

**March 16, 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

### Shannon Palombo to Receive Aesculapian Excellence in Teaching Award



The LSUHSC Aesculapian Society named Shannon Palombo the winner of the L4 Staff Award for this academic year. Each spring, the society nominates residents, faculty, and departments on behalf of their peers who have shown a true passion and dedication to teaching. From these nominees, a final vote by the student body determines the winners. Dr. Palombo is scheduled to receive the award at the Annual Aesculapian Society Banquet on April 19th. Congratulations, Dr. Palombo, on your exceptional teaching efforts!

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### Amy Creel and Adrienne Savant Named Co-Directors of Children's Hospital Faculty Development



Dr. Bonnie Desselle is pleased to announce the appointment of Drs. Amy Creel and Adrienne Savant as Co-Directors of Children's Hospital Faculty Development.

Dr. Adrienne Savant of Tulane Pediatrics will lead efforts at establishing Faculty Development Seminars and Dr. Amy Creel will implement and oversee the Medical Education Research Committee.

As our faculty are our most vital resource, it is essential that we invest in their professional development to support our goals of excellence in patient care, education, and research.

Please join us in thanking them for leading these efforts.

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### **Recent Scholarly Activity**

Dr. Jerussa Aita-Levy presented a lecture titled "Wellness for Trainees and Academic Pediatricians" at the Academic Pediatric Association (APA) Region 7 & 8 Virtual Conference on Saturday, March 13th.



# WELLNESS FOR TRAINEES AND ACADEMIC PEDIATRICIANS

JERUSSA AITA-LEVY MD,MPH  
CHIEF WELLNESS OFFICER, LSU PEDIATRIC DEPARTMENT  
ASSOCIATE PROFESSOR OF CLINICAL PEDIATRICS  
DIVISION OF EMERGENCY MEDICINE

Abstracts authored by several Hematology/Oncology fellows and faculty members were recently accepted to the annual meeting of the American Society of Pediatric Hematology/Oncology:

*Resolution of Monosomy 7 after Immunosuppression in a 12-year-old Male with SLE and Lupus Nephritis*

Maria G. Espanol, Abdulla M. Ehlal, Minelys Alicea, Maria C. Velez

*Extrarenal Malignant Rhabdoid Tumor of the Heart: An Extremely Rare Diagnosis in an Infant*

Minelys Alicea, Maria G. Español, Zachary LeBlanc

*COVID-19 Infection in Pediatrics Hematology Oncology Patients in Louisiana*

Pinki Prasad, Zachary LeBlanc, Maria C. Velez, Dana LeBlanc, Renee Gardner, Cori Morrison, Leron Finger, Victoria Charbonnet, Lolie Yu

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## **Tiger Care Clinic Is Celebrating National Nutrition Month!**

National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. <https://www.eatright.org/food/resources/national-nutrition-month>

### **Top Box Foods**

Tiger Care Clinic provided packages of fresh fruits and vegetables to 10 families on March 1st from Top Box Foods.

Top Box Foods is a community-based non-profit with a simple purpose: to make healthy food affordable and accessible to all.

New Orleans families can also use Food Stamps or EBT to purchase various produce boxes and receive 50% off each time. Food is delivered to your doorstep. <https://www.topboxfoods.com/new-orleans/shop-boxes>

Click on these images for printable Top Box Foods handouts.

## MAKIN' GROCERIES PROGRAM

### FREE HOME DELIVERY IN NEW ORLEANS



The Makin' Groceries Program is an affordable grocery service that delivers boxes of fresh fruits and vegetables, and high-quality meats and seafood at up to 40% off retail.

When you order by 8PM Sunday through Thursday, your box will be delivered **directly to your door** the next day, contact-free.

We accept EBT, credit or debit on all our products. **Customers paying with EBT can also save up to 50% through Market Match.**

### HOW IT WORKS



Visit [www.topboxfoods.com](http://www.topboxfoods.com) or call (504)-304-2319 to shop grocery boxes.



Place your order by **8PM Sunday through Thursday** to get your grocery box delivered the next day.



Choose **EBT** or pay with **credit or debit** at checkout.



We'll **call or text** you on the day of your delivery with your estimated delivery time.



We'll deliver your box **directly to your door and contact-free**, while you stay inside.

504.304.2319  
TOPBOXFOODS.COM



FOLLOW US!  
@TOPBOXLOUISIANA

## TOP BOX FOODS LOUISIANA

*Top Box Foods Louisiana collaborates with community partners and uses an innovative supply chain distribution model to make healthy food affordable and accessible for all.*

### MAKIN' GROCERIES PROGRAM

The Makin' Groceries Program is a grocery home delivery service offering boxes filled with fresh fruits and vegetables, and high-quality meats and seafood at up to 40% off retail. Customers are able to use SNAP benefits on all boxes.

