables college graduates interested in medicine and research to spend time honing their skills prior to medical school while working in a clinical setting with friendly, intelligent and like-minded peers and mentors.

While I frequently met with Dr. Adesman and Dr. Milanaik to discuss the projects I was working on, ranging from the UV protection provided by children’s sunglasses to the prevalence of antibiotic diversion, they encouraged us to work independently on all steps of each study, from composing IRB proposals to writing abstracts that were submitted to national pediatrics conferences. As a result of having this much autonomy, interns both learned a huge amount and received substantial recognition for their work, with several first author abstracts being submitted to prestigious conferences. I had the opportunity to work with Dr. Adesman and Dr. Milanaik one-on-one to put together manuscripts and received considerable attention, only possible because of the small group of interns. Through designing research questionnaires, analyzing results and writing abstracts, I have become more experienced in many aspects of the research process that will help me in medical school and beyond. Dr. Adesman and Dr. Milanaik are always receptive to our ideas for research projects and would always take the time to teach us about study design and manuscript preparation.

Importantly, Dr. Adesman and Dr. Milanaik were extremely understanding of the demands of the medical school application process. They accommodated requests to take time off to work on secondary applications or prepare for interviews and were very supportive of our travels to visit

medical schools. I do not think I would have received as much support in any other gap year position!

I would recommend this position to anyone who is passionate about research and is hoping to work on a team with accomplished fellow interns and incredibly inspiring mentors!"

-- T.K., Cornell

"The first time I walked into the doors of this office, I was a summer intern who was just trying to get more research experience in a clinical setting. However, what I did not know at the time was that I would want to spend much more than a summer here. I decided to return for a gap year because of the amazing people I met and the experiences I had that summer. Since I returned, I have been working on projects I devised myself, such as one determining the outcomes/effects of NICU therapeutic touch programs, and collaborative projects with other interns, such as another assessing the electronic device usage of toddlers and young children.

In addition, I have had multiple opportunities to write literature reviews and original science articles for publication to top pediatric journals as well as abstracts for national conferences. Fortunately, Dr. Milanaik and Dr. Adesman are there every step of the way and have provided us with a remarkable amount of their time given their many clinical responsibilities. They are extremely supportive of all of our ideas and consistently want to make sure that we are getting everything we wish for out of the internship. Moreover, the faculty, staff, and my fellow interns make coming into work each and every day a delight.

I have truly made lifelong friendships and continue to keep in touch with interns of the past. If you are looking for a warm and friendly place that will provide you with every chance to shine in the medical school applicant pool, you are in the right place. You will engage in many meaningful research projects while simultaneously being surrounded by the most wonderful people."

-- S.S., Cornell

"I'm so grateful to Dr. Adesman and Dr. Milanaik for the opportunities of this gap year position as a clinical research intern in Developmental and Behavioral Pediatrics! Unlike many positions that have students doing menial work, this internship lets interns get genuinely involved in projects and teaches them to tackle clinical observations through meaningful research projects on child development. Interns are given the freedom to come up with new projects and collect original data, as well as the opportunity to jump into exciting projects working with national data sets. With their support, I have had first authorship on multiple abstracts to be presented at pediatric research conferences and plan on having authorship on several manuscripts on topics ranging from household ADHD and breastfeeding to digital device usage in toddlers.

The internship's unique structure puts you in an office community where you get to work closely with two mentors who genuinely enjoy working with students and constantly provide friendly support and guidance. They're great at selecting fellow interns who create a collaborative, fun environment, and you also get to know the rest of the staff and see the working structure of a medical center department. Both doctors' accommodations with the medical school application cycle -- from advice to time off for interviews/writing -- help to alleviate the cycle's stress. These experiences foster development of not just academic writing skills, but also of discussion of clinically prevalent research topics, which was particularly helpful during interviews.



I'm so glad that I made the decision to spend my gap year at Cohen Children's, and I'd recommend this position to anyone hoping to spend their year doing substantial research under the mentorship of two fantastic doctors committed to making your year productive and enjoyable!"

