

CURRICULUM VITAE

Rachel Ashworth MD

Assistant Professor
Department of Pediatrics
Division of Pediatrics Critical Care

OFFICE ADDRESS:

9000 West Wisconsin Avenue

Milwaukee, WI 53226

EDUCATION:

2004 - 2008 BA, University of Kansas, Lawrence, KS

2008 - 2012 MD, University of Kansas School of Medicine, Kansas City, KS

POSTGRADUATE TRAINING AND FELLOWSHIP APPOINTMENTS:

2012 - 2015 Resident, Pediatrics, St. Louis Children's Hospital, St. Louis, MO

2015 - 2016 Chief Resident, Pediatrics, St. Louis Children's Hospital, St. Louis, MO

2016 - 2019 Pediatric Critical Care Fellow, Pediatrics, Critical Care, Washington University School of Medicine, St. Louis, MO

2018 - 2019 Pediatric Critical Care Chief Fellow, Pediatrics, Critical Care, Washington University School of Medicine, St. Louis, MO

2019 - 2020 Hospice and Palliative Medicine Fellow, University of Kansas School of Medicine, Kansas City, MO

01/2023 Pediatric Point of Care Ultrasound Workshop, Applied and was chosen for grant from Herma Heart Institute and Love for Logan Foundation, Society for Critical Care Medicine Conference, San Francisco, CA

06/2023 - 08/2023 Mobilizing Character Course and Book Club, 12 total sessions which focused on integrating character strength development for trainees into daily bedside teaching, Kern National Network, Milwaukee, WI

11/2023 Micro-aggressions Facilitator Training, Pediatrics, Medical College of Wisconsin, Milwaukee, WI

04/2024 Health Equity Micro-credential Course and Certificate, Pediatrics, Medical College of Wisconsin, Milwaukee, WI

FACULTY APPOINTMENTS:

2015 - 2016 Pediatric Hospitalist, St. Louis Children's Hospital

2020 - Present Attending Physician, Pediatrics, Critical Care, Children's Hospital of Wisconsin

2021 - Present Assistant Professor of Pediatrics-Palliative Care, Pediatrics, Palliative Care, Medical College of Wisconsin, Milwaukee, WI

ADMINISTRATIVE APPOINTMENTS:

2023 - Present Co-chair; Inclusion, Diversity, and Equity Committee, Children's Wisconsin, Milwaukee, WI

2024 - Present Chair; Professional Review Committee, Leader of peer review committee evaluating concerns about members of the medical staff, partner with identified providers and CW leadership to develop performance improvement plans, Children's Wisconsin, Milwaukee, WI

EDUCATIONAL ADMINISTRATIVE APPOINTMENTS:

2022 - Present Co-director, Palliative Care Educational Curriculum, Co-developed and implemented a twice monthly didactic curriculum including traditional lecture-style didactics, case reports, and journal clubs, Medical College of Wisconsin, Milwaukee, WI

- 2023 - Present Learning Community Navigator, Faculty lead for eight medical students for the duration of medical school, includes group meetings and discussions and individual coaching, Medical College of Wisconsin, Milwaukee, WI
- 11/2025 - Present Pediatric Critical Care Fellowship Assistant Program Director, Medical College of Wisconsin, Milwaukee, WI
- 2025 - Present Academic Standing and Professionalism Appeals Committee, One of five faculty who will hear and investigate student appeals regarding decisions made by the Standing and Professionalism Committee; committee reports directly to the dean, Medical College of Wisconsin, Milwaukee, WI

HOSPITAL AND CLINICAL ADMINISTRATIVE APPOINTMENTS:

- 2020 - Present Attending Physician, Pediatrics, Critical Care & Palliative Care, Children's Wisconsin, Milwaukee, WI

HOSPITAL STAFF PRIVILEGES:

- 2015 - 2016 Pediatrics, St. Louis Children's Hospital, One Children's Place, St. Louis, MO
- 2020 - Present Assistant Professor, Pediatrics, Pediatric Critical Care and Palliative Medicine, Medical College of Wisconsin, Milwaukee, WI

