Lena Claire van der List, D.O.

Philosophy of Care

As a pediatrician I strive to build strong and lasting relationships with children and their families from birth to eighteen. I believe that pediatric health care is comprised of physical, developmental and emotional wellness and I will work to ensure a multi-modal approach to caring for your child. I work to provide timely, accurate pediatric health information to families both in and out of the exam room. For this reason, I am actively engaged in using media as an education tool and have created Kids Considered, a childrens health podcast, for parents to have immediate access to timely pediatric health topics.

Clinical Interests

Dr. van der List is a community pediatrician who works to ensure each individual child obtains optimal health and development. She has a clinical interests in adolescent medicine, mental health and creating a medical home for children with complex medical needs.

Research/Academic Interests

Dr. van der List's academic interests focus on teaching other physicians to use media for advocacy and patient education. She is the co-creator of the UC Davis children's health podcast, Kids Considered.

Title

Associate Physician

Specialty

Pediatrics

Department

Pediatrics
UC Davis Medical Group

Division

General Pediatrics

Clinic

UC Davis Medical Group, Sacramento - Midtown

Center/Program Affiliation

UC Davis Medical Group
UC Davis Children's Hospital
University Pediatric Associates

Address/Phone

UC Davis Midtown Ambulatory Care Center, UC Davis Medical Group - Midtown Pediatrics, 3160 Folsom Blvd Suite 2900 Sacramento, CA 95816
Phone: 916-734-5846

Sacramento County Health Center, Sacramento County Chest Clinic, 4600 Broadway Suite 1300 Sacramento, CA 95820

Additional Phone

Physician Referrals: 800-4-UCDAVIS (800-482-3284)

UCDAVIS HEALTH

Lena Claire van der List, D.O.

Education
D.O., Western Univeristy of Health Sciences, Pomona CA 2017
B.S., Psychology, UC Davis, Davis CA 2011

Residency
Pediatrics, UC Davis, Sacramento CA 2017-2020

Board Certifications
American Board of Pediatrics, General Pediatrics

Professional Memberships
American Academy of Pediatrics

Honors and Awards
Golden Apple Teaching Award, 2021, 2022
Resident Hospital Medicine Outstanding Graduating Resident Award, 2020
Best Resident Grand Rounds Presentation, 2020
Resident Physician Teaching Award, 2018
AAP Community Pediatrics Training Initiative Grant Recipient, 2018

Select Recent Publications

van der List LC, Blumberg D, Li ST, Gambill L. Demystifying the Op-Ed. A Novel Group Writing Workshop to Improve Upon Existing Pediatric Advocacy Training. Acad Pediatr. 2022 Mar;22(2): 346-348. doi:10.1016/j.acap.2021.08.017. Epub 2021 Aug 27. PMID:34455100.

Jickling GC, Ander BP, Stamova B, Zhan X, Liu D, Rothstein L, Verro P, Khoury J, Jauch EC, Pancioli AM, Broderick JP, Sharp FR. RNA in blood is altered prior to hemorrhagic transformation in ischemic stroke. Ann Neurol. 2013 Aug;74(2):232-40. doi:10.1002/ana.23883. Epub 2013 Sep 10. PMID:23468366.

Rothstein L, Jickling G. Ischemic Stroke Biomarkers in Blood. Biomarkers in Medicine. 2013;7(1): 1-11.

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