-- H.L., Cornell

Comments from 2016 - 2017 “Gap Year” Research Interns:
(solicited, but unedited)

“I am so glad that I made the decision to take a gap year and work as a clinical research intern at Cohen Children's Medical Center, under the guidance of Dr. Adesman and Dr. Milanaik. With my background in statistics, I have had the opportunity to conduct statistical analyses for a large variety of projects, the topics of which range from breastfeeding to the age restriction warning labels on energy drinks. Every project I have come across is interesting and of great importance to clinical practice. During my internship, I have had a lot of opportunities to write abstracts and manuscripts and make presentations at conferences. I have had three platform presentations and two posters accepted to the Eastern Society of Pediatric Research Meeting, and four first-author abstracts accepted to the Pediatric Academic Societies Meeting. Currently, I am also working on multiple manuscripts for publication. I truly enjoy the research experience I have had through this internship.

I would also like to stress how friendly and supportive Dr. Adesman and Dr. Milanaik have been throughout this internship. As a medical school applicant, I find the application process and the internship stressful from time to time. Dr. Adesman and Dr. Milanaik have been very accommodating regarding my travel needs, and they have been proactive to connect me to current and former medical students at the schools that I was interviewing at. Their help and support made this stressful process a lot easier. If I were to choose again, I would definitely make the same decision of working as a clinical research intern at CCMC.”

-- M.Z., Harvard

“This internship is a truly invaluable opportunity for motivated students wanting to get more deeply involved in research. Dr. Adesman and Dr. Milanaik are experts in their field and genuinely care about the skills and ideas you bring to the table. After college, I knew that I wanted to explore healthcare issues impacting pediatric patients and their families. Under their mentorship, I was able to navigate my interests, carry out my own studies, and get involved in other exciting projects being conducted throughout the division. My research has culminated in numerous posters and platform presentations at pediatric research conferences, as well as lead and co-authorships on several review articles and manuscripts submitted to peer-reviewed medical journals. This position has taught me so much about the field of developmental and behavioral pediatrics as well as how to design and conduct research effectively. My experiences have reinforced my desire to enter medicine and given me a much clearer idea of the type of physician I hope to become. I cannot thank Dr. Adesman and Dr. Milanaik enough for their unending support and guidance throughout my gap year and wholeheartedly recommend this unique position!”

-- P.D., Cornell

“Deciding to move across the country for this internship was the best decision I could have made for my gap year between undergraduate and medical schools. Dr. Adesman and Dr. Milanaik

provided me with all of the resources and tools to pursue any research project that I could dream of. There is endless freedom to conceive of and develop research protocol for any and all studies that might interest you. Even though we are encouraged to conduct much of the research independently, Dr. Adesman and Dr. Milanaik provide the necessary guidance and direction to ensure that the finished product is of high caliber and importance. During my year here, I have worked on projects that range from the risks of wandering by children with an Autism Spectrum Disorder to the impact of augmented reality video games on adolescent health. I have written four manuscripts for publication in peer-reviewed journals, two of which have been published and two are in the process of being reviewed. I expect to write three more manuscripts in the final months of my internship. I will also have the opportunity to present my research at a major pediatric research conference this spring.

Additionally, Dr. Adesman and Dr. Milanaik were tremendously supportive of my medical school application process and were understanding of any time that I needed to take off for applications or interviews. Although I am so appreciative that this internship has allowed me to conduct extensive meaningful research, the most rewarding aspect of this year has been the relationships that I developed with my mentors, fellow interns and other members of the staff working in the office. If you want to spend your gap year conducting important and substantial research surrounded by smart, engaged, thoughtful and passionate people, I strongly encourage you to apply for this one-of-a-kind research position.”

-- L.M., Washington University in St. Louis

“When I was first offered a position as a Gap Year Intern, I had to make a tough decision of whether to leave my job for the internship. Having spent a year working with Dr. Milanaik and Dr. Adesman, I can say that I undoubtedly made the right decision in accepting the offer.

Dr. Milanaik and Dr. Adesman were receptive to my research interests and helped me construct and execute projects that aligned with my long-term goals. They were also genuinely invested in the interns’ success in the internship and beyond. At times, it felt like they cared about boosting my CV more than I did. With their support and guidance, I was able to publish two manuscripts and plan to submit at least three more in the future on a variety of topics ranging from health implications of new age technologies, disparities in pediatric primary care, and the use of medical interpretation services to address language barriers in health care.

My experiences and accomplishments from this internship have also helped tremendously in the medical school admissions process. I spoke at length about my research at Cohen’s during all of my medical school interviews. After submitting my application, I was able to send substantive update letters to medical schools describing my projects and publications.

I highly recommend the Gap Year Internship to anyone interested in medicine, psychology, or research.”