SPECIALTY BOARDS AND CERTIFICATION:

| <u>Board Certified</u> | <u>Issue Date</u> | <u>Expiration</u> |
|---------------------------------|-------------------|-------------------|
| Pediatric Board Certification | 2015 | None |
| Pediatric Critical Care | 2020 | None |
| Hospice and Palliative Medicine | 2020 | None |

| <u>Certificates</u> | <u>Issued By</u> | <u>Issue Date</u> | <u>Expiration</u> |
|---|------------------|-------------------|-------------------|
| Missouri Board of Registration for the Healing Arts | | 2015 | None |
| ATLS | | 2017 | 2017 |
| ACLS | | 2018 | 2018 |
| PALS/BLS | | 02/2021 | 02/2027 |

| <u>Licensure</u> | <u>Number</u> | <u>Issue Date</u> | <u>Expiration</u> |
|--------------------|---------------|-------------------|-------------------|
| WI Medical License | | 2020 | 10/31/2027 |

AWARDS AND HONORS:

- 2008 - 2012 Harry F. and Christine H. Lose Scholarship
- 2010 Service to the Kansas City Community and Beyond Award, University of Kansas Academic Societies
- 2011 Alpha Omega Alpha Honor Medical Society
- 2012 Chief Resident Award, St. Louis Children's Hospital
- 2015 Partner in Caring, St. Louis Children's Hospital
- 2021 Outstanding Teacher of Full-Time Faculty, Residents High Five, Medical College of Wisconsin
- 2023 Outstanding Teacher of Full-Time Faculty, Residents High Five, Medical College of Wisconsin

MEMBERSHIPS IN HONORARY AND PROFESSIONAL SOCIETIES:

- 2011 - Present Alpha Omega Alpha (Member)
- 2012 - 2016 American Academy of Pediatrics (Member)
- 2016 - Present Society of Critical Care Medicine (Member)
- 2019 - Present American Academy of Hospice and Palliative Medicine (Member)

LOCAL/REGIONAL APPOINTED LEADERSHIP AND COMMITTEE POSITIONS:

- 2009 - 2010 Director of Physician and Community Relations, Jay Doc Free Clinic, Kansas City, KS
- 2015 - 2016 Chief Resident, St. Louis Children's Hospital, St. Louis, MO

2015 Member, Evidence Based Practice Workshop, McMaster University, Ontario, Canada
2016 Member, Difficult Conversations Workshop, Institute for Professionalism and Ethical Practice, Boston Children's Hospital, Boston, MA
2023 - Present Co-chair, Hospital Inclusion, Diversity, and Equity Committee, Children's Wisconsin
2024 - Present Chair, Professional Review Committee, Children's Wisconsin

NATIONAL ELECTED/APPOINTED LEADERSHIP AND COMMITTEE POSITIONS:

2024 - Present Vice Chair, Pediatric Palliative Care Subcommittee, Society for Critical Care Medicine

RESEARCH GRANTS/AWARDS/CONTRACTS/PROJECTS:

Active

Non-Peer Review

Title: From Experience to Wisdom
Source: Kern Re-imagining Grant, Kern National Network
Role & Effort: Team member, (0.05 FTE 2024-2025, 0.1 FTE 2025)
PI: Michael (Chris Decker)
Dates: 09/2024 - Present

Prior

Peer Review

Title: Prenatal Uterine and Umbilical Artery Dopplers
Source: University of Kansas School of Medicine
PI: Carl Weine, M.D.
Dates: 2009 - 2010

Title: Decreasing Continuous Pulse Oximetry Use in Bronchiolitis, QI Project
Source: Washington University School of Medicine
PI: Chrissy Hrach, M.D.
Dates: 2014 - 2015

Title: Decision Regret in the Pediatric ICU
Source: Department of Pediatrics, Division of Critical Care, Northwestern University Feinberg School of Medicine
PI: Kelly Michelson, M.D.,
Dates: 2016 - 2019

Title: Communication in Pediatric Oncology
Source: Washington University School of Medicine
PI: Jim DuBois, Ph.D.
Dates: 2016 - 2017

INVITED LECTURES/WORKSHOPS/PRESENTATIONS:

International

Evidence Based Practice Workshop, McMaster University, Ontario, Canada, 2015
Ashworth R, Sorce L, Fragen P, Martinez E, Victorson DE, Alvarado V, Derrington S, Michelson K.,
Decisions faced and decision regret in the pediatric intensive care unit (PICU): parents' perspectives,

9th Congress of the World Federation of Pediatric Intensive & Critical Care Societies, Singapore, 06/2018

