

January 26, 2021



School of Medicine
Department of Pediatrics

LSU Pediatrics Tuesday Tidbits

Welcome to the Department of Pediatrics' weekly email blast designed to deliver important department information straight to your inbox.

Visit our
website

LSU Pediatrics Announcements

From the Chair:

Save the Date: Friday, February 19 at 12:00pm via Zoom

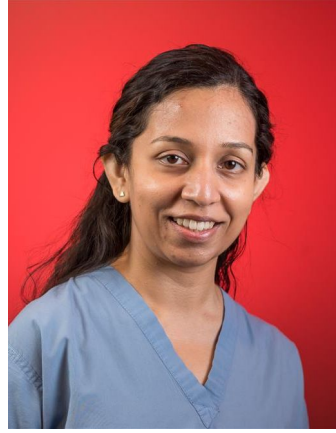
*LSU Pediatrics 2020 Year in Review
and State of the Department*

Take a moment to read:

The amazing poem "[The Hill We Climb](#)" by Amanda Gorman, read at the Inauguration, reminded me of our importance as pediatricians to empower and help raise the next generation of America's children and to trust in our young colleagues as leaders and voices for all of us.

You can view a recording of Ms. Gorman reading the poem [here](#).

Cardiology Division's Recent Scholarly Activity



Dr. Tamara Bradford has been invited to be part of the writing group for an upcoming American Heart Association scientific statement on monitoring and treatment of pediatric cardiomyopathies.

Senior Fellow Dr. Sanchitha Guruchandrasekar's abstract titled "Hughes-Stovin Syndrome with Cardiac Mass – A Case Report" has been accepted for a virtual poster presentation at Cardiology 2021: 24th Annual Update on Pediatric and Congenital Cardiovascular Disease.

Department Steps Challenge

THE MAGAZINE RUNNERS HAVE BEEN WAITING FOR! FIT FOR LIFE

LSU PEDS FEB 2021 | ISSUE 05

STEPS CHALLENGE

DOUBLE YOUR ENDURANCE

PRIZES INCLUDE

- ➔ 1st Place: MedStudy Question Bank OR MedStudy Flashcards (Winner's choice) AND \$100 Figs gift card
- ➔ 2nd Place: Welch Allyn Otoscope OR Littmann Stethoscope (Winner's choice) AND \$100 Figs gift card
- ➔ 3rd Place: \$100 Figs gift card

35 *Disclaimer: Medical board material and equipment are reserved for residents only

WELLNESS COMMITTEE

DOWNLOAD PACER APP
CHALLENGE CODE: BJMT175
PAGE 20

EXCLUSIVE!
THE ULTIMATE MOVE FOR POWERFUL LEGS
PAGE 40

FEBRUARY 2021 | \$15.98
6 009800 461091
CHALLENGE DATES: FEBRUARY 1-28
IG: @LSUPEDS

The wellness committee has put together a Steps Challenge for the month of

February for the entire Peds department! This will be a fun way to interact with residents, attendings and other staff members while staying healthy. Oh, and prizes are always nice too!

WHAT YOU NEED TO KNOW TO WIN:

1. Download Pacer Pedometer & Step Tracker on your iPhone or Android
2. In the app, input this Challenge Code: BJM1175 **OR** follow [this link](#).
3. Steps are registered using the app via your phone or apple watch. Fitbit data collection requires premium app access. No manual entries will be accepted. Max steps: 50,000 per day.
4. Allowed activities: pedometer and GPS tracked walks, runs and hikes, treadmill sessions, and guided workout sessions.
5. Join the challenge on or before **February 1st** to qualify for the prizes. Steps Challenge ends February 28th.
6. Prizes:
 - 1st Place Prize: MedStudy Question Bank **OR** MedStudy Flashcards (Winner's choice) **AND** \$100 Figs gift card
 - 2nd Place Prize: Welch Allyn Otoscope **OR** Littmann Stethoscope (Winner's choice) **AND** \$100 Figs gift card
 - 3rd Place Prize: \$100 Figs gift card
7. This challenge is open to the entire LSU Pediatrics department. However, medical board material and equipment prizes are **reserved for residents only**.