-- Z.B., Baylor

Comments from 2015 - 2016 “Gap Year” Research Intern:

(solicited, but unedited)

My gap year in Developmental & Behavioral Pediatrics has been a tremendously rewarding experience. In the past seven months, I was first author on a review article published in a peer-reviewed pediatrics journal, and first or second author on numerous abstracts submitted to the 2016 Pediatric Academic Societies meeting. In the upcoming months, I expect to submit several more original research manuscripts to peer-reviewed medical journals. Dr. Adesman and Dr. Milanaik have broad interests in the field of pediatrics and have also been very receptive to my own ideas and objectives. You would be hard-pressed to find mentors who spend as much time and effort as they do to make sure that your year is productive, fulfilling, and fun!

Finally, I was incredibly thankful for how supportive Dr. Adesman and Dr. Milanaik were of my application to medical school. Given how time consuming the application and interview processes were, I found the flexibility of the work schedule to be invaluable to ensuring that I had a low-stress, but also highly productive, gap year. Without reservations, I would highly recommend this research position!”

-- T.P., Yale

Comments from 2014 - 2015 “Gap Year” Research Intern:

(solicited, but unedited)

"This position allows you to pursue research in a clinical setting, with endless possibilities for research projects. I was able to conduct research that I was personally interested in, which made the experience very enjoyable and rewarding. I felt like a respected member of the office because my interests and ideas were valued and encouraged. The projects I was involved in ranged from risk behaviors in adolescent populations to perception of support received by breastfeeding mothers. The group of physicians in the office are very approachable and excited to collaborate on research studies and have you shadow them during patients' visits. I also had the opportunity to attend pediatric research conferences throughout the country to present my research, learn about other research in the field, and interact with pediatricians. By the culmination of my year in the position, I prepared four manuscripts for publication in peer-reviewed medical journals. The skills I have learned from this position in research, oral presentation, manuscript preparation and patient care continue to help me in medical school. I would recommend this position to self-motivated aspiring physicians or researchers who are looking for a clinically oriented and research-driven gap year experience."

-- A.T., Columbia

2021 - 2022 “Gap Year”

Clinical Research Assistant Position

Division of General Pediatrics

2021 - 2022 “Gap Year” Clinical Research Assistant Position in the Division of General Pediatrics

Description: A 12-24 month paid research internship program is offered by Cohen Children’s Medical Center of New York – part of Northwell Health (formerly North Shore-Long Island Jewish Health System). The mission of the Division of General Pediatrics is to enhance the lives of children and families locally and nationally through clinical care, teaching, research and community service. As such, our work falls into multiple domains: clinical medicine, clinical research, quality improvement, medical education, health policy, and administration.

This Clinical Research Internship will offer 1-2 accomplished students the opportunity to work closely with faculty mentors within the Division of General Pediatrics on research projects on a wide variety of topics relevant to general pediatrics, ranging from pediatric health outcomes research to quality improvement to health services and health policy research. Examples of ongoing projects in the Division of General Pediatrics include:

- Impact of innovations in the delivery of care for children with asthma
- Impact of Medicaid care coordination programs on children with complex medical and psychosocial needs
- Coordination of NYS-wide organizations working to improve children’s environmental health
- Outcomes of adolescents with complex health needs transitioning to adult care
- Interventions to improve future planning for families of those with intellectual/developmental disabilities.

Responsibilities:

Research assistants will be integral members of our team in the Division of General Pediatrics, participating in all components of our projects. Research Assistants (RA’s) will assist faculty with ongoing research projects and/or work collaboratively with one or more mentors in designing new projects of mutual interest. With the guidance of faculty, research assistants will learn to perform chart reviews, conduct in-depth interviews, administer in-person and online surveys, run focus groups, analyze and code transcripts, and analyze primary and secondary data.

Additional responsibilities include:

- Provide administrative support to the team, including scheduling and preparing for meetings, trainings, and presentations.
- Work with local organizations to provide affordable and accessible community resources for patients and their families.
- Complete frequent site evaluations to monitor progress and outcome measures.
- Draft and edit research study manuscripts. The research assistant will also write for additional pediatric/ health policy/ health advocacy sites, articles, or presentations as they arise, such as Grand Rounds, health policy blogs, pediatric online resources, and more.
- Take the lead in managing all facets of clinical studies, including but not limited to: recruitment and enrollment of patients, communication with study sponsors, and leadership at

sponsor visits, management of regulatory documents, and keeping up-to-date on all IRB (Institutional Review Board) documents and communication.