### COMMUNITY FOOD SHARE PROGRAM

The Community Food Share Program was created in response to a number of partners' requests for our assistance with their free food distribution efforts throughout the pandemic. Through this program, we accommodate any number of grocery boxes for delivery to a designated location for in-person pickups, such as drive-thru distributions.

### HEALTHY CORNER STORE COLLABORATIVE

The Healthy Corner Store Collaborative aims to get fresh fruits and vegetables into neighborhood corner stores located in low food access areas. We distribute fresh produce to these stores every week so that community members have healthy food options within walking distance of their homes.

### GIVE-A-BOX

Top Box Foods Louisiana is partnered with over 150 community leaders that work with individuals and families that are unable to afford groceries or get to a supermarket. Donations to this program go directly to delivering grocery boxes to their constituents and others experiencing food insecurity.



504.304.2319  
TOPBOXFOODS.COM



FOLLOW US!  
@TOPBOXLOUISIANA

## Eatable Alphabet

Tiger Care is also the recipient of an AAP Section on Obesity Grant, receiving 60 boxes of Eatable Alphabet Cards (valued at over \$1000) to distribute to patients and families. Eatable Alphabet Cards were developed by ChopChop Family in partnership with the American Academy of Pediatrics Institute for Healthy Childhood Weight and with funding from the CDC.

Eatable Alphabet Cards engage kids and caregivers in activities that promote early nutrition awareness, introduce language and food literacy, use food to stimulate all five senses, and teach valuable life skills.

<https://www.chopchopfamily.org/eatable-alphabet/>









## International Transgender Day of Visibility

March 31<sup>st</sup> is International Transgender Day of Visibility. Transgender and gender expansive youth are at a greater risk for experiencing violence, bullying and depression. They encounter discrimination and lack of acceptance throughout their community, including at home and school.

According to GLSEN's 2017 School Climate Survey:

- 85% of transgender students were harassed or assaulted at school

- because of their gender
- **83%** of transgender students felt unsafe at school because of their gender
- **51%** of transgender students were unable to use the name or pronoun that matched their gender
- **59%** of transgender students had been required to use a bathroom that did not match the gender they live every day

In 2020 alone, at least 44 transgender and gender non-conforming people have lost their lives due to anti-transgender violence. The majority of the victims were Black or Latinx ([Human Rights Commission](#), 2020).

## Supporting Transgender and Gender Expansive Youth

Healthcare providers have unique opportunity to positively impact the lives and futures of transgender and gender expansive youth by fostering a safe, welcoming environment and providing evidence-based, culturally competent care.

**There are a lot of resources out there, but here are a few to get you started:**

- Human Rights Commission: [Supporting and Caring for Transgender Children](#)
- Advocates for Youth: [Create Safer Spaces for LGBTQ Youth](#)
- GLESN: [Pronoun Guide](#)
- Physicians for Reproductive Health: [LGBTQ Essentials](#)
- Society for Adolescent Health and Medicine (SAHM): [LGBTQ Health Clinical Care Resources](#)
- Video: [Voices of Transgender Adolescents in Healthcare](#)
- [LGBTQIA+ Glossary of Terms](#)
- [Genderbread Person v4.0](#)

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## Other Announcements

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

NEW Billing Rules Effective January 1, 2021- Important to Review [-Email announcement](#), [Coding Guide 2021](#), [MDM Quick Reference Guides](#)

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](#))

Updated: Several Avenues of Stats Support, Education and Consultation

([information](#)) ([using stats models through CITI](#))

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

## FACULTY DEVELOPMENT

*New video monthly*

### March Video: Bedside Teaching

This spring let's focus on making our bedside rounds more educational. This short video (2 minute 4 seconds) highlights ways we can make bedside rounds more effective for teaching. Improve your teaching toolbox in less time than a commercial break.

<https://www.youtube.com/watch?v=iiqB-eQcbT8>

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](#).

## Diversity, Equity, & Inclusion

*This 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.*

### Join IAMSE's Free Seminar Series on Promoting Inclusivity:

The IAMSE 2021 Spring webinar series will explore strategies for inclusive teaching. Recognizing that unconscious bias is a crucial and contributory step in this endeavor, this series will begin by exploring how to recognize unconscious bias and create diverse, inclusive and equitable content for both the basic science curriculum and the clinical learning environment.

