

Chapter Member Spotlight



Name: Jon D'Andrea, M.D., F.A.A.P.

Practice location: Camarillo, CA

Number of years in practice: 36 years

I grew up in Burbank, CA, trained at Children's Hospital Los Angeles, and have been in the same private group practice (with one other CHLA trained pediatrician, and two pediatric nurse practitioners) my entire career as a general pediatrician. I have three adult children: both of my sons are in church ministry, and my daughter is a Hematology/Oncology nurse at CHLA. My oldest son is married, and they are expecting their first child (my first grandchild).

What do you do before work that sets the tone for your day?

I start my day with quiet meditation, reading my Bible, with an emphasis on the word "quiet." Pediatrics is a sensory overload profession; I look for calm wherever I can find it.

What are some challenges or struggles that you face at work?

There seem to be far fewer visits for so called bread and butter pediatrics; low acuity problems with straightforward treatments. A large share of office visits involve higher acuity, more complicated issues with higher risks. Many well visits are like that too. Plus, a higher need for mental health care, is something I'm trying to treat more of. It's exhausting.

How do you work through or overcome your challenges or struggles?

By knowing when to say "no." As much as I want to do it all, I simply cannot.

After work, what do you do for your own wellness?

I enjoy various forms of exercise, spending time with my family, vacations at Lake Tahoe, staying active in my church, and wherever I can find it or create it: PEACE AND QUIET.

From what/whom does your inspiration or motivation stem?

Primarily from my relationship with God. Out of that comes my desire to serve the families in my community with the same caring I would offer to my own children.

Wellness Tip: What is the one thing you would recommend to our readership to do each day to take care of oneself?

Get enough sleep!