- Manage various administrative, clinical, and project responsibilities as they arise. The research assistant will be expected to learn how to fulfill them with the initial guidance and support of Dr. Jan, Caren Steinway, or current research coordinators and assistants. The research assistant will be able to contribute to processes and projects from start to finish; s/he will develop the logistical and medical knowledge required at all phases of projects and be able to recognize the value s/he added to the final product.

The Division has internal funding for clinical research. RA's are not expected to write grants, and their research including endeavors and activities are not dependent on extramural grants.

This clinical research internship is open to students who excelled while pursuing their Bachelor's degree from any U.S. college or university. Although the ideal candidate is a student who aspires to attend medical school in the near future, has a strong academic record and writing skills, research experience, knowledge of statistics, and a demonstrated interest in public health, vulnerable pediatric populations, and/or health policy, we welcome applications from any students who have excelled in any area of study.

There will be an opportunity to continue the internship for an additional 12 months.

Research Abstracts: RA's will be co-investigators on any research abstracts submitted to national research meetings.

Research Publications: With guidance from faculty mentors, RA's will be responsible for drafting and revising research manuscripts for submission to peer reviewed pediatric journals. RA's will generally be identified as either the first or second author of any paper submitted for publication. The Division consistently submits annual presentations to the national meetings of the American Public Health Association and Pediatric Academic Societies. The Division has also presented at the American Academy of Pediatrics, Academy Health, Annual Health Care Transition Research Consortium Research Symposium, and the American Association on Intellectual and Developmental Disabilities.

Review Article: There may be an opportunity for RA's to be first or second author on a review article for a peer-reviewed medical journal.

Program Dates: Start and completion dates for the Gap Year internship are somewhat flexible. Priority will be given to applicants prepared to make at least a full-time 12-month commitment or longer, though alternate schedule arrangements will be considered. With advance notice, research interns may take as many days off (without pay) as needed during their internship to visit medical schools for interviews.

Other Activities/ Expectations/Opportunities: The primary focus of the internship is clinical research and writing. It is expected that this will comprise 90% of one's time. RA's will have the opportunity to attend clinical lectures of interest available through the Children's Hospital. There will also be opportunities for occasional shadowing of clinicians in our sub-specialty area and other pediatric sub-specialties as well. RA's may occasionally be asked to assist with other academic or administrative tasks.

Stipend: This is a paid internship; interns will be paid \$15.50 per hour for days worked.

To Apply: You must submit a completed application (PDF attached), a résumé, and an unofficial transcript. All materials should be sent electronically using the subject line "Gap Year Research Internship" to Caren Steinway, csteinway@northwell.edu.

Application Process & Deadline: There is a rolling submission deadline. However, priority will be given to candidates who submit all materials by Monday, March 1, 2021 at 12 Noon (EST). The most promising candidates will be invited to interview by phone, and notification of decisions will be made soon thereafter.

Past Interns: The Gap Year Internship program at Cohen Children's Medical Center was established in 2014. Gap Year RA's are typically accepted to multiple medical schools. Although these RA's are typically very strong applicants even prior to participating in these internship programs, the Gap Year internship program typically adds multiple abstracts and/or publications to each RA's list of accomplishments. Moreover, RA's often find it very helpful to discuss one or more of their different Gap Year research projects when interviewed by medical schools.

Testimonials:

"My time as a Gap Year Intern on Dr. Jan's team has been incredibly valuable and rewarding for me both professionally and personally, and has helped me further develop my interests in healthcare. I have had opportunities to contribute and take leadership roles in a number of different research projects, ranging from smaller quality improvement projects in the clinic, to large, multi-year IRB approved research studies, all of which focus on improving the health of complex and vulnerable pediatric populations. I have been able to write and publish work about the research I've done and further develop my interests in pursuing population health research and working with underserved communities in the future. Further, through my position here I have had the opportunity for personal learning experiences including clinical shadowing, resident grand rounds presentations, and special speakers and events at Northwell. Most importantly, the research team here is an amazing and supportive group of people who I look forward to spending time with each day and who have become incredible mentors to me. Their support for my medical school application process was invaluable this year and has helped set me up for success as I continue on to med school next year!" -Jane