If you have any questions, comments or concerns, please reach out to Eden Haile at ehaile@lsuhsc.edu or (703) 953-5611.

Have fun! Happy stepping!



January is Cervical Cancer Awareness Month! HPV Vaccination and Recommended Screenings are the Key to Prevention.

Louisiana ranks 4th in the Nation for cervical cancer deaths, with Black women being disproportionately impacted (source: [Louisiana Cervical Cancer 2013-2017 Stats and Facts](#)). Cervical cancer is preventable and treatable through [recommended screenings](#) and the HPV vaccine. HPV causes the majority of cervical, anal, vulvar, penile, vaginal, and oral cancers.

CDC/ACIP HPV Vaccination Recommendations

- Initiate vaccine at age 11 or 12 (can start as early as 9)
- 2 doses if vaccine series initiated before 15th birthday
- After 15th birthday, 3 doses required
- HPV vaccination recommended for everyone through age 26

What You Can Do

Tips for Improving Vaccination Rates (source: [CDC Top Ten Tips for Improving Practice](#)):

1. Appreciate the significance of achieving high HPV vaccination rates. By

boosting HPV vaccination rates among your patients, you will be preventing cancer.

2. Use an effective approach by bundling your vaccine recommendation. Recommend the HPV vaccine the same day and the same way you recommend all other vaccines.
3. Implement systems to ensure you never miss an opportunity to vaccinate.
4. Know your rates of vaccination and refusal.
5. Maintain strong doctor-patient relationships to help with challenging immunization conversations.
6. Learn how to answer some of parents' most common questions about HPV vaccine.
7. Use personal examples of how you choose to vaccinate children in your family.

Resources

CDC Health Care Provider Resources: <https://www.cdc.gov/hpv/hcp/index.html>

CDC Continuing Education :<https://www.cdc.gov/hpv/hcp/continuing-ed.html>

Louisiana Cancer Prevention and Control Programs:

<https://louisianacancer.org/wp-content/uploads/2019/06/Improve-HPV-Vaccination-Rates-Infographic-For-Providers.jpg>

CDC 5 Tips to Improve Your HPV Vaccination Rates (Videos):

<https://www.cdc.gov/hpv/hcp/boosting-vacc-rates.html>

Upcoming Webinar: Cervical Cancer Awareness and Treatment in Louisiana

An informative and engaging webinar on the current state of Cervical Cancer in Louisiana and the ways our LSU Health experts are treating it.

When: Wednesday, January 20 at 12pm

Register: <https://give.lsuhealthfoundation.org/webseries>

Website: <https://www.medschool.lsuhs.edu/adolescenthealth/default.aspx>



2021 Southern Regional Meetings February 25 – 27, 2021

Registration is now open for the SSPR meeting in February 2021. Click [here](#) for the registration page. You can also view the meeting flyer [here](#).

LSU Peds Gift-Courtesy of Dr. Watts

What is the perfect gift for 2020- an official, LSU Department of Pediatrics COVID mask to show your Departmental pride and remember the year by.

Pick up your LSU Peds mask in the LSU administrative offices. One each for faculty member, administrative staff and trainees while supplies last.

Thanks to Shubho for volunteering to model the LSU Peds mask in use.



NEW Billing Rules Effective January 1, 2021- Important to Review

[Email announcement](#)

[Coding Guide 2021](#)

[MDM Quick Reference Guides](#)

LA CaTS Opportunities

The LA CaTS Center is pleased to announce the **LA CaTS 2021 Pilot Grant Funding Opportunity (Round 10)**. The full text of the application instructions is attached or can be found [here](#). You can read the RFA [here](#).

The LA CaTS Professional Development Core is pleased to announce a request for applications for the **LA CaTS 2021 Roadmap Scholars Program**. The full text of the application instructions is attached or can be found [here](#). For questions, contact the LA CaTS Professional Development Core at CareerDevel@LACaTS.org. You can read the RFA [here](#).

Other Announcements

The Pediatrics Residency program is conducting interviews this week. [Here](#) are the applicants visiting this Friday in Pediatrics.

