

December 1, 2020



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

Debbie Hoppe to Retire in January 2021

Debbie Hoppe will be retiring in January 2021 after 26 years of service to LSUHSC. Debbie has served in many roles during her LSUHSC career including Human Resources, Payroll and Accounting for the department. She also worked previously in the Dean's office and for the Foundation. Looking back on her years at LSUHSC, Debbie credits her fellow administrative staff for being the foundation of the department. "I enjoyed my many experiences in the Department of Pediatrics, especially the supportive atmosphere after Hurricane Katrina and now during the pandemic. Each member of the administrative team contributes a strong quality of work and helps the department persevere through every challenge. The staff consisted of 15-20 people when I first started out and now we are down to 8 with a strong work ethic and output still remaining."

The department thanks Debbie for her 26 years of service and wishes her well in her retirement which will consist of many days spent with her granddaughter Elsie (pictured below) who is 16.5 months old. Debbie's last day in the office will be on Friday, December 11. Department Coordinator DeShonda Jolly will be taking over most of Debbie's duties. Since we cannot hold the farewell party Debbie so deserves, email your well wishes to dhoppe@lsuhsc.edu.



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

[Email announcement](#)

COVAC-TP Trial: COVID-19 Anticoagulation Thromboprophylaxis Trial

Dr. Nihal Godiwala will be the Site Principal Investigator at CHNOLA for the COVAC-TP Trial: COVID-19 Anticoagulation Thromboprophylaxis Trial. He and his team will be studying the safety and efficacy of in-hospital thromboprophylaxis with twice daily low dose enoxaparin in children hospitalized with COVID19 infection or MISC. This is a national, multi-center trial initiated by Johns Hopkins and Johns Hopkins All Children's Hospital. Dr Pinki Prasad from Hematology/Oncology will be a Co-Investigator on this trial with me. Please email Dr. Godiwala (ngodi1@lsuhsc.edu) with any questions about inclusion criteria or study protocol.

2020 Holiday Book Drive

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

Other Announcements

The Pediatrics/Emergency Medicine Residency and Pediatrics Residency programs are conducting interviews this week. Here are the [applicants](#) visiting this Wednesday in Peds/EM. Here are the [applicants](#) visiting this Thursday and 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

December Video: Online Presentation Skills

This short (8 minute) video provides tips for improving our online presentation skills. As we continue with online interviews, teaching and meetings these pointers can help us all put our best foot forward. Happy Holidays!

<https://sites.google.com/wisc.edu/so-you-have-to-teach-online/looking-good-online>

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](#).

DIVERSITY, EQUITY, & INCLUSION

This new section of Tuesday Tidbits will highlight Diversity, Equity, and Inclusion within our department as well as outline events, workshops and lecture series available to faculty, staff and trainees.

Webinar Series: The Impact of Skin Color and Ethnicity on Clinical Diagnosis and Research

NEJM Group Education and Applied Knowledge is collaborating with the Skin of Color Society Foundation (a nonprofit with a mission of education, mentoring, and research in skin of color) and VisualDx (the leading visual clinical decision support system) on a series of virtual panel discussions that call attention to health disparities and structural racism in medicine. The free, four-part webinar series, [The Impact of Skin Color and Ethnicity on Clinical Diagnosis and Research](#), will delve into longstanding problems in education, research, and patient care, and will introduce ways to improve outcomes in marginalized patients. Sessions include:

“COVID-19 Comorbidities and Cutaneous Manifestations of Systemic Diseases in Adults and Children,” Wednesday, December 2 at 1:00 pm ET: Focused on the challenges of recognizing systemic diseases in melanin-rich skin types, and using skin signs of Covid-19 morbidities to demonstrate the need to improve diagnostic accuracy and efficiency in patients of color. Panelists include Lynn McKinley-Grant, MD, FAAD, Candrice R. Heath, MD, and Ginette A. Okoye, MD.

To register, please visit: <https://specialevents.nejm.org/impact-of-skin-color-and-ethnicity-on-clinical-diagnosis-and-research/>.

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, December 2, 2020
Noon-1pm

“Interventional Radiology: What an IR Provider Does”.

Thomas Scagnelli, MD, FSIR
Chief, Interventional Radiology
Children's Hospital New Orleans
Associate Professor of Radiology,
Louisiana State 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. Review the procedures currently performed by Interventional Radiologists.
2. Discuss the usefulness of using various imaging modalities to perform these procedures.
3. Describe what the field of IR can offer in extreme, non-routine situations.

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

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

Meeting ID: Meeting ID: 990 1076 2984, Passcode: 018428

Resident Senior Scholarly Presentations

Conference: Clinical Case Conference
Date/Time: Thursday, December 3, 12:10pm – 1:00pm
Title: Little Lungs, Big Problems
Presenter: Dr. Chad Lyman
Mentor: Dr. Nihal Godiwala

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.](#)

12.21.20 - American Pediatric Society and Society for Pediatric Research present a Virtual Chat Webinar Series. *Academic Skills: Of Grants and Publications*, 4:30pm CST ([information](#), [registration](#))

Department Wellness

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](#).

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

Kelly Gajewski, 11 years
Raymond Watts, 5 years
Jason Turner, 3 years

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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