"I have had a wonderful experience this past year as part of the general pediatrics research team. It has been an eye opening experience having the opportunity to speak with people from all walks of life about their individual experiences with the health care system. I feel like I am contributing to projects with the potential to improve the lives of patients and their families while concurrently

solidifying my medical school application. I cannot think of a better opportunity for students looking to be productive in the medical field prior to beginning their own medical careers.” - Matt

“I have been at this position for little less than a year and a half. I have grown and learned so much during my time here. As research assistants, we are given the freedom to explore projects and areas that are of interest to us, which is something that is rare to find. I am able to learn from my mistakes while also knowing that I have many people to turn to when I need help. The populations that we work with are mostly children who have chronic conditions and need extra supports for their care. The projects that I work on involve conducting quality improvement surveys to receive feedback on an existing NYS waiver program, collecting data and research on environmental health to then distribute to concerned parents through social media channels, and conducting focus groups in order to develop a long-term care planning intervention tool in the form of a website. My time here has deepened my appreciation for the work that we conduct as researchers in pediatrics. The outcomes of our projects are priceless to the families that we help. Not only that, but I have also developed bonds with my co-workers, feeling as though I have a second family and support system when I come to work. This position and my coworkers have given me the tools to be successful and compassionate in this field.” - Vanessa

For Further Information: The research internship in General Pediatrics is coordinated by Caren Steinway, Administrative Director of Research, Division of General Pediatrics. Questions regarding the Gap Year internship or the application process may be directed to her directly (csteinway@northwell.edu).

2021 - 2022 “Gap Year”

Clinical Research Assistant Position

Division of Pediatric Emergency Medicine

“Gap Year” Clinical Research Assistant Position in Pediatric Emergency Medicine

Description: A 1 - 2 year unpaid, full- or part-time research internship program in Pediatric Emergency Medicine is offered by Cohen Children’s Medical Center of New York – part of Northwell Health.

Responsibilities:

Research assistants will be integral members of our team in the Division of Emergency Medicine, participating in all components of our projects. Research Assistants (RA’s) will assist faculty with ongoing research projects and/or work collaboratively with one or more mentors in designing new projects of mutual interest. With the guidance of faculty, research assistants will learn to perform chart reviews, conduct in-depth interviews, administer in-person and online surveys, run focus groups, analyze and code transcripts, and analyze primary and secondary data.

Additional responsibilities include:

- Provide administrative support to the team, including scheduling and preparing for meetings, trainings, and presentations.
- Draft and edit research study manuscripts. The research assistant will also write for additional pediatric/ health policy/ health advocacy sites, articles, or presentations as they arise, such as Grand Rounds, health policy blogs, pediatric online resources, and more.
- Take the lead in managing all facets of clinical studies, including but not limited to: recruitment and enrollment of patients, communication with study sponsors, and leadership at sponsor visits, management of regulatory documents, and keeping up-to-date on all IRB (Institutional Review Board) documents and communication.
- Assist in quality and performance improvement projects under the guidance of Dr. Kimberly Giusto.
- Manage various administrative, clinical, and project responsibilities as they arise. The research assistant will be expected to learn how to fulfill them with the initial guidance and support of Drs. Rucker, Williamson and Krief, or current research coordinators and assistants. The research assistant will be able to contribute to processes and projects from start to finish; s/he will develop the logistical and medical knowledge required at all phases of projects and be able to recognize the value s/he added to the final product.
- Assist in preparing for the divisions yearly regional Pediatric Emergency Medicine conference.

This clinical research internship is open to students who excelled while pursuing their bachelor’s degree from any U.S. college or university. Although the ideal candidate is a student who aspires to attend medical school in the near future, has a strong academic record and writing skills, research experience, knowledge of statistics, and a demonstrated interest in public health, vulnerable pediatric populations, and/or health policy, we welcome applications from any students who have excelled in any area of study.

There will be an opportunity for first-year interns to continue their internship for an additional 12 months.

The Gap Year Internship program at Cohen Children's Medical Center was established in 2014. Gap Year RA's are typically accepted to multiple medical schools. Although these RA's are typically very strong applicants even prior to participating in these internship programs, the Gap Year internship program typically adds multiple abstracts and/or publications to each RA's list of accomplishments. Moreover, RA's often find it very helpful to discuss one or more of their different Gap Year research projects when interviewed by medical schools.