Latest edition of LSU SOM's *The Pulse*. ([link](#))

LSU Proof-of-Concept Fund- LIFT2 Round 12 Announcement ([information](#))

Importance of Time Certification ([information](#)) - learn more about why we certify time each month!

Important Notice: P-Card Restrictions on AAP Purchases ([information](#))

Use of Non-LSUHSC Email ([information](#))

CDC COCA Call: 2020-2021 Influenza Vaccination Recommendations and Clinical Guidance during the COVID-19 Pandemic. Find recent COCA talks regarding Covid-19 [here](#). All talks can be indexed and replayed.

New Pre-Review for Grant Proposals service offered by LSU ([information](#))

Several Avenues of Stats Support, Education and Consultation ([information](#))

Download the new Department Composites for this academic year! ([Faculty](#), [Fellow](#), [Resident](#)).

FACULTY DEVELOPMENT

New video monthly

January Video: Thinking Like a Doctor

How do we teach learners to "Think Like a Doctor"? How do we help learners get from data to diagnosis and treatment? How do we teach Clinical Reasoning Skills? This video (8 minutes) breaks down how experts synthesize information to make medical decisions, and how we can teach our medical students and residents to move past "novice" thinking patterns. Let's kick off 2021 with a renewed commitment to excellence in medical education!

<https://vimeo.com/73003540>

Please send any suggestions or areas of faculty development need to acree1@lsuhsc.edu.

If you are interested in other forms of Faculty Development, visit these websites:

- [LSU Pediatrics Faculty Development Page](#)
- [LSUHSC GME Medical Education Development Site](#)

For questions or comments regarding Faculty Development, please contact [Amy Creel](#).

CHNOLA Announcements

Latest edition of CHNOLA Employee E-News ([link](#))

Enhanced Safety Efforts: Because of the troubling uptick in COVID cases across Louisiana, CHNOLA is emphasizing renewed efforts to protect our workforce as we enter these important next few weeks. [Read about their enhanced safety efforts here.](#)

Construction Update: This week, Vice President, Operations, Ben Whitworth, brings us check out the progress on the fourth floor and future home of the Cancer Center and the third floor which will become the Pharmacy. ([link to video](#))

Bare Below the Elbow in the ICUs: The most effective way of practicing hand hygiene is to remove outerwear, push up long sleeves above the elbow, remove jewelry, watches, or anything below the elbows, and perform handwashing from elbow to fingertip. Use the Bare Below the Elbow technique, especially in critical care units. ([learn more](#))

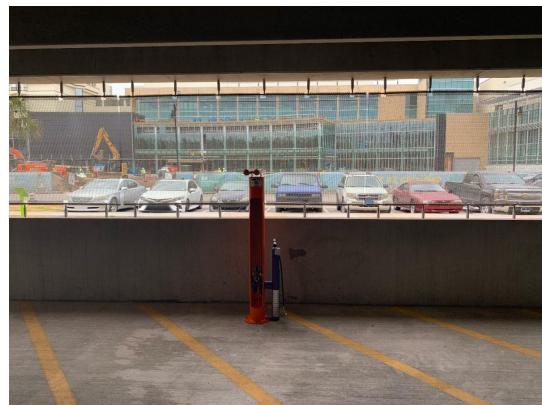
Report your flu-like symptoms

Please notify Employee Health at 504.962.6270 if you have any flu-like symptoms before reporting to work. Symptoms may include cough, congestion, headache, with or without fever.

Update from CHNOLA IT: As part of the Federal Information Blocking Rule: 21st Century Cures Act, CHNOLA will be required to share provider notes effective April 5th, 2021. We plan to start sending Provider notes to a patient's Epic MyChart Portal account effective March 2nd, 2021. [See more information from the Associate Chief Medical Information Officer here.](#)

Bike Fix-It Station installed on the first floor of the garage!

Fix-It Station includes all the tools necessary to perform basic bike repairs and maintenance, from changing a flat to adjusting brakes and derailleurs. The tools are securely attached to the stand with stainless steel cables and tamper-proof fasteners.



Come get your CHNOLA Hat! With the recent high employee response to their Employee Engagement Survey, CHNOLA is giving out hats to employees (including LSU Pediatrics!) as a gift. Please pick up your hat in Kelly Allerton's office.

