

January 5, 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



Dr. Ashley Farge and Dr. Julie Gallois applied for the **Breastfeeding & Lactation Support for Medical Trainees Implementation Project** through the AAP recently and found out last week that LSU Pediatrics is one of 10 programs out of 70 selected to participate. It is an 8-month learning collaborative with the 9 other institutions to develop policy change at our hospital and institution to better protect breastfeeding employees and medical trainees. The hope is that if medical trainees have better personal experiences with breastfeeding, they will be more likely to better educate their patients. We will receive a \$1,000 grant as part of the project. Congratulations, Dr. Farge and Gallois!

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**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](#).

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### Reminder to Faculty:

Join the CHNOLA Med staff meeting next  
Monday, January 11 at 5:00pm.  
Be sure to get out and vote for your LSU  
colleagues!



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### 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.





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## 2020 Holiday Book Drive

Don't forget about the Healthy Tigers' annual Holiday Book Drive this year! Although we could not collect books at our holiday party this year, the group is still accepting donated books for their patients at Tiger Care. Monetary donations are also welcome through this Friday, January 8!

LSU Healthy Tigers Initiative

Presents

# Holiday Book Drive 2020



DECEMBER 1 2020 - JANUARY 8, 2021

DROP OFF BOXES LOCATED IN THE  
RESIDENTS' LOUNGE, DOCTORS' LOUNGE,  
OR ADMINISTRATIVE OFFICES ON STATE  
STREET

BOOKS WILL GO TO KIDS FIRST TIGERCARE  
CLINIC

**DONATE BOOKS FOR AGES 6 MONTHS -  
ADOLESCENTS. BOARD BOOKS PREFERRED.  
MONETARY DONATIONS MAY ALSO BE MADE  
IN PERSON OR BY VENMO TO @NIKITAXLAL.**

FOR INQUIRIES, E-MAIL NIKITA AT [NLALCH@LSUHSC.EDU](mailto:NLALCH@LSUHSC.EDU)

## Residency & Fellowship News

### Fellowship Matches

Congratulations to the following residents who matched into fellowships last month:

Brandon Fairless – Baylor University – Pediatric Nephrology



Mike Lai - University of Chicago Medical Center - Neonatal-Perinatal Medicine  
Bimal Pangli - St. Louis University - Allergy/Immunology  
Andrea Heifner - UT Houston - Pediatric Critical Care  
Brad Hyman - UT Houston - Pediatric Nephrology  
Tat Yau - LSUHSC - Internal Medicine-Nephrology

Kudos to our fellowship programs who matched:

Allergy/Immunology will welcome Dexter Matrana from LSU Internal Medicine Residency Program in July.

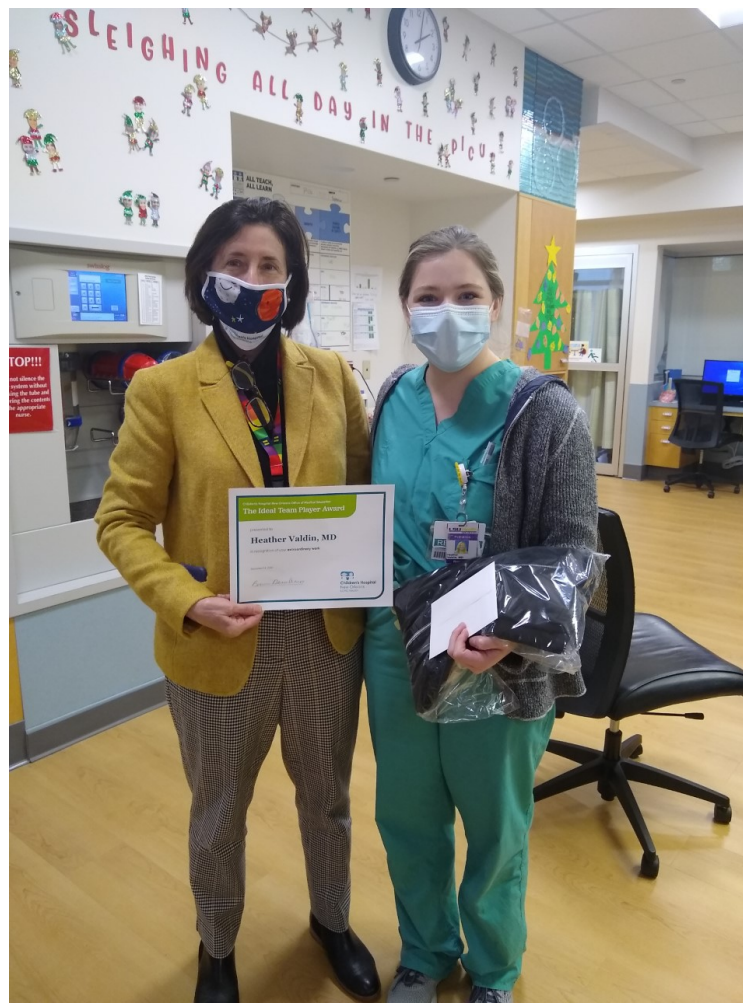
Cardiology matched Kanya Singhapakdi from the University of South Alabama along with Wesam Sourour of the University of Texas Medical Branch in Galveston.

Neonatology matched Jeremy Lawson from San Antonio Uniform Services Health Education Consortium and Kelly Ordemann from Our Lady of the Lake Pediatric Residency Program.

The Hospitalist program will welcome their second fellow, John Strand of Stony Brook Children's Hospital.