Research Abstracts: RA's will be co-investigators on any research abstracts submitted to national research meetings.

Research Publications: With guidance from faculty mentors, RA's will be responsible for drafting and revising research manuscripts for submission to peer reviewed pediatric journals. RA's will generally be identified as either the first or second author of any paper submitted for publication. The Division consistently submits annual presentations to the national meetings of the American Public Health Association and Pediatric Academic Societies. The Division has also presented at national meetings held by the American Academy of Pediatrics, the American College of Emergency Physicians, the Society of Academic Emergency Medicine, the Pediatric Academic Society and various other national, regional and local platforms.

Review Article: There may be an opportunity for RA's to be first or second author on a review article for a peer-reviewed medical journal.

Program Dates: Start and completion dates for the Gap Year internship are somewhat flexible. Priority will be given to applicants prepared to make at least a 9-month commitment, though alternate schedule arrangements will be considered. With advance notice, research interns may take as many days off as needed during their internship to visit medical schools for interviews.

Other Activities/ Expectations/Opportunities: The primary focus of the internship is clinical research and writing. It is expected that this will comprise 90% of one's time. RA's will have the opportunity to attend clinical lectures of interest available through the Children's Hospital. There will also be opportunities for occasional shadowing of clinicians in our sub-specialty area and other pediatric sub-specialties as well. RA's may occasionally be asked to assist with other academic or administrative tasks.



To Apply: You must submit a completed application (PDF attached), a résumé, and an unofficial transcript. All materials should be sent electronically using the subject line "Gap Year Research Internship" to Elaine Avshman, Academic Associate (eavhshman@northwell.edu).

Application Process & Deadline:

There is a rolling submission deadline. However, priority will be given to candidates who submit all materials by March 1, 2021. The most promising candidates will be invited to interview by phone, Zoom or in person and notification of decisions will be made soon thereafter.

For Further Information: The research internship in Pediatric Emergency Medicine is coordinated by Dr. Josh Rucker, Chief of Pediatric Emergency Medicine. Information regarding the Gap Year internship or the application process may be directed to Elaine Avshman, Academic Associate (EAvshman@northwell.edu).

2021 - 2022 “Gap Year”

Clinical Research Assistant Position

Division of Medical Genetics & Human Genomics

2021 - 2022 Division of Medical Genetics & Human Genomics Internship Position

About Us: Genetic diseases affect patients of all ages and ethnicities, impacting virtually all medical specialties. As a multidisciplinary program, the Division of Medical Genetics and Human Genomics at Northwell Health touches the lives of prenatal, pediatric, and adult patients and their families, and cares for a variety of conditions and disorders.

Internship Position: Through the Cohen Children's Medical Center gap year program, the Division of Medical Genetics and Human Genomics is offering a 9-12 month paid internship to 1 accomplished student. The Intern will gain operational and clinical experience in the ambulatory setting, and will also be an integral part of genetics and genomics research focused on newborn screening and biochemical genetics.

Using our widespread Cohen Children's Medical Center network, Northwell Health has become a primary site for New York state newborn screening pilot studies into conditions such as Duchenne Muscular Dystrophy and a number of Lysosomal Storage Disorders. The discoveries made will not only lead to better pediatric treatments, but will be applied to patients across our entire system and beyond.

Responsibilities: The Intern will work closely with and under the guidance of the Genetics team.

1. **Performs support activities to facilitate patient care.**
2. **Participates in and contributes to clinical and translational genetics research.**

This internship position is open to recent graduates that have earned their Bachelor's degree from any U.S. college or university. The ideal candidate is a recent graduate who aspires to obtain a professional degree in the health field (e.g., MS in Genetic Counseling, MD, DO, MPH, etc.) in the near future, has a strong undergraduate academic record, an interest in medical genetics, prior experience in research and/or clinical settings, and is able to communicate effectively and sensitively with patients and families of diverse cultural backgrounds.

Program Dates: Start and completion dates for the internship are somewhat flexible. Priority will be given to applicants prepared to make at least a 9-month commitment or longer, though alternate schedule arrangements will be considered. Typical weekly work hours average ~22.5. With advance notice, the Intern may request to take days off (without pay) as needed to visit professional schools for interviews.

Other Activities/ Expectations/ Opportunities: The primary focus of the internship is providing support to the clinical and research teams. The Intern will have the opportunity to attend case conferences, lectures, and other educational events of interest. There will also be opportunities for



occasional shadowing of clinicians, and the Intern may be asked to assist with other academic, research, and administrative tasks.