Upcoming Events

Grand Rounds

For those who prefer an Outlook Calendar Reminder for Grand Rounds, please [click here](#) for directions that walk you through creating a recurring reminder.



Children's Hospital
New Orleans
LCMC Health

Virtual Pediatric Grand Rounds

Wednesday, January 27, 2021
Noon-1pm

“Neonatal HIE and Therapeutic Hypothermia: To Cool or Not to Cool”.

Michelle Steinhardt, MD
Assistant Professor of Pediatrics
Interim Chief, Section of Neonatology
Tulane University School of Medicine

Please join Pediatric Grand Rounds from your computer, tablet or smartphone:

Zoom link: <https://lsuhsc.zoom.us/j/99010762984?pwd=bXJKZ3ZhSUFkQzdpajErbDd2Smt4Zz09#success>

Meeting ID: 990 1076 2984, Passcode: 018428

One tap mobile:

+16465588656,,99010762984# US (New York)

+13017158592,,99010762984# US (Germantown)

Note: This is a live activity. The link is only valid from 12-1:00 pm and the presentation will not be recorded for CME or CEU credit. Please sign in with your full name and credentials in order to receive credit.

Objectives: At the conclusion of this activity, participants should be able to:

1. Describe the evolution of Therapeutic Hypothermia as a standard of care.
2. Discuss cooling criteria and the problems with evaluating a baby for hypothermia who has responded well to delivery room resuscitation.
3. Discuss the upcoming changes to recommendations for cooling.

Intended Audience: This activity is specifically directed towards the pediatrician, but it is open to all other interested physicians, residents, medical students and allied health professionals.

CME Statement: Children's Hospital is accredited by the Louisiana State Medical Society to provide continuing medical education for physicians. Children's Hospital designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CEU Statement: Children's Hospital is approved as a provider of nursing continuing professional development by Louisiana State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

LSU Health
NEW ORLEANS
School of Medicine
Department of Pediatrics

LOUISIANA STATE  MEDICAL SOCIETY

 **Tulane University**
SCHOOL OF MEDICINE
Department of Pediatrics

Join Grand Rounds through the Zoom Portal:

<https://lsuhsc.zoom.us/j/99010762984?pwd=bXJKZ3ZhSUFkQzdpajErbDd2Smt4Zz09#success>

Meeting ID: Meeting ID: 990 1076 2984, Passcode: 018428
One tap mobile: +16465588656,,99010762984# US (New York)
+13017158592,,99010762984# US (Germantown)

Resident Senior Scholarly Presentations

Conference: Clinical Case Conference

Date/Time: Thursday, January 28, 12:10pm – 1:00pm

Title of Presentation: Differential Diagnosis and Evaluation of Primary Amenorrhea

Presenter: Dr. Amy Bearison

Mentor: Dr. Dania Felipe

Faculty's dedication to our trainees and effort to attend these sessions and contribute to the discussion is much appreciated. CME credit will be offered!

Zoom Information: Meeting ID: 987 2113 4546; Password: Isupeds20

[Click here for the zoom link.](#)

Department Wellness



Can we have **six minutes?**

We care about you and we want to improve your health and well-being.

We're partnering with the American Medical Association (AMA) to administer a six-minute benchmarking survey to gauge our individual levels of burnout.

Scan the QR code below with your phone's camera to complete the survey.

Physicians & APPs



Residents & Fellows



For questions please contact
hannah.stiller@LCMHealth.org
504.896.9379

21-11019-011921



Children's Hospital will open Early Discovery Childcare Center for team members and medical staff in February

Children's Hospital is excited to announce the opening of our own Early Discovery Childcare Center for children of team members and medical staff, ages 8 weeks – 4 years, in the former Parenting Center location at 938 Calhoun Street.

The lottery for enrollment is now open and will continue through Friday, February 5. Selection and notification will occur on February 6, and parents will confirm enrollment by February 10. The childcare center will open on Monday, February 22 with a monthly fee of \$975.

If you are interested in enrolling at a later date, please email earlydiscovery.nola@gmail.com to express your interest in future enrollment.

