

Chapter Member Spotlight



Name: Douglas Vanderbilt, MD, MS, MBA

Practice location: Children’s Hospital Los Angeles

Number of years in practice: 21 years

I grew up in Chattanooga Tennessee, but my family had a connection to CA going back to my great grandmother. After I went to Stanford undergrad and returned again for residency at UCLA, I knew I was not going to leave again!

I did have to leave twice: once for medical school at UT Memphis and one more time for DBP fellowship at Boston University. I have been at CHLA for almost 19 years now partnering with general pediatricians to take care of their families with developmental and behavioral challenges.

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

My day doesn’t start without a cup of hot tea. I take it without sugar or milk. Depending on the day, it may be black, green, oolong, pu-erh, flavored, or now matcha!

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

The clinical, administrative, research and training work each have their unique challenges. Getting stuck sometimes without a solution is the greatest risk I face.

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

I center on my “why” or what motivates me to do the work, my personal mission. Revisiting it sustains me and helps me find solutions that are under my control.

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

Nurturing the relationships with my family brings depth and color to my life. Besides walks/hikes, my yearly 3 generation (father, me, and daughter) triathlon relay team keeps my body moving.

From what/whom does your inspiration or motivation stem?

I credit my direction and focus to my parents, career pathway to my mentors at all stages, and inspiration to the strengths I see in all my children, wife, and patient families.

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

Know why you are getting up and going to work. What difference do you want to make? And when you know this, be grateful for the opportunity to make that difference. Pediatrics is such a rich gift to share with the world!