You can view more information on the series and register [here](#).

#### Upcoming Sessions:

- March 18 at 12pm ET – Karen Hauer and Arianne Teherani present “Achieving Equity in Assessment for Clinical Learners”
- March 25 at 12pm ET – Norma Poll-Hunter, Shani Fleming and Rick McGee present “Pathways & Pipelines: Approaches to Increasing Diversity in the Health Professions”
- April 1 at 12pm ET – Marquita Norman Hicks and Kara Caruthers present



## CHNOLA Announcements

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

**Campus Transformation Update** ([link](#))

**EPIC Update 3/16/21:** Federal Information Blocking Rule ([information](#)) ([How To Write An Open Note](#))

**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:** Henry Clay Ave Traffic Flow to Change ([information](#))

**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.](#)

## 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, March 17, 2021  
Noon-1pm

### Pediatric Trauma and the Role of the Trauma Systems in the Care of Children

**David Yu, MD**

Pediatric Surgery Service Line Chief,  
Children's Hospital New Orleans  
Associate Professor of Clinical Surgery, Division Head Pediatric Surgery  
LSU Health New Orleans

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 the role of trauma centers and systems in the care of injured children.
2. Review the process and resources needed to become a trauma center.
3. Discuss the awareness of specific conditions and how being a trauma center helps treat injured children.

**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 provider 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)

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

One tap mobile: +16465588656,,99010762984# US (New York)

+13017158592,,99010762984# US (Germantown)

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## Resident Senior Scholarly Presentations

**Conference:** Clinical Case Conference

**Date/Time:** Thursday, March 18, 12:10pm – 1:00pm

**Presenter:** Dr. Blair Stevens

*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.](#)

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**Friday, March 26:** *The Future of NIDDK Clinical Research*

## LA CaTS Professional Development Core

Presents

### *“The Future of NIDDK Clinical Research”*



National Institute of  
Diabetes and Digestive  
and Kidney Diseases

**Griffin P. Rodgers, M.D., M.A.C.P.**

Director of the National Institute of Diabetes and  
Digestive and Kidney Diseases (NIDDK)

**SAVE THE DATE**

**Friday, March 26, 2021 •**

**12:00 pm – 1:00 pm**

**Note:** This event is free and open to public



The Wonder Women of  
**LSU Health**  
NEW ORLEANS

*A Virtual Panel to Discuss the  
Trailblazing Women of LSU Health*

*Wednesday, March 31 at 11:00 am*



**Wednesday, March 31:** [First Annual Wonder Women of LSU Health](#) - A virtual panel to discuss the challenges and real-life solutions of female trailblazers in healthcare. The panel will feature seven trailblazing women who have contributed to paving the way for generations of women who work in healthcare. Join us for an open and honest discussion about the challenges they've faced and how they got to where they are today. Featuring: Moderator Jennifer Avengo, Director of the New Orleans Department of Health, and the voice of New Orleans's health news during the pandemic, and six LSU Health Sciences Center alumnae with a wide range of experience

To find out more and to register for this free webinar, click here: <https://www.lsuhealthfoundation.org/the-first-annual-wonder-women-of-lsu-health/>

**Spring 2021:** Obesity Seminars at Pennington Biomedical Research Center ([see schedule](#))

## Department Wellness

### AMA Article: 4 Habits of Gratitude Physicians Can Follow to Enhance Wellbeing



### **Dr. Gail Gazelle's Power of Self Compassion Workshop**

Dr. Gail Gazelle is hosting a [Power of Self-Compassion](#) workshop on Saturday, March 20<sup>th</sup>, 10 AM-12 PM EST.

In this dynamic session, you will learn:

- How self-criticism and self-compassion affect every aspect of our lives
- Self-compassion myths and truth
- The ways that self-compassion builds motivation
- Most importantly, you will get practice reversing your pattern of self-criticism and building greater kindness toward yourself!

# EARLY DISCOVERY

GROW. EXPLORE. DISCOVER.



## ENROLL NOW!!!

- \* Breakfast, hot lunch, & Snacks provided
- \* Low Student to staff ratio
- \* Age appropriate activities
- \* Extended hours available

OPEN MON-FRI / 6AM-6PM  
AGES 8 WEEKS OLD- 4 YEARS OLD

Contact: Sara Waquespack  
938 Calhoun Street, New Orleans, LA 70118  
earlydiscovery.nola@gmail.com  
(504)343-2591

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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 and Thursday, 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, members of the medical staff, as well as residents and fellows. 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!

Kurt Piggott, 4 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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