[Click here](#) to learn more about this exciting program.

To join the lottery, [click here](#) to register through the BrightWheel app.

Department Wellness Ambassador Jerussa Aita-Levy, MD and the Wellness Committee have compiled a list of helpful links and resources. Please take this time to focus on your wellness!

1. Remember LSUHSC **Campus Assistance Program** (CAP) is here to help! ([information](#))
2. A great article about grief in this new version of our world ([information](#))
3. CAP's Advise on Dealing with Stress ([article](#))
4. 7 steps to help doctors reduce stress during the COVID-19 outbreak ([link](#))

Why Our Heroes Need to Prioritize Sleep([article](#))

Generational divide: 4 ways physician burnout differs by age ([article](#))

5 Ways to Combat Burnout ([article](#))

In 'Together,' Former Surgeon General Writes About Importance Of Human Connection ([5-minute listen](#))

Wellness Break: 3 Ways Your Mind Makes You Miserable (And How to Stop It Today) Dr. Jerussa Aita-Levy recommends reading our last Wellness Grand Rounds Speaker Dr. Gail Gazelle's emails and blog posts. Dr. Levy found one of Dr. Gazelle's recent [posts](#) helpful and wanted to share it with the department. You can also watch Dr. Gazelle's weekly wellness talks on her [Facebook page](#).

Need child care? Touro's got you covered. Touro has re-opened its Kids Activity Center and they are generously accepting children of LCMC Health employees (ages 5-11). The Kids Activity Center is open from 6:30 am - 7 pm.

CHNOLA Bootcamp Class: Do you want to increase your strength and improve your cardiovascular fitness? Are you new to exercising, or a seasoned veteran? We have a program for you! Every Tuesday, Children's is offering FREE Krewe du CrossFit bootcamp classes from 5:30-6:30 p.m. outside the Conference Center. Class is open to all Children's employees and members of the medical staff. This one-hour interval training bootcamp is for all skill levels and no experience is necessary. These classes will help you to gain confidence in your athletic abilities and increase your capacity for stamina, strength, flexibility, and balance. Please [this signed waiver](#) and a water bottle with you to your first class. We look forward to seeing you there!

CHNOLA Yoga: We're bringing back Zoom yoga with Dr. Amy Henke! Classes will be Wednesdays from 5:30 - 6:30 pm. Children's Hospital Psychologist, Dr. Amy Henke will be leading free Zoom Yoga classes for employees and staff. No experience is necessary! Classes are suitable for beginners and designed

to encourage moving at your own pace with an emphasis on mindfulness, relaxation, and somatic stretching. <https://chnola.zoom.us/my/amyhenke>
Zoom ID number: 867 947 2744

Free apps and websites to keep you physically and mentally fit:

Peloton App: stream spin, run, walk, strength, stretching, bootcamp, yoga and meditation over an extended 90 day trial ([information](#)).

Pure Barre OD: 60 day free trial with Code: EXTENDED TRIAL ([information](#))

Shira Kraft, Pilates Instructor: 30 minute session on youtube ([information](#))

Beachbody: Free sample workouts ([information](#)); also offering a free 14-day trial of their on demand service.

Yoga:

Yoga with Adriene ([YouTube channel](#))

Fight Master Yoga ([YouTube channel](#))

Fitness Marshall ([YouTube channel](#))- for those who like dancing

Yoga for Kids! Cosmic Kids Yoga ([YouTube channel](#))

Meditation:

Free Headspace Plus for all US Healthcare Workers ([information](#)) Use this meditation tool to de-stress to get a healthy perspective.

Ten Percent Happier: ([information](#)) free access to app for healthcare workers

Find more discounts and freebies for healthcare workers including resources for mental and physical health [here](#).

Department Anniversaries

The following employees celebrate another year with the department this month. Thank you for your continued service to LSU Pediatrics!

Abraham Gedalia, 29 years

Maria Velez, 26 years

Renette Jones, 7 years

Looking for old newsletters?

View the *Tuesday Tidbits* archive on the department's website. ([link](#))

Submit information to the next Tuesday Tidbits