National

Difficult Conversations Workshop, Institute for Professionalism and Ethical Practice, Boston, MA, 2016
Ashworth, Rachel MD, Decision Regret in the Pediatric ICU, Pediatric Academic Societies Annual Meeting, Baltimore, MD, 04/2019

Ashworth R., Congenital Airway Obstruction: Helping Families Navigate the Complex Decisions Surrounding EXIT Procedures., American Academy of Hospice and Palliative Medicine Annual Assembly., Canceled due to COVID, 03/2020

Ashworth R, Character on the Catwalk, Kern National Network Mobilizing Character Course, 10/23/2023

Ashworth R, Ran simulations, debriefs, and communication workshops, Critical Care Fellowship Bootcamp, Washington University of St. Louis, 07/2024

Ashworth R, Invited Grand Rounds Speaker, The Primary Intensivist, Pediatric Critical Care Grand Rounds, Wake Forest University, 11/19/2024

Ashworth R, Sharp Skills, Soft Edges—Professionalism and Collaboration in the Pediatric Setting, Pediatric Surgery Fellowship National Boot Camp, Medical College of Wisconsin, 07/24/2025

Local

ABC's of Pediatric Advocacy, Pediatric Interest Group, Medical College of Wisconsin, 03/22/2023

Difficult Conversations, Coping with Death Retreat, Pediatric Residency, Medical College of Wisconsin, 09/17/2024 - Present

Delivering Bad News, Surgery/Critical Care Joint Conference, Medical College of Wisconsin, 10/16/2025 - Present

PEER REVIEWED WORKSHOPS/PRESENTATIONS:

National

Ashworth R, Sorce L, Fragen P, Martinez E, Victorson DE, Alvarado V, Derrington S, Michelson K, "Decisions faced and decision regret in the pediatric intensive care unit (PICU): parents' perspectives", 9th Congress of the World Federation of Pediatric Intensive & Critical Care Societies, Singapore, 06/2018

Ashworth R, Michelson K., "Decision Regret in the Pediatric ICU", Pediatric Academic Societies Annual Meeting, Baltimore, 04/2019

Ashworth R., Congenital Airway Obstruction: Helping Families Navigate the Complex Decisions Surrounding EXIT Procedures., American Academy of Hospice and Palliative Medicine Annual Assembly, Canceled Due to Covid, 03/2020

Local

Ranucci A, Steuart R, Maddox K, Friedrich A, Ashworth R, "The role of social factors in healthcare providers' recommendations for pediatric tracheostomy placement", Medical College of Wisconsin Department of Pediatrics Fellow and Resident Poster Session, Milwaukee, WI, 03/2025

COMMITTEE SERVICE:

Medical College of Wisconsin

2021 - Present Member, Intern Selection Committee, Pediatric Residency Program, Medical College of Wisconsin

2022 - Present Member, Diversity, Equity and Inclusion Committee, Medical College of Wisconsin

Hospital

2020 - Present Member, Schwartz Rounds Planning Committee, Medical College of Wisconsin

2022 - Present Member, Justice, Diversity, Equity, and Inclusion (JEDI) Committee, Children's Wisconsin

2022 - 2024 Physician representative, PICU Culture and Engagement Committee, Children's Wisconsin

2022 - Present Member, Professional Review Committee, Children's Wisconsin

2024 - Present Member, Co-chair, Hospital Inclusion, Diversity, and Equity Committee, Children's Wisconsin

MCW TEACHING ACTIVITIES:**Medical Student Education**

07/2023 - Present The Good Doctor Course
2023 - 2024 Reviewer, CLIMB early clinical learning course
01/09/2024 Foundational Capstone Course: Spiritual Issues and Physician-Assisted Death

Resident and Fellow Education

08/2022 Pediatric Hospitalist Fellowship -Facilitator, Procedural Simulation/Evaluation
2022 - Present Pediatric Residency - Simulation Communication Workshop
2022 Pediatric Residency Program - Co-Leader, Palliative Care Retreat
05/2023 - Present Pediatric Resident Board Review Series, Palliative Care topics

EXTRAMURAL TEACHING:**Medical Student Education**

2015 - 2016 St. Louis Children's Hospital, St. Louis, MO, Lecturer, 3rd Year Medical Student Pediatric Rotation Curriculum
2020 - Present Children's Hospital of Wisconsin, Small Group Facilitator, M3 Winter Ethics Session
2021 - 2022 Children's Hospital of Wisconsin, Lecturer, End of Life Care in the Pediatric ICU, Critical Care Conference Series