Stipend: This is a paid internship; interns will be paid \$16.50 per hour for days worked.

To Apply: You must submit a completed application, résumé, and an unofficial transcript.

All materials should be sent electronically using the subject line format “Genetics & Genomics Internship – Lastname Firstname” to Dr. David Tegay, at dtegay@northwellhealth.edu.

Application Process & Deadline: There is a rolling submission deadline. However, priority will be given to candidates who submit all materials by Monday, March 1, 2021 at 12 Noon (EST). The most promising candidates will be invited to interview online, and notification of decisions will be made soon thereafter.

Past Interns: The Internship program at Cohen Children’s Medical Center was established in 2014. All of the pre-medical CCMC Interns were accepted to multiple medical schools. Although these are typically very strong applicants even prior to participating in our internship program, the Interns often find it very helpful to discuss one or more of their different projects when interviewing.

Testimonial: If helpful, here is an unedited testimonial from our most recent Gap Year research assistant:

“This internship has been an incredible learning experience in numerous ways. Not only has this opportunity exposed me to the rapidly advancing field of medical genetics along the variety of cases that are covered, it helped me experience firsthand all aspects of the clinical side of medicine and taught me invaluable lessons for any future I have in healthcare. The geneticists and genetic counselors at Northwell have been amazing educators and I’m grateful to have been able to learn so much and have a unique experience each day during my time here.”

-- C.T., Yale University, Class of 2019

For Further Information: The Medical Genetics internship is coordinated by Dr. David Tegay, Chief of the Division of Medical Genetics and Human Genomics. Questions regarding the internship or the application process may be directed to Dr. Tegay at dtegay@northwellhealth.edu.

2021 - 2022 “Gap Year”

Clinical Research Assistant Position

Division of Pediatric Nephrology

2021 - 2022 Gap Year Clinical Research Internship In Pediatric Nephrology

Description: A 12-month program in clinical research related to pediatric nephrology in children and adolescents is offered by Cohen Children's Medical Center of New York— part of Northwell Health (formerly North Shore-LIJ Health System).

The Gap Year Internship offers 1-2 accomplished students the opportunity to work closely with a faculty mentor on one or more research projects related to pediatric nephrology. Students will assist the faculty member in an ongoing research project and/or work collaboratively with the mentor in designing a new project of mutual interest. Most projects include retrospective chart reviews, but there will also be projects that will involve direct contact with patients. The student is expected to take ownership of a research project and write a manuscript by the end of the year.

While participating in the program, interns will have the opportunity to shadow in our clinics and on rounds. Research interns will also be encouraged to attend other lectures of interest available through the Division of Pediatrics at the Children's Hospital.

The internship open to students who excelled while pursuing their Bachelor's degree from any U.S. college or university. The ideal candidate is a student with a strong academic record and aspires to attend a doctoral program in medicine.

This program is flexible in the number of hours per week but at minimum we ask for at least two half days per week commitment. Gap year positions are unpaid.

Research Abstracts/Publications: It is anticipated that students will be included as co-investigators on one or more research abstracts submitted to national research meetings. Students who are able to successfully write a manuscript for journal submission of their research findings will be identified as the first or second author of any paper submitted for publication. A list of research abstracts accepted for presentation at national meetings is attached.

Other Activities/ Expectations/Opportunities: Although the primary focus of the internship is clinical research and writing, and it is expected that this will comprise 70-75% of one's time, interns often welcome the opportunity to engage in other academic or clinical activities. A breakdown of these educational, clinical, and administrative support functions follows:

- ▶ Lectures:
 - Attend noon conference lectures on general pediatrics topics
 - Pediatric Nephrology lectures 2-3 per week
- ▶ Clinical Observation:
 - Shadow pediatric nephrologists in the out-patient clinic and attend in-patient rounds
- ▶ Miscellaneous:
 - Assist with special projects and general office support

Stipend: This is an unpaid internship.

To Apply: You must submit a completed application (PDF attached), a resume, a writing sample, and an unofficial transcript. All materials should be sent electronically using the subject line "Summer Research Internship Application" to Dr. Christine Sethna (CSethna@northwell.edu) and Olivia Bullaro (OBullaro@northwell.edu).