Hematology/Oncology matched Christian Nieves- Rivera from San Juan City Hospital Pediatric Residency Program.

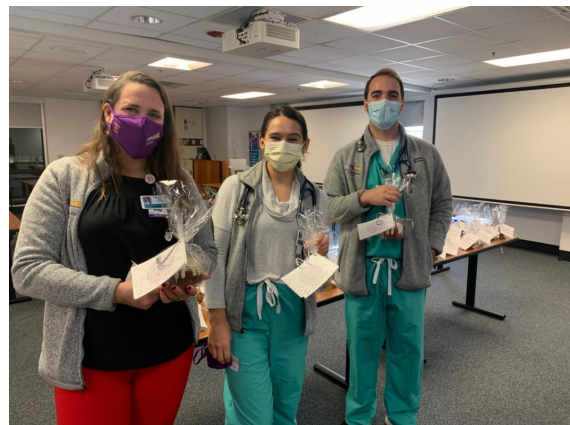
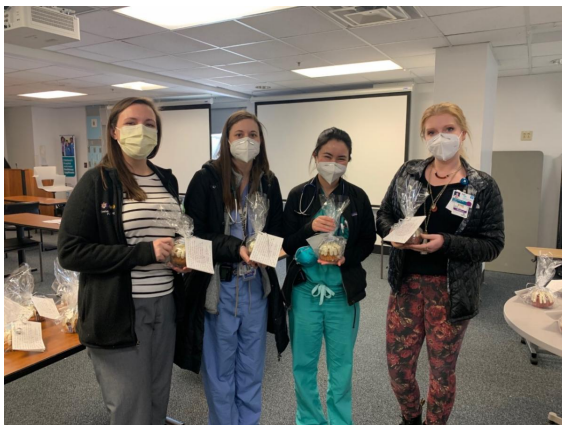
And Gastroenterology will have Holly Breedon from the University of Florida Pediatric Residency Program join them in July.



CH Chief Medical Education Officer Dr. Bonnie Desselle and CHNOLA's Office of Medical Education presented the Excellent Team Player / Outstanding Resident Award to PGY-2 Resident Heather Valdin. The award recognizes residents who go above and beyond. Heather performs work not expected of her, provides support to her fellow residents, and advocates for patients and their families, all while displaying humility and sincerity. Congratulations, Heather!

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The residents enjoyed a holiday gift from program leadership last month. Thanks to PGY-2 Mike Evers for handing out the treats as Santa Claus.







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## New Addition



Congratulations to PGY-2 Resident Hannah Chachere on the birth of her baby boy, Jacques Thomas Chachere. He was born at 39 WGA on December 23rd at a whopping 9 lbs! Apgars were 9/9. Jacques was cleared by Drs. Nick Algu and Evan Davis. Big sister Remy was excited to meet her new baby brother...the best Christmas gift!

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

[Email announcement](#)  
[Coding Guide 2021](#)  
[MDM Quick Reference Guides](#)

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## 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](mailto:CareerDevel@LACaTS.org). You can read the RFA [here](#).

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### Other Announcements

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](mailto: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

### [Urgent COVID Reminder](#)

**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:** 1st Floor Corridor & Elevator Access Changes ([information](#), [map](#))

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

**From the Clinical Trials Office:** I-ACT for Children: Mentor and Mentee Application Announcement ([information](#))

**EPIC Upgrade** [information](#), [11.11 Upgrade Improvements](#)  
[Ambulatory Upgrade](#), [ED Upgrade](#), [Inpatient Upgrade](#), [Secure Chat Guidelines](#)  
[11.11.20 Canto and Haiku Upgrade](#)



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 6, 2021  
Noon-1pm

### “A 20-year Study of Romanian Orphans: Implications for U.S. Foster Care”.

Charles H. Zeanah, Jr., MD  
Mary Peters Sellars-Polchow Chair in Psychiatry  
Department of Psychiatry and Behavioral Sciences  
Professor of Psychiatry and Pediatrics  
Tulane University School of Medicine  
New Orleans, Louisiana

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. Discuss three developmental domains enhanced by foster care for children who experienced early deprivation.
2. Identify three critical qualities of foster care protective of children's development.
3. Review the sleeper effect from early intervention.

**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



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

### Join Grand Rounds through the Zoom Portal:

[https://lsuhsc.zoom.us/j/99010762984?](https://lsuhsc.zoom.us/j/99010762984?pwd=bXJKZ3ZhSUFkQzdpajErbDd2Smt4Zz09#success)

[pwd=bXJKZ3ZhSUFkQzdpajErbDd2Smt4Zz09#success](https://lsuhsc.zoom.us/j/99010762984?pwd=bXJKZ3ZhSUFkQzdpajErbDd2Smt4Zz09#success)

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**Department Wellness**

## 6 Helpful Tips from the AMA

### 6 Tips to Protect Against Burnout



Try to put yourself on your own schedule. Identify and prioritize your values and compare them to how you spend your time.



Find support and guidance in outside groups. Seek professional help if you need it.



Think about your practice from a different perspective. Write down your individual mission statement.



Think about the bigger picture when deciding how to spend your free time.



Find meaning outside of work.



Try to schedule (and keep) time to enjoy for yourself.

A PIECE OF MY MIND

### Walking the Shoreline

Erosion, Regrowth, and Professional Formation

Take a look at this [recent JAMA article](#) that Dr. Levy shared with the department.

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

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Looking for old newsletters?

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

Submit information to the next Tuesday Tidbits

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