Resident and Fellow Education

2015 - 2016 St. Louis Children's Hospital, Instructor, Pediatric Simulation Lab
2016 - 2019 Washington University School of Medicine, St. Louis, MO, Lecturer, Resident's Critical Care Medicine Lecture Series
04/25/2025 Medical College of Wisconsin, Ethical Issues in Pediatric End-of-Life Care Palliative Care Fellowship Didactic Series

Community/Lay Public

2015 - 2016 St. Louis Children's Hospital, Facilitator, Communication Skills Lab

PROGRAMMATIC DEVELOPMENTS:**Educational Programs****Fellow**

2023 - Present ational Work Group within Pediatric Palliative Care Sub committee of Society of Critical Care Medicine, modifying Pediatric Critical Care Fellowship Competencies to include primary palliative care competencies

Resident

2015 - 2016 Developed and ran "Delivering Bad News", Communication Simulation Workshop for Pediatric Residents, St. Louis Children's Hospital
2022 - Present Co-director and developer, Palliative Care Educational Curriculum, includes didactics, case series, journal clubs, and structured debriefs, Medical College of Wisconsin/Children's Wisconsin

Faculty

2023 - Present Critical Care and Oncology Combined Lecture Series Quarterly case-based lectures 1 of 3 founding members from Critical Care Division

Research Programs

2023 - Present Founding member of Social Determinants of Health Workgroup in Division of Pediatric Critical Care

Clinical Programs

2008 - 2010 Director of Physician Recruitment and Community Relations for Jay Doc Free Clinic Kansas City, KS

2024 - Present Member of workgroup for development of Point of Care Ultrasound clinical and educational program in PICU

COMMUNITY SERVICE ACTIVITIES:

- 2008 - 2010 Cristo Rey High School, Kansas City Provided physician physical exams and clearance for sports participation for high school students. Organized booths with information about healthy living and available community services.
- 2008 - 2012 JayDoc Free Clinic, Kansas City, KS Provided urgent care, screening tests, and well visits for the uninsured population under attending physician supervision, frequently using Spanish to communicate with the majority Hispanic patient population.
- 01/2025 - Present Volunteer facilitator for Poverty Simulation 10 Recurring commitment 3-4x/yr, provided for members of Children's Wisconsin or Children's Medical Group

BIBLIOGRAPHY

Refereed Journal Publications/Original Papers

1. Sisk BA, Mack JW, Ashworth R, DuBois J. Communication in pediatric oncology: State of the field and research agenda. *Pediatr Blood Cancer*. 2018 Jan;65(1). PMID: PMC6902431
2. Ashworth RC, Malone JR, Franklin D, Sorce LR, Clayman ML, Frader J, White DB, Michelson KN. Associations of Patient and Parent Characteristics With Parental Decision Regret in the PICU: A Secondary Analysis of the 2015-2017 Navigate Randomized Comparative Trial. *Pediatr Crit Care Med*. 2024 Sep 01;25(9):795-803. PMID: PMC12230857
3. Johnson M, Butts RIR, Ashworth R, Smith J, Marik P, Davies WH, Rothschild C. Navigating Critical Moments: The Importance of Spiritual and Psychosocial Collaboration in Addressing Coping in the Pediatric ICU. *Clin Pract Pediatr Psychol*. 2025 Apr 09. PMID: PMC12338377
4. Rissman L, Ashworth R. The Let-Down Reflex: New Motherhood, One Drop at a Time. *Pediatr Crit Care Med*. 2025 Nov 01;26(11):e1392-e1393.
5. Lyons KA, Ashworth R, Rissman L, Henderson N, Certo M, Palumbo K, Dickerman M, Cohn M, Alladin A, DeCoursey D. Pediatric Palliative Care Subcompetencies for Pediatric Critical Care Medicine Fellowship Trainees. *Pediatr Crit Care Med*. 2025 Aug 01;26(8):e1063-e1069.
6. Rissman L, Collell A, Lyons K, Ashworth R, Alladin A, Dickerman M. Palliative Care Education for Pediatric Critical Care Trainees: A Scoping Review and a Call to Action. *Am J Hosp Palliat Care*. 2026 Feb 11:10499091261424903.