Application Process & Deadline: The submittal deadline is Monday, March 1, 2021 at 12 Noon (EST); all materials must be received by that date. It is anticipated that notification of decisions will be made by late March.

For Further Information: The research internship is coordinated by Olivia Bullaro (OBullaro@northwell.edu). Questions regarding the internship or its application should be directed to Dr. Sethna (CSethna@northwell.edu).

Publications

- Hydronephrosis in Infants and Children: Natural History and Risk Factors for Persistence in Children Followed by a Medical Service. *Clinical Medicine: Pediatrics* 2009;1 63-70. ^A
- The Value Of Tacrolimus Drug Levels In The Management Of Nephrotic Syndrome In Children *The Internet Journal of Nephrology* ISSN: 1540-2665
<http://www.ispub.com/journal/the-internet-journal-of-nephrology/volume-6-issue-2/1386557986the-value-of-tacrolimus-drug-levels-in-the-management-of-nephrotic-syndrome-in-children.html>. ^A
- Concordance of Measures of Left-Ventricular Hypertrophy in Pediatric Hypertension. *Pediatr Cardiol.* 2013 Nov 20. ^B
- Second-line Immunosuppression Therapy in the Treatment of Childhood Nephrotic Syndrome: A Single Center Experience. *Nephron Extra*, January 2014. ^A
- Prevalence of Hypertension in a Haitian Bataye. *Science Journal of Public Health.* 2014; 2(5): 480-485 doi: 10.11648/j.sjph.20140205.26. ^A
- Blood Pressure Variability in Children with Primary vs. Secondary Hypertension. *J Clin Hypertens.* 2014 Jun;16(6):437-41. ^A
- High Prevalence of Nephrotic Syndrome in South Asian Children. *Journal of Clinical Pediatric Nephrology.* 2015 Vol 1(1). ^A
- Role of Race in Kidney Transplant Outcomes in Children with FSGS. *Pediatric Transplantation.* 2016 Sep;20(6):790-7. ^A
- Blood Pressure and Urolithiasis in Children. *Journal of Urology.* 2016 Sep 18. pii: S1477-5131^A
- Renal Volume and Ambulatory Blood Pressure in Children. *Journal of Clinical Hypertension.* 2017 May;19(5):498-503
- Effect of Pre-Transplant Obesity, Overweight and Underweight on Pediatric Kidney Transplant Outcomes. *Pediatric Nephrology,* 2018 Dec;33(12):2353-2362
- Left Ventricular Cardiac Geometry and Ambulatory Blood Pressure in Children. *Journal of Clinical Hypertension.* 2019 May;21(5):566-571.
- Heterogeneity Index and Echogenicity in Hypertension. *Journal of the American Society of Hypertension,* 2018 Dec: 12(12) e77-e83

A – Summer research intern as 1st author

B – Summer research intern as co-author

Comments from Gap Year Research Interns

“As an intern for Pediatric Nephrology, I was able to experience the medical field through a scientific research lens. I interacted with patients, and took initiative in maintaining ongoing studies within nephrology. I was able to shadow the doctors, and learn proper techniques of clinical practice. The most rewarding part of the internship was getting to know patients first hand, and becoming a part of their health journey.

Dr. Sethna is an extremely hands on and dedicated physician that truly pushes interns to achieve the best they can. Personally, she has taught me what it means to be a physician, and the sacrifices that come with the profession. Under her guidance, I gained skills and knowledge beyond those that I have acquired in any classroom. Working as an intern in Pediatric Nephrology was an incredibly educating and humbling experience; it allowed me to complete my Undergraduate studies, and gave me a platform to begin a career in the medical field.”

O.B., Hofstra University, Class of 2020
Research Intern, 2019-2020

“Working with the Pediatric Nephrology Department, both over the summer and during my gap year, has afforded me the invaluable opportunity to hone my research skills. By contributing to a multitude of studies, I was able to expand the breadth of my experience to take with me to medical school this fall. I was given the demanding role to take the lead on clinical trials, which provided me with crucial hands-on practice working with patients and their families, taking vital signs, and managing treatment plans under the direct supervision of Dr. Sethna.

My passion for pediatrics and my confidence to pursue research was most definitely strengthened and solidified by this experience. Personally, Dr. Sethna became an instrumental source of guidance throughout my journey as a pre-medical student, and she will continue to be a role model to me.”

L.G., Cornell University, Class of 2019
Research Intern, Gap Year 2019-2020